

MENU #2 8/1/2022-8/7/2022

#1 Orange Chicken \$12

A healthy take on a popular meal full of flavor and balance. Bite sized chicken breast cooked in Chef Michael's orange sauce and served over a small bed of white rice and broccoli.

(Pro: 36g, Carb: 54g, Fat: 2g, Cal: 378, Fib: 3g, Sug: 19g, Sod: 278mg)

#2 Lemon Pepper Chicken \$11.5

Roasted chicken breast seasoned with lemon pepper served with balsamic bacon brussel sprouts. **(GF/DF)**

(P:40G, C:10G, F: 10G, Cal:290, Fib: 6g, Sug: 2g, Sod: 750mg)

#3 Boom Boom Chicken \$12

A Fit Five Classic! Sliced chicken breast, sauteed green beans, and brown rice. Served with Boom Boom Sauce. **(GF/DF)**

(Pro: 31g, Carb: 48g, Fat: 4g, Cal: 352, Fib: 5g, Sug: 1g, Sod: 112 mg)

#4 Cahaba Steak \$12.5

Lean seared steak sauteed in our own garlic butter sauce with a sliced baked potato, balsamic glazed brussel sprouts with bacon and a side of garlic butter.

(Pro: 26g, Carb: 44g, Fat: 10g, Cal: 370, Fib: 7g, Sug: 15g, Sod: 404mg)

#5 Grandma's Meatloaf \$11.5

This scratch-made lean meatloaf will take you back to family gatherings with Grandma. Now made with gluten-free bread crumbs and served over mashed potatoes. **(GF)**

(P: 30G, C: 24G, F: 20G, Cal: 396, Fib: 0g, Sug: 6g, Sod: 1050mg)

#6 Buffalo Quesadilla \$11

Whole wheat tortilla stuffed with pulled chicken and mixed cheeses. Served with a side of buffalo sauce.

(P:37g, C: 32g, F: 16g, Cal:420, Fib: 3g, Sug: 5g, Sod: 980mg)

#7 Taco "Tochos" \$12

Sweet potato puffs topped with taco seasoned pulled chicken, a side of fiesta cheese, and turkey bacon bits. Served with a side of sriracha ranch.

(DF)
(P:38g, C:30g, F: 17g, Cal:434, Fib:6g, Sug:9g, Sod: 500mg)

#8 SHRIMP 'N GRITS \$13.5

Down home cooking at its finest. A healthy take on a southern classic. Fresh shrimp, chopped bacon and sautéed veggies over a bed of stone-ground grits. **(GF)**

(P: 30g, C: 34g, F: 16g, CAL: 392, FIB: 3g, SUG: 4g, SOD: 441 mg)

#9 Bacon Cheeseburger \$12

Handcrafted turkey burger topped with bacon and cheddar cheese. Served with a side of sweet potato fries and Fit Five Sauce.

(P: 35g, C: 32g, F: 20g, Cal:448, Fib: 3g, Sug: 8g, Sod: 850mg)

#10 Breakfast Burrito \$11.5

Scrambled eggs, diced turkey sausage, and melted cheese wrapped in a whole wheat flour tortilla. Served with roasted potatoes, bell peppers, onions, and a side of salsa.

(P: 32g, C: 45g, F: 18g, Cal: 470, Fib:6g, Sug: 8g, Sod: 1200mg)

#11 2.0 Lean Birmingham Bowl \$12

Brown rice version of your favorite bowl- topped with ground turkey, fiesta cheese, and served with a side cup of both Sriracha ranch and pico de gallo.

(P: 32g, C: 49g, F: 17g, Cal: 477, Fib: 3g, Sug 5g, Sod: 300mg)

#12 Bham-strong Steak Bowl \$13

Grilled steak served over a bed of white rice, topped with fiesta cheese, a side of sriracha ranch dressing and fresh pico de gallo. **(GF)**

(P:37g, C: 56g, F: 13g, Cal: 489, Fib: 0g, Sug: 0g, Sod: 277 mg)

#13 Chicken and Spinach Alfredo \$12

Whole wheat pasta tossed in Chef Michael's signature alfredo and spinach sauce and topped with grilled chicken..

