

GF - Gluten Free
DF - Dairy Free
S - Spicy

LC - Low Carb
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BREAKFAST

Chocolate Chip Protein Pancakes

\$9.99 GF V

Gluten free flour, pasture raised eggs, whey protein powder, chocolate chips, and side of honey

Farmer's Breakfast

\$10.99

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

BEEF

Chimichurri Steak & Smashed Potatoes

\$15.99 GF DF

Chimichurri grilled steak, red smashed potatoes, green beans, and pico de gallo

Smothered Philly Cheeseburger

\$12.99 GF

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

SEAFOOD

Carolina BBQ Salmon

\$14.99 GF DF

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

Loaded Salmon Burger

\$14.99 GF DF S

House-made salmon burger topped with spicy mayo, caramelized onions, pickles, sweet potato fries, and green beans

TURKEY

Pepper Jack Turkey Burger

\$13.49 S

Buffalo turkey burger with pepper jack cheese paired with mac & cheese and broccoli

Turkey Fried Rice

\$11.99 GF DF

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

CHICKEN

Buffalo Chicken & Mac N Cheese

\$12.99 S

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

Potato & Egg White Scramble

\$12.99 GF DF

Egg whites scrambled with spinach, red pepper, green pepper, red onion, sausage turkey and roasted Yukon potatoes

Turkey, Eggs & Potatoes

\$11.99 GF DF S

Ground turkey, pasture raised scrambled eggs, Idaho and sweet potatoes

Bruschetta Steak Pasta

\$13.99

Italian steak, whole wheat pasta tossed in olive oil, fresh herbs, feta cheese, caramelized onions and blistered tomatoes.

Asian Beef & Rice

\$12.99 GF DF S

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

Lemon Dill Salmon

\$14.99 GF

Baked lemon dill salmon, broccolini and buttery seasoned basmati rice.

Blackened Salmon & Yellow Rice Pilaf

\$14.99 GF DF S

Blackened salmon over yellow rice pilaf, onion, green beans, mushrooms, peas, and red bell pepper

Turkey & Tzatziki

\$11.99 GF S

Ground turkey, zucchini, red bell pepper, fresh herbs, sweet potatoes, with a side of tzatziki sauce

Sweet & Salty Turkey Burger

\$11.99 GF DF LC

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

Muscle Maker

\$14.99 GF DF

Herb grilled chicken and basmati rice.

PB & J Parfait

\$5.25 GF V

Greek yogurt, powdered peanut butter, strawberry compote, and peanuts

Carne Con Huevos

\$12.99 GF DF S

Verde braised beef, Mexican rice, scrambled eggs, and pico de gallo

Cheeseburger Bowl

\$12.99 GF

Ground beef, basmati rice, cheddar cheese, mustard, pickles and onions.

Buffalo Beef Bowl

\$13.99 GF LC S

Buffalo spiced ground beef, red bell pepper, zucchini, red onion, cauliflower, and buffalo wing sauce

Lemon Garlic Pasta

\$13.49 DF

Whole wheat pasta, shrimp, spinach, basil, tomatoes, squash, peas, red bell pepper, garlic, olive oil, with a side of fresh lemon

Santa Fe Turkey Burger

\$12.99 GF S

Turkey burger with corn, black beans, jalapeños, spices, sweet potato fries, grilled veggies, with a side of Southwest Ranch dressing

Chicken, Broccoli & Rice

\$12.99 GF DF

Peanut chicken, broccoli, and brown rice

Lemon Chicken & Herb Brown Rice

\$12.99 GF DF

Herb grilled chicken, lemon garlic sauce, herb brown rice pilaf with peas, green beans, carrots, and garlic

Sweet & Tangy Chicken

\$13.49 GF DF

Breaded chicken, sweet potato fries, broccoli, carrots, with a side of sweet and tangy sauce

PLANT BASED

Mexican Veggie Bowl

\$11.99 GF DF VG

Lentils baked in salsa and spices, grilled veggies, cilantro basmati rice, pico de gallo

SALADS

Greek Salad

\$11.49 GF

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

BULK

Bulk Buffalo Turkey Burgers

\$24.99 GF DF LC

Turkey burgers with hot sauce and Memphis spices.

