

## SNACKS

### \* CHOCOLATE CHIP COOKIE

Plant based protein powder, gluten-free flour, oats, chocolate chips, ghee, peanut butter, maple syrup, brown sugar

**\$3.99 - GF, V**

### SNICKERDOODLE PEANUT BUTTER BALLS

Natural peanut butter, whey protein, crunchy high fiber cereal

**\$3.99 (2 pack) | \$17.99 (12 pack) - LC, V**

### BANANA CHOCOLATE CHIP MUFFINS

Almond & brown rice flour, banana, chocolate chips, plant based protein powder, honey

**\$3.99 (2 pack) | \$11.99 (6 pack) - GF, V**

### \* CARROT CAKE

Gluten-free flour, fresh shredded carrots, cinnamon, nutmeg, applesauce, collagen protein

**\$3.99 (2 pack) | \$11.25 (6 pack) - GF, DF**

### PB BLISS BAR

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

**\$4.49 (2 pack) - GF, DF, VG**

### \* LEMON TART BAR

Almond flour shortbread crust, Greek yogurt, cream cheese, lemon juice, lemon zest, monk fruit

**\$4.25 - GF, V**

## 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 our mission to be your first resource in healthy eating. 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.



*Jillian Tedesco*  
founder/owner

## STORE FRONT LOCATIONS

Hours: Monday-Friday 10am-7pm | Saturday-Sunday 10am-6pm

**Customer Service Line: 314.744.9048**

### *chesterfield*

14842 Clayton Rd., Chesterfield, MO 63017

**Phone: 636.220.9390**

### *brentwood*

8566 Eager Rd., Brentwood, MO 63144

**Phone: 314.549.8230**

### *creve coeur*

11615 Olive Blvd., Creve Coeur, MO 63141

**Phone: 314.736.6700**

### *st. peters*

6219 Mid Rivers Mall Dr., St. Peters, MO 63304

**Phone: 636.244.5689**

### *sunset hills*

10756 Sunset Hills Plaza, St. Louis, MO 63127

**Phone: 314.833.5180**

## ONLINE

*www.fit-flavors.com*

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



# fit<sup>♥</sup>flavors

FRESH PREPARED MEALS FOR HEALTH CONSCIOUS, BUSY PEOPLE.



### CHIPOTLE SHRIMP BURRITO BOWL

Chipotle seasoned shrimp, cilantro basmati rice, veggies tossed in chimichurri, refried black beans, salsa verde, and pico de gallo

  
**SPRING MENU**

COOK LESS. DO MORE. BE HEALTHY.  
FIT-FLAVORS.COM



# BREAKFAST

**CHOCOLATE CHIP PROTEIN PANCAKES**  
New Recipe! Gluten-free flour, local free-range eggs, whey protein powder, chocolate chips  
\$12.99 - GF, V

**\* HOTCAKES BREAKFAST**  
Fluffy pancakes, local-free range eggs, turkey sausage, strawberry & raspberry compote  
\$10.99 - GF, DF

**\* LEMON POPPYSEED MUFFIN**  
Almond flour, oat flour, plant based protein powder, maple syrup, lemon juice, poppy seeds  
\$5.75 - GF, DF, V

**\* STRAWBERRY & RASPBERRY OATS**  
Steel cut oats, coconut milk, maple syrup, cinnamon, strawberry & raspberry compote  
\$5.75 - GF, DF, VG

**EGG & CHEESE ENCHILADAS**  
Local free-range eggs, mozzarella, corn tortillas, tomato & corn rice pilaf, fit-flavors enchilada sauce  
\$9.25 - GF, V

