

SNACKS

Coffee Cake Muffin ♦
Whole wheat flour, Greek yogurt, maple syrup collagen peptides, cinnamon & streusel topping
per snack: 170 calories, 5g fat, 23g carb, 8g protein
2 pack *\$3.99 6 pack *\$9.99

Snickerdoodle Peanut Butter Balls, lc, v
Natural peanut butter, whey protein & crunchy high fiber cereal
per snack: 140 calories, 9g fat, 8g carb, 8g protein
2 pack *\$3.99 12 pack *\$17.99

Salted Chocolate Trail Mix, v
Pecans, walnuts, pumpkin seeds, almonds, oats, dark chocolate chips, golden raisins, dried blueberries & cranberries
per serving: 220 calories, 15g fat, 20g carb, 4g protein
\$5.99

Chocolate Chia Pudding, gf, df, vg ♦
Chia seeds, chocolate vegan protein powder, cocoa powder, maple syrup & mixed berry compote
Macros: 250 calories, 11g fat, 30g carb, 6g protein
\$5.99



Banana Chocolate Chip Muffins, gf, v
Almond & brown rice flour, banana, plant based protein powder & honey
per snack: 130 calories, 6g fat, 18g carb, 4g protein
2 pack *\$3.99 6 pack *\$9.99

Jillian's Peanut Butter Bar, gf, df, vg
Peanut butter, oats, agave, plant based protein powder, mixed dried fruit, coconut oil cinnamon & vanilla
per snack: 290 calories, 14g fat, 31g carb, 12g protein
2 pack *\$4.49

Momma Mary's Raw Bars, gf, v
Oats, almonds, chia-flax-sesame-sunflower-hemp seeds, whey protein, honey & dark chocolate
per snack: 200 calories, 12g fat, 17g carb, 7g protein
2 pack *\$4.49

Turtle Brownies, df, v
Almond flour, plant based protein powder, cocoa powder, pecans & house-made caramel sauce
per snack: 220 calories, 15g fat, 18g carb, 6g protein
2 pack *\$3.99 6 pack *\$10.99

IT WAS ALL ABOUT MAKING PEOPLE'S LIVES EASIER + HEALTHIER

As a trainer, I constantly heard from everyone that they wanted to eat better but didn't have the time to do so. I decided to come up with a solution: Produce portion controlled, healthy meals that were ready to heat & eat anywhere you go.

To truly live a healthy lifestyle working out is only part of the equation. If you really want to improve your health, lose weight or gain muscle it all starts in the kitchen.

Fitness & cooking have been passions of mine for as long as I can remember. I have over 10 years of personal training & nutrition experience as well as a culinary degree from Le Cordon Bleu Culinary Institute. After obtaining my degree I started cooking for a handful of clients I was training, mostly as a favor because they did not have the time, knowledge or care about cooking. In September of 2009 I founded fit-flavors & we began producing healthy, all natural, precooked & packaged meals that are portion-controlled & ready to heat & eat.

The rest is history. It's now our goal here at fit-flavors to make St. Louis a healthier city one person & one meal at a time. Whether you're looking to lose weight, gain muscle, improve your health, or you are just crunched for time & looking to keep a few healthy meals in your fridge, fit-flavors has you covered. We appreciate your business & promise the best customer service in St. Louis.



