

#1 ADOBO BBQ CHICKEN BOWL

\$12.50

Diced Chicken tossed in savory bbq sauce with a hint of tang served over a bed of brown rice and seasoned corn and black beans. Served with a side of adobo bbq sauce.

(P: 34g, C: 58g, F: 12g, Cal: 476 , FIB: 2G, Sug: 2g, Sod: 273mg)

#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 CHICKEN FRIED RICE

GF/DF

\$12.00

All-New!

A healthy-twist on a popular dish. Rice, peas, carrots sauteed with all-natural soy sauce and topped with diced chicken.

(P: 30g, C:59g, F: 9g, Cal: 441, Fib: 2g, Sug 0g, Sod: 339mg)

#5 GRANDMA'S MEATLOAF

GF

\$12

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.

(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

\$12.95

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 BACON CHEESEBURGER

\$12.50

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)

#10 2.0 LEAN BIRMINGHAM BOWL

\$12.5

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

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

#11 2.0 BHAM-STRONG BOWL

GF

\$13.50

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

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

#12 CAJUN SHRIMP ALFREDO

\$12.5

Whole wheat pasta tossed in Chef Michael's signature alfredo sauce and topped with fresh-cajun shrimp.

(P:25G, C: 18G, F:15G, CAL: 476, FIB: 6G, SUG: 3G, SOD: 1217mg)

#13 SKINNY POT ROAST

\$12.50 GF/LC/DF

Perfect for those cold nights. Lean turkey pot roast served with roasted baby bakers, carrots, and a side of beef broth.

(P:32G, C: 51G, F:16G, CAL: 307, FIB: 4G, SUG: 5G, SOD: 753mg)

#14 TWIX PROTEIN PANCAKES

\$12.50

All- New!

Just enough sweetness added to our protein pancake mix. Served with (4) pancakes and a side of sugar-free syrup & peanut butter.

(P: 14g, C:54g, F: 6g, Cal: 322, Fib: 2g, Sug 3g, Sod: 432mg)

BREAKFAST

#9 BREAKFAST BURRITO

\$12.00

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

Honey Oat BITES \$5.95

Serving Size: 1 bite

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

KIT KAT FIVE BITES LC \$5.50

Serving Size: 1 bite

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

