


# FUELED BY HEAVENLYFIT

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CALL OR TEXT TO ORDER



714-767-9726

Delivery +\$10 within 20mi.

Olive oil used to prepare all meals

## Breakfast

### Blueberry Protein Overnight Oats \$8.49

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.

(DF yogurt available upon request)

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

### Protein Egg Bites

\$8.99

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

\$7.99

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

\$10.99

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

\$10.99

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

\$8

**10 PLATES - \$130**  
**12 PLATES - \$160**  
**16 PLATES - \$208**

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

### Teriyaki Chicken Bowl

\$14.99

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

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

### Chicken Caesar Wrap

\$13.99

Sliced grilled chicken mixed with lettuce, croutons, parmesan cheese wrapped in a tortilla served with dressing.

Calories: 397 Carbs: 28 g Protein: 27 g Fat: 7 g

### Chicken Fajitas

\$14.99

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

\$13.99

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

\$14.99

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

\$14.99

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

\$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

### 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