



# FUELED BY HEAVENLYFIT

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CALL OR TEXT TO ORDER  
 714-767-9726

Delivery +\$10 within 20mi.

Olive & Avocado oil used to prepare all meals

## Breakfast

### Blueberry Protein Overnight Oats \$8.49

Cold oats mixed with protein powder, chia seeds, almond milk, cinnamon, topped with greek yogurt, blueberries and nuts. (DF yogurt available upon request)

Calories: 339 Carbs: 52 g Protein: 26 g Fat: 28 g

### PB Banana Protein Overnight Oats \$8.49

Cold oats mixed with protein powder, chia seeds, almond milk, peanut butter, vanilla, maple syrup, topped with sliced banana and almond slices. (DF yogurt available upon request)

Calories: 377 Carbs: 56 g Protein: 28 g Fat: 11 g

### Strawberries & Cream Parfait \$7.49

Creamy greek yogurt layered and topped with strawberries, coconut and GF granola.

Calories: 339 Carbs: 52 g Protein: 26 g Fat: 28 g

### Energy Bites \$7.99

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

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

### Breakfast Plate \$10.99

Eggs served with red potatoes, red peppers and chicken sausage. + salsa.

Calories: 368 Carbs: 28 g Protein: 26 g Fat: 15 g

## Beverages

### Celery Juice \$8

### Watermelon Juice \$8

### Pineapple Juice \$8

### Ginger Shot \$4

### Protein Shake \$9

## Entrees

### Korean Ground Beef Bowl \$14.99

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

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

### Steak Fajitas \$14.99

Juicy marinated steak served with bell peppers, onions and jasmine rice.

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

### Lemon Garlic Shrimp \$14.99

Marinated shrimp served with asparagus and basmati rice.

Calories: 339 Carbs: 38 g Protein: 40 g Fat: 3 g

### Seasoned Swai Plate \$14.99

Fresh Swai served with rice pilaf and broccoli.

Calories: 436 Carbs: 48 g Protein: 33 g Fat: 11 g

### Chicken Stir-Fry \$13.99

Grilled chicken breast mixed with broccoli, green beans, served with jasmine rice + sauce on side.

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

### Grilled Chicken Salad \$13.99

Chopped lettuce and kale served with grilled chicken, tomatoes and red onions + cilantro lime dressing.

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

### Spaghetti Squash w/ Meat Sauce \$13.99

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

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

\*Vegan substitute available upon request