

## #1 ORANGE CHICKEN

\$12.00

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.

(P:32g, C: 20g, F: 6g, Cal: 262, Fiber: 5g, Sug: 5g, Sod: 257 mg)

Contains:

## #2 LEMON PEPPER CHICKEN

GF/DF

\$11.50

Roasted chicken breast seasoned with lemon pepper served with balsamic bacon brussel sprouts.

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

## #3 BOOM BOOM CHICKEN

GF/DF

\$12.50

A Fit Five Classic! Sliced chicken breast, sauteed green beans, and brown rice. Served with Boom Boom Sauce.

(P: 33G, C: 22G, F: 8G, Cal: 292, Fib: 3G, Sug: 4G, Sod:680 mg)

## #4 SKINNY CHICKEN BOWL

GF/LC/DF

\$11.00

Grilled all-natural chicken breast sliced served over a bed of steamed broccoli and sliced carrots. Served with a side of boom boom.

(P:34g, C: 11g, F: 3g, Cal: 207, Fiber: 5g, Sug: 4g, Sod: 190 mg)

## #5 GRANDMA'S MEATLOAF

GF

\$11.50

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

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

## #6 BUFFALO QUESADILLA

\$11.00

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 "TOTCHOS"

DF

\$13.50

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.

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

## #8 SHRIMP 'N' GRITS

GF

\$13.50

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.

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

## #9 BACON CHEESEBURGER

\$12.00

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

(P:45G, C: 46G, F: 15G, Cal: 499, Fib: 4G, Sug: 8G, Sod: 751MG)

## #11 KICKIN CHICKEN TOTCHOS

\$12.50

Seasoned pulled chicken over a bed of sweet potato tots served with cheese, turkey bacon bits, and buffalo ranch sauce.

(P: 32g, C:30g, F:17g, Cal:410 Fib: 6g, Sug:5g, Sod:781.8mg)

## #12 2.0 SHRIMP BOWL GF

\$13.00

Brown rice topped with gulf shrimp, fiesta cheese, and a side of pico-de-gallo. Served with low-fat sriracha ranch dressing on the side.

(P:32g, C:49g, F:15g, Cal:459, Fib: 3g, Sug:4g, Sod:411mg)

## #13 2.0 BEEFY BIRMINGHAM GF

\$12.50

Brown Rice bowl topped with lean ground beef, fiesta cheese, and a side of pico de gallo. Served with a side of sriracha ranch.

(P: 30g, C: 49g, Fat: 20g, Cal: 496, Fib: 3g, Sug:5g, Sod:306mg)

## #14 MOM'S SPAGHETTI

\$12.00

Tender hand-crafted turkey meatballs, perfectly boiled whole wheat pasta, topped with our homemade spaghetti sauce.

(Pro: 39g, Carb: 55g, Fat: 13g, Cal:496, Fib: 5g, Sug: 7g)

## #15 CHIPOTLE BURRITO

\$9.50

Whole wheat tortilla wrapped with chipotle chicken, rice, fajita cheese corn, and black beans and served with a side of fire roasted salsa.

(Pro: 39g, Carb: 51g, Fat: 13g, Cal:477, Fib: 7g, Sug: 2g, Sod: 765mg)

## BREAKFAST

### #10 BREAKFAST BURRITO

\$11.50

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)

## CHEAT TREATS

### FRUIT & PEANUT BUTTER BITES

\$5.95

Serving Size: 1 bite

CAL: 67, PRO: 5G, CARB: 7G, FAT: 3G, FIBER: 1G

Contains: Peanuts,

### OREO FIVE BITES LC \$5.50

Serving Size: 1 bite

CAL: 67, PRO: 5G, CARB: 7G, FAT: 2G, FIBER: 1G

Contains: Milk, Peanuts

## BULK

### SLICED CHICKEN 1LB \$13.00

Serving Size: 4oz

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

### BACON AND BRUSSELS 1LB \$11.00

Serving Size: 4oz

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

### DICED STEAK - 8OZ \$9.00

Serving Size: 4oz

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

### OVERNIGHT OATS \$5.95

Serving Size: 4oz

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

### GROUND TURKEY - 8OZ \$9.00

Serving Size: 4oz

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

### PULLED CHICKEN- 8OZ \$9.00

Serving Size: 4oz

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

### BISON CHILI - 8OZ \$13.00

Serving Size: 4oz

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

### PEPPERONI PIZZA- \$10.00

Serving Size: 4oz

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