(P: 42g, C: 49g, F: 13g, Cal: 481, Fiber: 4g, Sug: 4g, Sod: 435mg)

#14 LOADED BAKER \$10.5

A southern classic we know you will love. Our white potato loaded with pulled chicken, bacon bits, and served with a side of bbq sauce and cheddar cheese. **(DF/GF/LF)**

(P:29g, C: 35g, F: 4g, Cal: 292, Fib:5g, Sug: 1g, Sod: 198mg)

#15 Lemon Blueberry Pancakes \$12.50

Chef Michael has done it again! Our protein pancakes with blueberries and lemon with a hint of ricotta cheese. Served family style with (4) pancakes and a side of sugar free syrup. The whole family is sure to love them.

(P:19g, C: 37g, F: 8g, Cal: 303, Fib:2g, Sug: 8g, Sod: 178mg)

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BITES

KIT KAT FIVE BITE **\$6.25**

(Pro: 5g, Carb:7g, Fat: 5g, Cal:93, Fiber: 1g, Sugar: 4g) -PER BITES

Bulk

CHICKEN BREAST	<u>\$13.00</u>
GROUND TURKEY	<u>\$12.95</u>
PULLED CHICKEN	<u>\$13.00</u>
GREEN BEANS	<u>\$9.50</u>
DICED STEAK	<u>18.00</u>
BACON BRUSSELS	<u>11.00</u>

MENU #2 8/1/2022-8/7/2022

#1 ORANGE CHICKEN

- a. 4OZ CHICKEN
- b. 4OZ WHITE RICE
- c. 3OZ BROCCOLI

SAUCE: TOSSED IN ORANGE SAUCE

#2 ROASTED LEMON PEPPER CHICKEN

- a. BUTTERFLY CHICKEN
- b. LEMON PEPPER SEASONING
- c. 5OZ BACON BALSAMIC BRUSSELS

#3 BOOM BOOM CHICKEN

- a. 4OZ BROWN RICE
- b. 4OZ SLICED CHICKEN
- c. 3 OZ GREEN BEANS
- d. **SAUCE: BOOM BOOM SAUCE**

#4 GARLIC STEAK

- a. 3OZ STEAK
- b. ½ WHITE POTATO HALVED
- c. 4.5 OZ BALSAMIC BRUSSELS W/BACON
- d. **SAUCE: GARLIC BUTTER**

#5 GRANDMA'S MEATLOAF

- a. 6OZ MEATLOAF
- b. 6OZ MASHED POTATOES

#6 Buffalo Quesadilla

- a. WHOLE WHEAT TORTILLA
- b. 4OZ PULLED CHICKEN
- c. 2OZ MIXED CHEESES
- d. **SAUCE: BUFFALO CUP**

#7 Taco Totchos

- a. 5-5.5OZ SWEET POTATO TOTS

- b. 4OZ PULLED CHICKEN
- c. 1OZ FAJITA CHEESE
- d. 1OZ TURKEY BACON BITS
- e. **SAUCE: SRIRACHA RANCH CUP**

#8 SHRIMP N' GRITS

- a. 7 OZ GRITS
- b. 3 OZ GRITS

#9 Bacon Cheeseburger

- a. TURKEY BURGER
- b. CHEDDAR CHEESE SLICED
- c. REGULAR BACON SLICES
- d. 4OZ SWEET POTATO FRIES
- e. **SAUCE: FIT FIVE**

##10 Breakfast Burrito

- a. WHOLE WHEAT TORTILLA
- b. 3oz scrambled eggs
- c. 2oz turkey sausage
- d. 1oz mixed cheeses
- e. 3oz Simplot-potatoes, peppers/onions mix.

f. SAUCE: SALS

#11 2.0 Lean Birmingham Bowl

- a. 6OZ WHITE RICE
- b. 3OZ GROUND TURKEY
- c. 1OZ FAJITA CHEESE
- d. **CUP OF PICO DE GALLO**
- e. **SAUCE: SRIRACHA RANCH**