**FARMER'S BREAKFAST**  
Scrambled eggs, maple turkey sausage, house-made English muffin, white cheddar cheese  
\$9.49

**TURKEY, EGGS & POTATOES**  
Ground turkey, local free-range eggs, Idaho, sweet potato hash  
\$9.99 - GF, DF, S

# LET'S BE FRIENDS

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

@FIT\_FLAVORS

# LUNCH + DINNER

**MOSTACCIOLI**  
Ground beef, wheat pasta, marinara sauce, fresh veggies, parmesan, mozzarella, ricotta  
\$10.99

**\* CHIMICHURRI STEAK & SMASHED POTATOES**  
Grass-fed steak topped with chimichurri sauce, grilled veggies tossed in fresh herbs & olive oil, smashed potatoes  
\$14.99 - GF, DF

**CHEESEBURGER BOWL**  
Ground beef, basmati rice, cheddar cheese, mustard, pickles, onions  
\$11.99 - GF

**\* BEEF NOODLE BOWL**  
Rice noodles, cabbage, bell peppers, green beans, carrots, fresh garlic & ginger, Vietnamese dressing, thinly sliced beef  
\$10.99 - GF, DF

**TACO STUFFED PEPPER**  
Stuffed pepper with ground beef and salsa, cilantro lime rice, pico de gallo, cheddar cheese  
\$10.99 - GF, S

**\* MEMPHIS STEAK TIPS**  
Memphis seasoned steak tips, red bell pepper, zucchini, red onion, carrots  
\$14.49 - GF, DF, LC, S

**\* CHIPOTLE SHRIMP BURRITO BOWL**  
Chipotle seasoned shrimp, cilantro basmati rice, veggies tossed in chimichurri, refried black beans, salsa verde, pico de gallo  
\$13.99 - GF, DF, S

**LEMON DILL SALMON**  
Baked lemon dill salmon, broccolini, buttery seasoned basmati rice  
\$13.99

**CAROLINA BBQ SALMON**  
Blackened salmon, roasted potatoes, broccoli, Carolina BBQ sauce  
\$14.49 - GF, S, DF

**\* SALMON CAKE & GRILLED VEGGIES**  
House-made salmon cake, grilled veggies tossed in fresh herbs & olive oil, sweet potato fries, red pepper sauce  
\$12.99 - GF, DF

**\* BLACKENED SALMON & VEGGIES**  
Blackened salmon, red bell pepper, zucchini, red onion, carrots  
\$14.49 - GF, DF, LC, S

**TURKEY SLOPPY JOE**  
Turkey sloppy joe, sweet fries, broccolini  
\$10.99 - GF, DF

**DELUXE PIZZA BOWL**  
Seasoned ground turkey with marinara sauce, basmati rice, green bell pepper, mushroom, onion, pepperoni, mozzarella & parmesan cheese  
\$10.99 - GF

**BUFFALO TURKEY BURGER**  
Spicy buffalo turkey burger, Idaho fries, green beans, Southwest ranch  
\$11.99 - GF, S

**\* SANTA FE BURGER**  
Turkey burger with corn, black beans, jalapenos, spices, sweet potato fries, green beans, pico de gallo, enchiladas sauce  
\$11.99 - GF, DF, S

**SWEET & SALTY TURKEY BURGER**  
Asian inspired turkey burger, veggie stir-fry sautéed in garlic, ginger, fit-flavors Asian dressing  
\$9.99 - GF, DF, LC

**BUFFALO CHICKEN & MAC N CHEESE**  
Spicy buffalo chicken, mac n' cheese, green beans  
\$11.49 - S

**MUSCLE MAKER**  
Herb grilled chicken, basmati rice  
\$12.99 - GF, DF

**CHICKEN, BROCCOLI & RICE**  
Peanut marinated chicken, brown rice, broccoli  
\$11.49 - GF, DF

**CHICKEN FRIED RICE**  
Asian chicken, stir fry veggies, brown rice, edamame, gluten free soy sauce, sriracha  
\$12.99 - GF, DF

**\* HONEY MUSTARD CHICKEN**  
Honey mustard chicken, seasoned Idaho fries, broccoli  
\$13.49 - GF, DF, S

**\* TIKKA MASALA**  
Chicken, tomatoes, onion, Greek yogurt, garam masala seasoning, cilantro basmati rice  
\$12.99 - GF

