


FUELED BY HEAVENLYFIT

 heavenlyfit_ || heavenly-fit.com

CALL OR TEXT TO ORDER



714-767-9726

Delivery +\$15 within 20mi.

*Extra Protein +\$4 - Olive oil used to prepare all meals

Breakfast

Blueberry Vanilla Overnight Oats

Overnight oats with almond milk, protein, blueberries & nut topping. **\$10.99**

339 CAL 26 PROTEIN 42 g CARBS 28 g FAT

Chocolate Peanut Butter Protein Oats

Chocolate oats with peanut butter, protein & chocolate chips. **\$10.99**

370 CAL 38 g PROTEIN 41 g CARBS 8 g FAT

Protein Box

3 boiled eggs with turkey bacon. **\$9.99**

300 CAL and 27g PROTEIN 3 g CARBS 20 g FAT

Energy Bites

No-bake oats, peanut butter, protein, honey & chocolate bites (3). **\$9.99**

339 CAL 18 g PROTEIN 18 g CARBS 5 g FAT

Breakfast Skillet

Sausage, potatoes, peppers & eggs with salsa. **\$12.99**

375 CAL 29 g PROTEIN 29 CARBS 10 g FAT

Breakfast Sandwich

Eggs, cheese, arugula & turkey bacon on sourdough. **\$12.99**

295 CAL 28 g PROTEIN 14 g CARBS 3 g FAT

Juices

Celery **\$10**

Watermelon

Pineapple

Orange

Green Goddess

Entrees

Build a Bowl

Choose protein : ground chicken, turkey or beef
Veggies: broccoli, green beans or Brussels
Carb: rice, or sweet potatoes

\$16.99

380 CAL 32 g PROTEIN Carbs: 35 g CARBS 12 g FAT

Teriyaki Chicken Bowl

Teriyaki chicken with rice, broccoli & sesame seeds.

\$16.99

427 CAL 34 g PROTEIN 35 g CARBS 9 g FAT

Chicken Fajitas

Grilled chicken with peppers, onions & rice.

\$16.99

365 CAL 29 g PROTEIN 39 g CARBS 10 g FAT

Grilled Chicken Salad

Chicken, greens, tomatoes & green goddess dressing.

\$15.99

227 CAL 29 g PROTEIN 10 g CARBS 8 g FAT

Carne Asada Bowl

Marinated steak with rice, beans & corn salsa..

\$17.49

420 CAL 40 g PROTEIN 52 g CARBS 15 g FAT

Steak Stir-Fry

Steak with peppers and onions over rice.

\$17.49

347 CAL 34 g PROTEIN 47 g CARBS 3.7 g FAT

Korean Ground Beef Bowl

Sweet & savory beef with rice & green beans.

\$17.49

396 CAL 29 g PROTEIN 44 g CARBS 11 g FAT

Spaghetti Squash w/ Meat Sauce

Turkey meat sauce over spaghetti squash.

\$16.49


281 CAL 28g PROTEIN 24 g CARBS 8 g FAT

10 PLATES / \$170

12 PLATES/\$198

16 PLATES/\$248

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Breakfast

Banana Protein Overnight Oats \$10.50

Overnight oats made with banana, cinnamon, vanilla protein & walnuts for a high-protein banana bread-inspired breakfast.

(DF yogurt available upon request)

Calories: 339 Carbs: 42 g Protein: 26 g Fat: 28 g

Blueberry Vanilla Overnight Oats \$10.50

Overnight oats with almond milk, protein, blueberries & chia seeds. Topped with granola.

Calories: 390 Carbs: 38 g Protein: 28 g Fat: 12 g (DF yogurt available upon request)

Cinnamon Apple Protein Overnight Oats

Cold oats mixed with almond milk, protein powder, chia seeds, topped with DF yogurt, apple, cinnamon, and granola. \$10.50

(DF yogurt available upon request)

Calories: 370 Carbs: 41 g Protein: 38 g Fat: 8 g

Energy Bites \$9.50

No-bake mixture of oats, peanut butter, honey, chia seeds, dark chocolate nibs. (3)

Calories: 339 Carbs: 18 g Protein: 18 g Fat: 5 g

Juices

Celery \$10

Watermelon \$10

Pineapple \$10

Orange \$10

Vegan Entrees

Sticky Sesame Chickpeas \$16.50

Seasoned chickpeas served with jasmine rice and broccoli.

Calories: 321 Carbs: 49 g Protein: 12 g Fat: 9.6 g

Jackfruit Carnitas Bowl \$16.50

Juicy seasoned jackfruit served over basmati rice with black beans, corn and cilantro.

Calories: 180 Carbs: 38 g Protein: 7 g Fat: .75 g

Korean Ground Beef Bowl \$17.99

Marinated ground "beef" served with jasmine rice and green beans + Korean glaze sauce.

Calories: 180 Carbs: 38 g Protein: 7 g Fat: .75 g

Spaghetti Squash w/ Meat Sauce \$16.99

Spaghetti Squash served with ground beyond beef mixed with red sauce and broccoli.

Calories: 225 Carbs: 14 g Protein: 16 g Fat: 13 g

Grilled Portobello Mushroom Steak \$17.99

Seasoned mushroom served with asparagus and potatoes.

Calories: 185 Carbs: 27 g Protein: 7 g Fat: 5.5 g

Spiced Chickpea Rice Bowl \$16.50

Roasted spiced chickpeas served with jasmine rice, roasted seasonal vegetables and a lemon tahini dressing.

Calories: 480 Carbs: 44g Protein: 28g Fat: 18g

10 PLATES / \$170
12 PLATES / \$198
16 PLATES / \$248