#12 BHAM STRONG STEAK BOWL

- a. 6OZ CILANTRO LIME RICE
- b. 3OZ STEAK- DICED
- c. 1OZ FIESTA CHEESE
- f. **SAUCE: PICO DE GALLO**
- g. **SAUCE: SRIRACHA RANCH**

#13 CHICKEN AND SPINACH ALFREDO

- a. 6OZ WHOLE WHEAT PASTA
- b. 4OZ DICED CHICKEN (ITALIAN SEASONING)
- c. ITALIAN SEASONING
- d. **SAUCE: 3OZ ALFREDO**

#14 KOREAN BEEF BOWL

- A. 5OZ JASMINE RICE
- B. 4.5OZ BEEF SAUCE MIX
- C. 1OZ EDAMAME
- D. 3OZ BROCCOLI

#15 LOADED BAKER

- E. 1 WHITE POTATO
- F. 3OZ PULLED CHICKEN
- G. .25OZ BACON BITS
- H. CHEDDAR CHEESE CUP
- I. BBQ CUP

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#1 ORANGE CHICKEN \$12
INGREDIENTS: CHICKEN, WHITE RICE, BROCCOLI, CARROT, SUGAR SNAP PEAS, RED BELL PEPPER, WATER CHESTNUT, ONION, MUSHROOM, GARLIC, ORANGE JUICE, HONEY, SOY SAUCE, RED WINE VINEGAR, CORNSTARCH, GINGER, WHITE PEPPER, ORANGE, RED PEPPER
CONTAINS: SOY, WHEAT
(Pro: 36g, Carb: 54g, Fat: 2g, Cal: 378, Fib: 3g, Sug: 19g, Sod: 278mg)

#2 ROASTED LEMON PEPPER CHICKEN \$11.5
INGREDIENTS: ALL-NATURAL CHICKEN BREAST, BRUSSELS, BACON BITS, BALSAMIC DRESSING, SEASONINGS-LEMON PEPPER
CONTAINS: NONE
(P:40G, C:10G, F: 10G, Cal:290, Fib: 6g, Sug: 2g Sod: 750MG)

#3 BOOM BOOM CHICKEN \$11.75
INGREDIENTS: ALL-NATURAL CHICKEN BREAST, GREEN BEANS, BROWN RICE, SEASONINGS. (SAUCE: BOOM BOOM)(GF/DF)
CONTAINS:
SAUCE CONTAINS: SOY, EGG
(Pro: 31g, Carb: 48g, Fat: 4g, Cal: 352, Fib: 5g, Sug: 1g, Sod: 112mg)

#4 CAHABA STEAK \$12.95
INGREDIENTS: TERES-MAJOR, GARLIC, BUTTER, BALSAMIC BRUSSELS, BACON, SEASONINGS (SAUCE: GARLIC BUTTER)
(Pro: 26g, Carb: 44g, Fat: 10g, Cal: 370, Fib: 7g, Sug: 15g, Sod: 404mg)

#5 GRANDMA'S MEATLOAF \$11.5
INGREDIENTS: GROUND TURKEY, POTATOES, EGGS, GLUTEN FREE BREADCRUMBS, HEAVY CREAM, SKIM MILK, KETCHUP, SEASONINGS.
CONTAINS: EGG, DAIRY
(P: 30G, C: 24G, F: 20G, Cal: 396, Fib: 0g, Sug: 0g, Sod: 1050MG)

#6 BUFFALO QUESADILLA \$10.75
INGREDIENTS: WHOLE WHEAT TORTILLA, ALL-NATURAL CHICKEN BREAST, MOZZARELLA CHEESE, CHEDDAR, SPICES, (SAUCE ON SIDE: BUFFALO)
CONTAINS: WHEAT, SOY, DAIRY
SAUCE CONTAINS: SOY
(P:37G, C: 32G, F: 16G, CAL:420, FIB: 3G, SUG: 5G, SOD: 980MG)

#7 TACO "TOTCHOS" \$11.95
INGREDIENTS: SWEET POTATO TOTS, ALL-NATURAL CHICKEN BREAST, TURKEY BACON, (SAUCE ON SIDE: SRIRACHA RANCH,FAJITA CHEESE BLEND)
CONTAINS: WHEAT
SAUCE CONTAINS: SOY, DAIRY, EGG
(PRO: 38g, CARB: 30g, FAT: 17g, CAL:434, FIB:6g, SUG:9g, SOD: 500mg)