Jillian Tedesco
founder/owner fit-flavors



store front locations

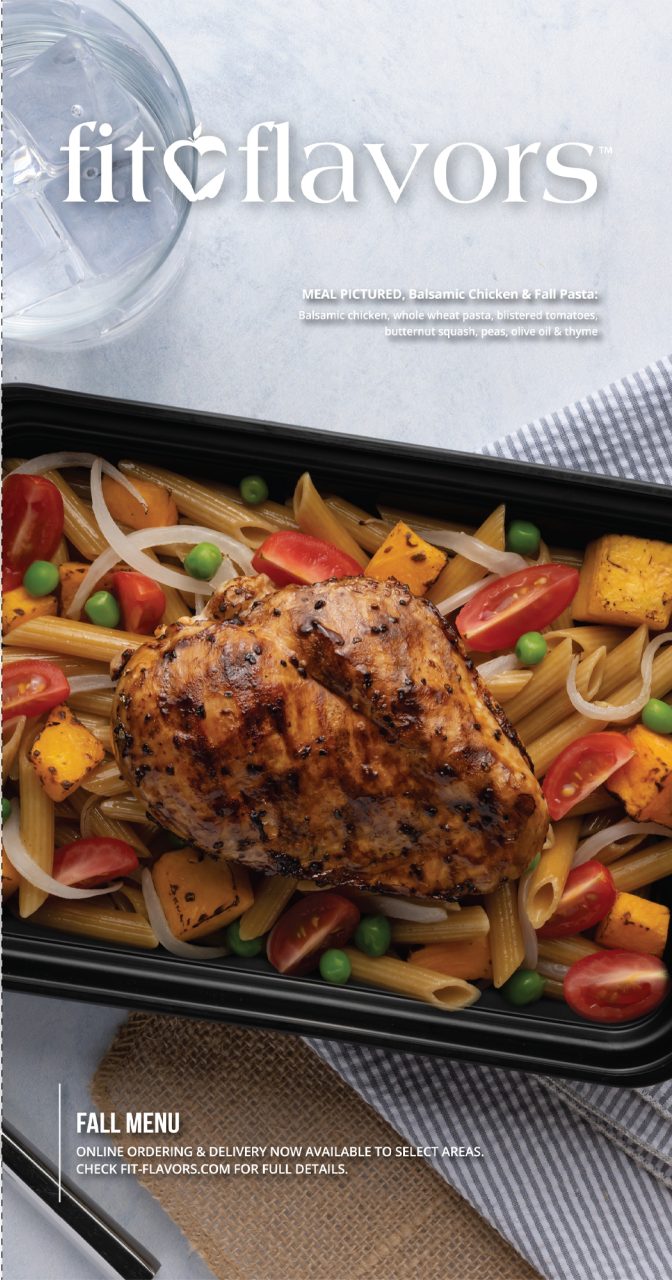
Chesterfield
14842 Clayton Rd. Chesterfield, MO 63017
Phone: 636.220.9390

Creve Coeur
11615 Olive Blvd. Creve Coeur, MO 63141
Phone: 314.736.6700

Hours: Monday-Thursday 8am-8pm | Friday 8am-7pm | Saturday-Sunday 10am-6pm
Customer Service Line: 314.744.9048

www.fit-flavors.com

Online ordering & delivery now available to select areas. Check our website for full details.



FALL MENU

ONLINE ORDERING & DELIVERY NOW AVAILABLE TO SELECT AREAS.
CHECK FIT-FLAVORS.COM FOR FULL DETAILS.

BREAKFAST

Chocolate Chip Protein Pancakes, gf, v
Gluten free oats, local free-range egg, vanilla whey protein powder, chocolate chips & cinnamon
per 4 pancakes: 410 calories, 14g fat, 46g carb, 26g protein
\$11.99

Maple Pecan Steel-Cut Oats, gf, df, vg ♦
Steel-cut oats, coconut milk, pecans & maple syrup
Macros: 220 calories, 11g fat, 26g carb, 5g protein
\$5.49

Apple Cinnamon Power Oats, gf, df, vg ♦
Steel-cut oats, coconut milk, apples, agave, flax seeds & chia seeds
Macros: 180 calories, 4.5g fat, 29g carb, 5g protein
\$5.49

Pumpkin Chocolate Chip Muffin, gf, v ♦
Almond flour, brown rice flour, pumpkin, chocolate chips, plant based protein & maple syrup
Macros: 380 calories, 16g fat, 45g carb, 17g protein
\$5.75

Blueberry Waffles & Sausage, gf
Cheesy scrambled eggs, maple turkey sausage & Start Right Blueberry Waffles
Macros: 450 calories, 17g fat, 26g carb, 45g protein
\$9.49

Egg & Cheese Enchiladas, gf, v
Local free-range eggs, mozzarella, corn tortillas, tomato & corn rice pilaf & fit-flavors enchilada sauce
Macros: 350 calories, 10g fat, 36g carb, 24g protein
\$8.25

Farmer's Breakfast
Scrambled eggs, maple turkey sausage, house-made English muffin & white cheddar cheese
Macros: 420 calories, 14g fat, 34g carb, 39g protein
\$8.99

