

SMOOTHIE BAR HAPPY HOUR

The weather is warmer and the sun is shining! Visit us at **Des Peres, Sunset Hills, or Creve Coeur** and get **\$3 off** your favorite smoothie **from 2pm-6pm every Thursday!** Don't miss our board special smoothie for June: *Raspberry Lemonade*, as well as *Orange Dreamsicle* in July!



THE 80/20 LIFESTYLE

The 80/20 lifestyle isn't just another dieting fad; it's a mindful and fulfilling approach to food. Prioritize foods that align with your goals and improve your well-being 80% of the time, reserving the remaining 20% for social gatherings or indulgences. This sustainable lifestyle recognizes food as both nourishment and fun, promoting mindful living and satisfaction without the restrictions of typical fad diets.

Consider which foods provide optimal fuel for your body and make these choices most frequently to feel your best. Acknowledge that balance is key and grant yourself permission to indulge occasionally for enjoyment. Remember, exerting too much control over food can lead to it controlling us.

TRANSFORM YOUR HEALTH

Whether you're looking to control your weight, manage diabetes, high blood pressure, learn and build healthy habits, balance your health, fight fatigue, or improve your athletic performance, working with a Registered Dietitian is transformational!



Learn about Well My Way, a local dietetic practice led by Mindy Musselman, *Registered Dietitian & Certified Diabetes Care and Education Specialist*



BOOK A FREE DISCOVERY CALL

Well My Way currently accepts insurance through Cigna, Anthem Blue Cross Blue Shield, United Healthcare, and Medicare in Missouri and Illinois

A note for you...

Our mission at fit-flavors is:

To be your first resource in healthy eating.

How do we resource you?

- fit-flavors Calorie Calculator located on the our website
- Nutrition binder located in stores
- Owning the Wait podcast on Apple Podcasts & Spotify
- Nutrition Coaching with a Registered Dietitian through request
- Jillian's book, "Owning the Wait," available in stores, online, and on Audible
- fit-flavors nutrition blog on the our website
- Home delivery service
- Nutrition Analyst on staff
- "Winning Week" template on our website for meal prep
- Nutrition facts on the front of the container for quick reference
- Nutrition information on MyFitnessPal
- Quality products
- Friendly & knowledgeable staff
- Clean, organized stores
- 7 days a week operation

fit-flavors family

LIVING WELL

Your go-to resource for healthy living



Chesterfield | Brentwood | Creve Coeur | Sunset Hills | St. Peters | Des Peres

Online • In-Store • Delivery
www.fit-flavors.com

Instagram: FIT_FLAVORS_STL Facebook: FIT-FLAVORS

fit flavors



Explore our **full menu** online including bulk foods and smoothies!

BREAKFAST



Farmer's Breakfast

Pasture raised scrambled eggs, maple turkey sausage, house-made English muffin, and white cheddar cheese

Turkey, Eggs & Potatoes GF, DF

Pasture raised scrambled eggs and lean ground spiced turkey with roasted Idaho & sweet potatoes

BEEF

Steak & Garlic Parmesan Potatoes GF

Grilled steak, parmesan and garlic roasted Yukon potatoes, green beans

Taco Stuffed Pepper GF, DF

Stuffed pepper with seasoned ground beef and salsa, cilantro lime rice, pico de gallo

Smothered Philly Cheeseburger GF

Beef burger topped with provolone cheese, green bell pepper, onions, mushrooms, and roasted Yukon potatoes

Cheeseburger Bowl GF

Ground beef, basmati rice, cheddar cheese, mustard, pickles, & onions

Asian Beef & Rice GF, DF, S

Ground beef tossed in a honey, sriracha and soy sauce marinade, brown rice, broccoli, Asian sauce, and sesame seeds

Fit Mac Bowl GF, LC

Seasoned ground beef, Napa cabbage, yellow onion, dill pickles, cheddar cheese, sesame seeds, and 1000 Island dressing

Blueberry Parfait GF, V

Greek yogurt swirled with blueberry compote, house-made granola

Blueberry Protein Pancakes GF, V

Gluten free flour, pasture raised eggs, whey protein powder, blueberry puree, side of honey

Banana Blueberry Breakfast Muffin GF, DF, V

Almond & gluten free flour, bananas, plant protein powder, honey, brown sugar, and blueberries

Egg & Cheese Enchiladas GF, V

Pasture raised scrambled eggs, corn tortillas, enchilada sauce, and mozzarella cheese with a side of tomato corn rice pilaf



The Cheeseburger Bowl and Breaded Chicken & Au Gratin Potatoes are our most popular meals!