#8 SHRIMP N' GRITS \$13.5
INGREDIENTS: STONE-GROUND CORN GRITS, SHRIMP, LOW-FAT MILK, LOW-FAT HEAVY CREAM, CHICKEN BROTH, BELL PEPPERS, BACON, CHEDDAR CHEESE, SEASONINGS.
CONTAINS: DAIRY, SHELLFISH
SAUCE CONTAINS: NONE
(P: 30g, C: 34g, F: 16g, Cal: 392, Fiber: 3g, Sug: 4g)

#9 BACON CHEESEBURGER \$11.95
INGREDIENTS: GROUND TURKEY, SWEET POTATOES, CHEDDAR CHEESE, TURKEY BACON, BREAD CRUMBS, EGGS. (SAUCE ON SIDE: FIT FIVE SAUCE)
CONTAINS: WHEAT, DAIRY, EGG
SAUCE CONTAINS: SOY, EGG
(PRO:35G, CARB:32G, FAT: 20G, CAL:448, FIB: 3G, SUG: 8G, SOD: 850 mg)

#10 BREAKFAST BURRITO \$11.5
INGREDIENTS: WHOLE WHEAT TORTILLA, EGGS, TURKEY SAUSAGE, POTATOES, BELL PEPPERS, ONIONS, SEASONINGS, OLIVE OIL (SAUCE ON SIDE: SALSA)
CONTAINS: WHEAT, EGGS, DAIRY
SAUCE CONTAINS: NO ALLERGENS
(PRO: 32g, CARB: 45g, FAT: 18g, CAL: 470, FIB: 6g, SUG: 8g, SOD:1200mg)

#11 LEAN BIRMINGHAM BOWL \$11.95
INGREDIENTS: WHITE RICE, GROUND TURKEY, FAJITA CHEESE BLEND, PICO DE GALLO (TOMATOES, CILANTRO, LIMES, ONIONS) (SAUCE ON SIDE: SRIRACHA RANCH)
CONTAINS: DAIRY
SAUCE CONTAINS: SOY, DAIRY, EGG
(PRO: 32g, C: 49g, FAT: 17g, CAL: 477, FIB: 3g, SUG: 5g, SOD: 300 mg)

#12 BHAMSTRONG STEAK BOWL 12.95
INGREDIENTS: TERES MAJOR BEEF, WHITE RICE, FAJITA CHEESE MIX, TOMATOES, ONIONS, CILANTRO, LIMES, SEASONING, OLIVE OIL (SAUCE ON SIDE: SRIRACHA RANCH) (GF)
CONTAINS: DAIRY
SAUCE CONTAINS: EGG, SOY, DAIRY
(P:37g, C: 56g, F: 13g, Cal: 489, Fib: 0g, Sug: 0g, Sod: 277mg)

#13 CHICKEN AND SPINACH ALFREDO \$11.5
INGREDIENTS: WHOLE WHEAT PASTA, CHICKEN, SPINACH, HEAVY CREAM, PARMESAN CHEESE, LOW-FAT MILK, SPICES.,
CONTAINS: WHEAT, DAIRY
(CALORIES: 481 FAT:13 SATURATED FAT: 3 TRANS FAT: 0 CHOLESTEROL: 98 SODIUM: 435 CARBS: 49 FIBER 4 SUGAR 4 PROTEIN 42)

#14 KOREAN BEEF BOWL \$12.50
INGREDIENTS:
CONTAINS: WHEAT, SOY
(P:32g, C: 55g, F: 22g, Cal: 538, Fib: 3g, Sug: 7g, Sod: 850mg)

#15 Loaded Baker \$10.95
INGREDIENTS: WHITE POTATO, PULLED CHICKEN, BACON BITS (CHEDDAR CHEESE AND BBQ SAUCE ON THE SIDE) DF, LF
CONTAINS:
(PRO: 32g, CARB: 45g, FAT: 18g, CAL: 470, FIB: 6g, SUG: 8g, SOD:1200mg)

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