Turkey, Eggs & Potatoes, gf, df, s/
Ground turkey, local free-range eggs, Idaho & sweet potato hash
Macros: 410 calories, 8g fat, 45g carb, 43g protein
\$9.25

LUNCH + DINNER

Bison & Fries, gf, df ♦
Bison burger, sweet potato fries, green beans
Macros: 460 calories, 18g fat, 42g carb, 35g protein
\$13.99

Steak & Roasted Potatoes, gf, df ♦
Italian steak, rosemary roasted Yukon potatoes, butternut squash, fennel, onion & red bell pepper
Macros: 450 calories, 15g fat, 44g carb, 35g protein
\$12.49

Cheeseburger Bowl, gf
Ground beef, basmati rice, cheddar cheese, mustard, pickles & onions
Macros: 520 calories, 18g fat, 48g carb, 40g protein
\$10.99

Bruschetta Steak Pasta
Grass-fed Italian steak, whole wheat pasta, blistered tomatoes, feta cheese, caramelized onions & herbs
Macros: 390 calories, 17g fat, 31g carb, 31g protein
\$11.99

Barbacoa Bowl, gf, lc ♦
Steak, zucchini, yellow squash, fajita veggies, tomatillo salsa verde & feta cheese
Macros: 340 calories, 14g fat, 15g carb, 39g protein
\$13.49

Smash Burger & Veggies, gf, lc ♦
Smash burgers topped with BBQ sauce, caramelized onion & cheddar cheese, broccoli, green beans & snow peas
Macros: 430 calories, 21g fat, 24g carb, 39g protein
\$12.99

Italian Meatballs & Spaghetti Squash, gf, df, lc ♦
Beef meatballs, fresh spinach, spaghetti squash & marinara sauce
Macros: 400 calories, 16g fat, 18g carb, 45g protein
\$12.99

Shrimp Paella, gf, df, s
Spanish inspired basmati rice, fresh veggies, shrimp, ground chicken, herbs, spices & house-made chicken stock
Macros: 410 calories, 15g fat, 38g carb, 31g protein
\$10.99

Blackened Salmon, gf, df, s ♦
Blackened salmon, yellow basmati rice, fajita veggies & pico de gallo
Macros: 480 calories, 19g fat, 44g carb, 32g protein
\$13.99

Garlic Ginger Shrimp & Rice, df ♦
Shrimp sautéed in garlic & ginger, sesame Asian rice, broccoli, green beans & snow peas
Macros: 270 calories, 5g fat, 30g carb, 29g protein
\$12.99

Grilled Salmon & Pesto Zoodles, gf, lc ♦
Grilled salmon, blistered tomatoes, zoodles & butternut noodles tossed in basil pesto
Macros: 330 calories, 17g fat, 14g carb, 31g protein
\$13.99

Buffalo Ranch Turkey Burger, gf, s/
Buffalo ranch turkey burger, fiery gouda cheese, green beans & Idaho fries
Macros: 450 calories, 20g fat, 31g carb, 40g protein
\$9.99

Turkey Sloppy Joe, gf, df
Ground turkey with fit-flavors Sloppy Joe sauce, sweet potato fries & broccoli
Macros: 420 calories, 11g fat, 47g carb, 34g protein
\$9.99

Deluxe Pizza Bowl, gf
Seasoned ground turkey with marinara, basmati rice, green bell pepper, mushroom, onion, pepperoni, mozzarella & parmesan cheese
Macros: 460 calories, 14g fat, 51g carb, 34g protein
\$10.49

Baked Potato Bowl, gf ♦
Seasoned ground turkey, kale, rosemary roasted Yukon potatoes, bacon & cheddar cheese
Macros: 530 calories, 20g fat, 42g carb, 49g protein
\$10.25

Sweet & Salty Turkey Burger, df, lc
Asian inspired turkey burger, veggie stir-fry sautéed in garlic, ginger & fit-flavors Asian dressing
Macros: 340 calories, 10g fat, 21g carb, 44g protein
\$8.99

Turkey Bolognese, gf, df, lc
Ground turkey, veggie loaded bolognese sauce, spaghetti squash & broccolini
Macros: 260 calories, 7g fat, 16g carb, 37g protein
\$9.99

Buffalo Chicken Wrap, s ♦
Buffalo chicken, whole wheat wrap, lettuce, corn & black bean salsa, cheddar cheese & fit-flavors Southwest ranch
Macros: 640 calories, 27g fat, 62g carb, 41g protein
\$8.99