SEAFOOD



Shrimp Alfredo

Whole wheat pasta tossed in creamy Alfredo sauce, seasoned shrimp, broccoli

Carolina BBQ Salmon GF, DF

BBQ Salmon, roasted Yukon potatoes, broccoli, Carolina BBQ sauce

Orange Sesame Salmon GF, DF

Flaked salmon topped with an Asian orange sauce, brown rice, stir fry veggies, sesame seeds

Lemon Dill Salmon GF

Baked lemon dill salmon, green beans and buttery seasoned basmati rice

TURKEY

Chipotle Cheddar Burger GF, S

Chipotle turkey burger topped with cheddar cheese and honey chipotle sauce, street corn, roasted Idaho and sweet potatoes

Turkey Burrito Bowl GF

Ground turkey tossed in salsa, cilantro basmati rice, beans, fajita veggies

Turkey Fried Rice GF, DF

Ground turkey, stir fry veggies, brown rice, edamame, gluten free soy sauce, sriracha

Sweet & Salty Turkey Burger GF, DF, LC

Asian inspired turkey burger with a veggie stir-fry sautéed in garlic, ginger, and fit-flavors Asian dressing



CHICKEN



Buffalo Chicken & Mac N Cheese S

Spicy buffalo shredded chicken, mac n cheese, and green beans

Breaded Chicken & Au Gratin Potatoes GF, LC

Italian breaded chicken, sliced potatoes made with homemade cheese sauce, onions, green onions, green beans

Orange Chicken GF, DF

Orange chicken, basmati rice, stir fry veggies, green onion, and sesame seeds

Muscle Maker GF, DF

Larger portion of herb grilled chicken and basmati rice

Chicken, Broccoli & Rice GF, DF

Peanut chicken, broccoli, and brown rice

BBQ Chicken & Corn Cakes GF

Sweet honey BBQ chicken, green beans, sweet and savory corn cakes

Herb Chicken & Garlic Mashed Potatoes GF, DF

Grilled herb chicken, roasted garlic mashed potatoes, and broccoli

Blackened Chicken & Mexican Street Corn GF, S

Blackened chicken thigh, basmati rice pilaf with red bell peppers, zucchini, onion and black beans, Mexican street corn, and Cotija cheese

Navigating the Menu

GF - Gluten Free

V - Vegetarian

DF - Dairy Free

VG - Vegan

LC - Low Carb

S - Spicy

New Summer Kick Off Items

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

PLANT BASED

Teriyaki Tofu GF, DF, VG

Teriyaki tofu, basmati rice, & broccoli

Thai Noodle Bowl GF, DF, VG, S

Rice noodles, Napa cabbage, carrots, red bell pepper, edamame, Asian peanut sauce, roasted peanuts, sesame seeds



SALADS

Greek Salad GF, LC

Romaine lettuce, herb grilled chicken, grape tomatoes, cucumbers, kalamata olives, and feta cheese; with creamy Italian dressing

Poppyseed Salad GF, DF, LC

Romaine lettuce, herb grilled chicken, red onion, grape tomatoes, shredded carrots, slivered almonds, and poppyseed dressing

SNACKS



Monster Cookie Bars GF, DF, V

Oats, hemp seeds, peanut butter, honey, plant based protein powder, colorful chocolate gems

PB Cookie Dough Balls GF, V

Peanut butter, vanilla whey protein powder, and chocolate chips

PB Bliss Bar GF, DF, VG

Peanut butter, almond flour, plant based protein powder, maple syrup, cocoa powder and coconut oil

Coffee Cake Muffins

Whole wheat flour, collagen peptides, maple syrup, Greek yogurt, and avocado oil with a streusel crumb topping

Strawberry Cheesecake GF, V

Low sugar Greek yogurt & cream cheese cheesecake filling swirled with strawberry compote with a protein oat crust

Tropical Cake GF, DF, V

Almond and oat flour blend, bananas, pineapple, and honey; topped with toasted coconut and a sweet orange pineapple glaze