**\* CAPRESE CHICKEN**  
Balsamic chicken over gluten free pesto fettuccine, mozzarella pearls, tomatoes, fresh basil  
\$13.49 - GF

**\* CHICKEN PARMESAN**  
Gluten-free Italian breaded chicken, spaghetti squash, broccolini, marinara, parmesan cheese  
\$13.49 - GF, LC

**\* MEXICAN VEGGIE BOWL**  
Lentils baked in salsa and spices, veggies tossed in chimichurri, cilantro basmati rice, salsa verde, pico de gallo  
\$9.99 - GF, DF, VG, S

**\* BUFFALO CAULIFLOWER**  
Spicy buffalo roasted cauliflower, sweet potato fries, green beans  
\$10.99 - GF, V, S

**THAI NOODLE BOWL**  
Rice noodles, veggies, garlic, ginger, edamame, fit-flavors peanut sauce, peanuts  
\$9.99 - GF, DF, S, VG

**\* VEGGIE FRIED RICE**  
Brown rice, cabbage, water chestnuts, red bell pepper, edamame, eggs, gluten free soy sauce, sriracha  
\$9.99 - GF, DF, V

# NAVIGATING THE MENU

NUTRITIONALLY BALANCED, QUALITY INGREDIENTS, READY TO HEAT & EAT

\* = indicates *new* menu items

gf = gluten free

df = dairy free

s = spicy

lc = low carb

v = vegetarian

vg = vegan

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

FOOD FOR ANY LIFESTYLE. BROWSE DIETARY SPECIFIC COLLECTIONS AT FIT-FLAVORS.COM

# SALADS

**\* GARDEN SALAD**  
Romaine lettuce, carrots, red cabbage, cucumber, tomatoes, herb chicken, Ranch dressing  
\$10.49 - GF, LC

**GREEK SALAD**  
Herb grilled chicken, lettuce, grape tomatoes, cucumbers, kalamata olives, feta cheese, fit-flavors creamy Italian dressing  
\$10.49 - GF, LC

**BROWN RICE**  
Brown rice seasoned with salt & pepper  
\$5.99 - GF, DF, VG

**SWEET FRIES**  
Hand-cut sweet potato fries tossed in a savory spice blend  
\$8.99 - GF, DF, VG

**\* SMASHED POTATOES**  
Red potatoes, green onion, garlic, chicken stock  
\$7.99 - GF, DF

**PESTO FETTUCCINE**  
Gluten-free fettuccine tossed in walnut pesto  
\$10.99 - GF, DF, VG

**\* SPAGHETTI SQUASH**  
Spaghetti squash, olive oil, salt & pepper  
\$10.99 - GF, DF, LC, VG

**BROCCOLI**  
Broccoli, olive oil, salt & pepper  
\$8.99 - GF, DF, LC, VG

**\* GREEN BEANS**  
Fresh green beans, olive oil, salt & pepper  
\$8.99 - GF, DF, LC, VG

**\* SANTA FE BURGER**  
Turkey burger with corn, black beans, jalapenos, spices  
\$18.49 - GF, DF, LC

**SWEET & SALTY TURKEY BURGER**  
Asian inspired turkey burger with honey, soy sauce, garlic and ginger  
\$19.99 - GF, DF, LC

**TURKEY SLOPPY JOE**  
Ground turkey with house made sloppy joe sauce  
\$19.99 - GF, DF, LC

**\* HONEY MUSTARD CHICKEN**  
Chicken, honey mustard sauce  
\$23.99 - GF, DF, LC

**HERB CHICKEN**  
Grilled chicken with herb marinade  
\$22.99 - GF, DF, LC

**PEANUT CHICKEN**  
Grilled chicken with peanut marinade  
\$22.99 - GF, DF, VG