Buffalo Chicken Mac n' Cheese, s
Spicy buffalo chicken, mac n' cheese & green beans
Macros: 410 calories, 18g fat, 26g carb, 38g protein
\$10.99

Mediterranean Chicken, gf, df
Mediterranean chicken, herb basmati rice, green beans, blistered tomatoes & fit-flavors romesco sauce
Macros: 460 calories, 15g fat, 33g carb, 45g protein
\$10.99

Chicken Burrito Bowl, gf, s
Blackened chicken, yellow basmati rice, beans, peppers, onions, fiery gouda cheese & pico de gallo
Macros: 450 calories, 12g fat, 45g carb, 41g protein
\$11.49

Muscle Maker, gf, df
Herb marinated chicken, basmati rice pilaf with turmeric & peas
Macros: 590 calories, 12g fat, 60g carb, 59g protein
\$10.99

Chicken, Broccoli & Rice, df
Peanut marinated chicken, brown rice & broccoli
Macros: 450 calories, 12g fat, 44g carb, 44g protein
\$10.99

Balsamic Chicken & Fall Pasta, df ♦
Balsamic chicken, whole wheat pasta, blistered tomatoes, butternut squash, peas, olive oil & thyme
Macros: 460 calories, 9g fat, 54g carb, 41g protein
\$10.25

Chicken Margherita, gf, lc ♦
Herb grilled chicken, zoodles & butternut noodles tossed in basil pesto, marinara sauce & mozzarella
Macros: 310 calories, 10g fat, 16g carb, 39g protein
\$11.49

Kung Pao Chicken, gf, df, lc ♦
Kung pao chicken, broccoli, red bell pepper, snow peas, water chestnuts, green onion & sesame seeds
Macros: 380 calories, 12g fat, 21g carb, 47g protein
\$10.49

Falafel & Pesto Zoodles, gf, v ♦
Falafel, zoodles & butternut noodles tossed in basil pesto & fit-flavors romesco sauce
Macros: 250 calories, 7g fat, 38g carb, 11g protein
\$8.25

Veggie Pizza Bowl, gf, v
Black bean burger, seasoned basmati rice, green bell pepper, mushroom, onion, pepperoni, marinara, mozzarella & parmesan cheese
Macros: 380 calories, 9g fat, 62g carb, 16g protein
\$10.99

Thai Noodle Bowl, df, s/, vg
Rice noodles, veggies, garlic, ginger, edamame, fit-flavors peanut sauce & peanuts
Macros: 390 calories, 17g fat, 41g carb, 19g protein
\$8.25

Veggie Fajita Bowl, gf, v ♦
Zucchini, yellow squash, broccoli, fajita veggies, beans, tomatillo salsa verde & feta cheese
Macros: 380 calories, 9g fat, 63g carb, 16g protein
\$9.25

NAVIGATING THE MENU

♦ = Indicates NEW fall menu items

gf = gluten free lc = low carb

df = dairy free v = vegetarian

s = spicy vg = vegan

/ Indicates level of spice

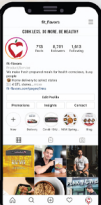
*Consuming raw or undercooked meats, seafood, poultry, shellfish, or eggs may increase your risk of foodborne illness.

SOUPS + SALADS

Garden Vegetable Soup, gf, df, lc, vg
Tomatoes, carrots, onion, cauliflower, zucchini, chickpeas, corn & herbs
Macros: 130 calories, 2g fat, 25g carb, 6g protein
\$5.75

Greek Salad, gf, lc
Herb grilled chicken, lettuce, grape tomatoes, cucumbers, kalamata olives, feta cheese & fit-flavors creamy Italian dressing
Macros: 400 calories, 26g fat, 10g carb, 31g protein
\$9.25

Balsamic Salmon Salad, gf, df, lc ♦
Mixed greens, fennel, salmon, pistachios, mandarin oranges, caramelized onions & balsamic vinaigrette
Macros: 420 calories, 29g fat, 15g carb, 26g protein
\$10.99



LET'S BE FRIENDS

Connect with us on social media for nutrition tips, upcoming events, giveaways & new menu items throughout the year.

@FIT_FLAVORS

