


# FUELED BY HEAVENLYFIT

 heavenlyfit\_ || heavenly-fit.com

CALL OR TEXT TO ORDER



714-767-9726

Delivery +\$15 within 20mi.

## Breakfast

### Blueberry Protein Overnight Oats \$11.99

Cold oats mixed with almond milk, protein powder, peanut butter, chia seeds, cinnamon, topped with yogurt blueberries and nuts.

(DF yogurt available upon request)

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

### Cinnamon Apple Protein Overnight Oats

Cold oats mixed with almond milk, protein powder, chia seeds, topped with yogurt, apple, cinnamon, and granola. \$11.99

(DF yogurt available upon request)

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

### Protein Egg Bites

Baked quiche like rounds including eggs mixed with cottage cheese, turkey bacon and cheese.

Calories: 183 Carbs: 6 g Protein: 24 g Fat: 12 g

### Energy Bites

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

### Breakfast Skillet

Sausage paired with potatoes, bell peppers and mushrooms. Topped with eggs + salsa.

Calories: 375 Carbs: 29 g Protein: 28 g Fat: 10 g

### Breakfast Sandwich

Eggs, cheese, turkey bacon, arugula served on gluten free bread.

(DF cheese available upon request)

Calories: 295 Carbs: 14 g Protein: 28 g Fat: 3 g

## Juices

### Celery, Watermelon, Pineapple, Orange \$10

**10 PLATES - \$170**

**12 PLATES - \$198**

**16 PLATES - \$248**

## Entrees \*Vegan & DF substitutions available upon request

### Teriyaki Chicken Bowl \$16.99

Teriyaki chicken topped with sesame seeds, served with basmati rice and broccoli.

Calories: 427 Carbs: 35 g Protein: 34 g Fat: 9 g

### Chicken Fajitas \$16.99

Juicy marinated chicken served with bell peppers, onions and basmati rice.

Calories: 365 Carbs: 39 g Protein: 29 g Fat: 10 g

### Grilled Chicken Salad

Chopped lettuce and kale served with grilled chicken, tomatoes and red onions + green goddess dressing.

Calories: 227 Carbs: 10 g Protein: 29 g Fat: 8 g

### Carne Asada Bowl \$18.49

Tender slices of marinated steak, served with basmati rice, black beans, corn + salsa.

Calories: 420 Carbs: 52 g Protein: 40 g Fat: 15 g

### Steak Stir-Fry \$18.49

Steak mixed with broccoli, green beans, served with basmati rice + sauce.

Calories: 347 Carbs: 47 g Protein: 34 g Fat: 3.7 g

### Korean Ground Beef Bowl \$17.49

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

Calories: 396 Carbs: 44 g Protein: 29 g Fat: 11 g

### Spaghetti Squash w/ Meat Sauce \$16.49


Spaghetti Squash served on top of ground turkey red sauce and broccoli.

Calories: 281 Carbs: 24 g Protein: 28 g Fat: 8 g

\*Extra Protein +\$4

Olive oil used to prepare all meals

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## Breakfast

### Blueberry Protein Overnight Oats \$10.50

Cold oats mixed with almond milk, protein powder, peanut butter, chia seeds, cinnamon, topped with DF yogurt, blueberries and nuts.

(DF yogurt available upon request)

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

### Blueberry Protein Overnight Oats \$10.50

Cold oats mixed with almond milk, protein powder, peanut butter, chia seeds, cinnamon, topped with DF yogurt, blueberries and nuts.

(DF yogurt available upon request)

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

### 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**

\*Extra Protein +\$4

Olive oil used to prepare all meals