Bulk Herb Chicken

\$26.99 GF DF LC

Grilled chicken with herb marinade.

Bulk Sweet Fries

\$8.99 GF DF VG

Hand-cut sweet potato fries tossed in a savory spice blend.

Bulk Herb Brown Rice

\$10.99 GF DF VG

Herb brown rice pilaf with peas, green beans, carrots

SNACKS

Brownies

\$4.49 (2 pack) GF DF V
\$12.99 (6 pack)

Almond flour, chocolate protein powder, maple syrup, brown sugar, and avocado oil

PB Bliss Bar

\$4.49 (2 pack) GF DF VG

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

Banana Blueberry Breakfast Muffin

\$5.75 GF DF V

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

Honey Mustard Chicken

\$12.99 GF DF

Seared honey mustard chicken with roasted Yukon potatoes, red bell pepper, carrots, zucchini and red onion.

Breaded Chicken & Au Gratin Potatoes

\$13.49 GF LC

Italian breaded chicken, green beans, and sliced potatoes with homemade cheese sauce and onions, topped with chives.

Chimichurri Tofu Bowl

\$10.99 GF DF VG

Chimichurri baked tofu, roasted sweet potatoes, broccoli, blistered tomatoes

Poppyseed Salad

\$11.49 GF DF

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

Bulk Sweet & Salty Turkey Burgers

\$24.99 GF DF LC

Asian inspired turkey burger with honey, soy sauce, garlic and ginger.

Bulk Italian Breaded Chicken

\$26.99 GF DF LC

Gluten free breaded chicken with Italian spices.

Bulk Smashed Potatoes

\$10.99 GF DF

Mashed red potatoes, fit-flavors chicken stock, and green onion

Bulk Lemon Veggie Pasta

\$11.99 GF DF VG

Whole wheat pasta, spinach, basil, tomatoes, squash, peas, bell pepper, olive oil, and fresh lemon

PB Cookie Dough Balls

\$3.99 (2 pack) GF V
\$18.99 (12 pack)

Peanut butter, vanilla whey protein powder, and chocolate chips

Glazed Orange Cake

\$4.49 (2 pack) V
\$12.99 (6 pack)

Whole wheat flour, vanilla whey protein powder, orange juice, agave, Greek yogurt, and fresh orange zest

Blackened Chicken & Mexican Street Corn

\$13.49 GF S

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

Thai Noodle Bowl

\$9.99 GF DF VG S

Rice noodles mixed with Napa cabbage, carrots, red bell pepper, plant-protein packed edamame, fresh garlic and ginger, tossed in an Asian-peanut sauce and sprinkled with roasted peanuts

Bulk Buffalo Chicken

\$27.99 GF LC S

Shredded chicken tossed in buffalo wing sauce

Bulk Honey Mustard Chicken

\$26.99 GF DF LC

Seared chicken glazed with fit-flavors' house made honey mustard sauce.

Bulk Roasted Yukon Wedges

\$10.99 GF DF VG

Yukon potatoes, olive oil, thyme, and salt & pepper.

Bulk Green Beans

\$10.99 GF DF LC VG

Fresh green beans, olive oil, and salt & pepper.

Chocolate Chip Cookies

\$3.99 (2 pack) GF V

Gluten free flour, vanilla protein powder, oats, butter, brown sugar, maple syrup, almond butter, and mini chocolate chips

Salted Caramel Chocolate Bars

\$4.99 (2 pack) GF DF VG

Chocolate almond flour protein base, sunflower seed butter caramel filling, peanuts and a chocolate drizzle.

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