

Fit Fuel

- A Diet Café



"Fueling a healthier you- one plate at a time"

At Fit Fuel Diet Cafe, our primary mission is to reduce the rush from hospitals by raising health concerns, promoting healthy eating habits and balanced lifestyles, and providing tailor-made meals as per the requirements and needs of an individual.

 981-076-5640

"Not just Food. A League"



"FIT FUEL DIET CAFÉ ISN'T JUST A PLACE TO EAT — IT'S A RITUAL OF CLEAN LIVING, CRAFTED TO FUEL YOUR GLOW FROM THE INSIDE OUT. * BORN OUT OF A DEEP BELIEF THAT FOOD IS MEDICINE AND BEAUTY BEGINS WITH BALANCE, EVERY RECIPE HERE IS DESIGNED TO NOURISH YOUR BODY, ELEVATE YOUR ENERGY, AND EMPOWER YOUR LIFESTYLE * WHETHER YOU'RE CHASING STRENGTH, RADIANCE, OR PEACE — OUR MEALS AREN'T JUST ABOUT CALORIES. THEY'RE ABOUT CLARITY. CONSCIOUSNESS. CONFIDENCE.

**THIS IS YOUR GLOW SPACE.
WELCOME TO MINDFUL EATING,
BEAUTIFULLY SERVED."**



FIT FUEL DIET CAFE

MENU



Chef's Special

(Protein $\geq$ 15g)

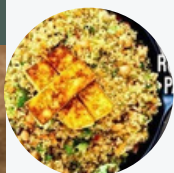


Paneer Peri-Peri Meal

130g of Peri Peri-spiced Paneer served with steamed Brown Rice and Sautéed Exotic vegetables.

Calories-465 | Protein-25.5g | Carbs-22.3g | Fats- 32.6g

299/-



Protein Salad

130g Paneer + 100g Quinoa = double protein power in one fiery, wholesome bowl.

Calories-532 | Protein-29g | Carbs-34g | Fats-33.3g

309/-



Paneer Tikka Salad

High-protein salad featuring 150g paneer and & fresh greens, elevated with Fit Fuel's organically prepared Red Ember Dressing.

Calories-564 | Protein-33.5g | Carbs-11.9g | Fats-43.5g

369/-

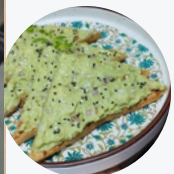


Protein Wrap

Protein-packed 80g rajma & 50g paneer filling hugged in a bold beetroot pocket providing lots of skin friendly nutrition.

Calories-350 | Protein-15.7g | Carbs-42g | Fats-12.35g

259/-



Avocado Toast

Green Gold, story unfolds. #Avo-Love

With Paneer:

Calories-477 | Protein-15.7g | Carbs-36.5g | Fats - 30.1g

With Eggs:

Calories-400 | Protein-18.5g | Carbs-32.5g | Fats - 22g

279/-



Egg Salad

A High Protein egg salad made with four boiled eggs and a selection of premium, chef-chosen add-ins.

Calories-611 | Protein-39.9g | Carbs-19g | Fats - 41g

299/-



Protein Packed Schezwan Tempeh

Indo- Chinese Bowl: Tossed Tempeh with Exotic Vegetables

Calories-260 | Protein-23g | Carbs-17g | Fats - 14g

379/-

Lightly Saucy | With Brown Rice | With Noodles



FIT FUEL DIET CAFE

MENU



Fit Fuel Plates



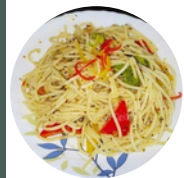
Green Medley

A colourful platter showcasing a bounty of 8 tender vegetables.

Calories-204 | Protein-12.9g | Carbs-24.2g | Fats-8g

Poha

Calories-245 | Protein-5.6g | Carbs - 42g | Fats - 5.5g



No Maida Pasta:

Aglio-e-Olio

Calories-344 | Protein - 10g | Carbs - 50g | Fats - 12.3g

White Sauce

Calories-306 | Protein - 10.4g | Carbs - 48g | Fats - 5.4g

Pink Sauce

Calories-278 | Protein-9.3g | Carbs-45.8g | Fats-7g

Lemon - Paneer Tikka

Calories - 600 | Protein - 30g | Carbs - 34.5g | Fats - 38g



Veggies Infused Brown Rice Delight

Add: 2 Boiled Eggs

A wholesome nutritious blend of tender brown rice and array of colorful vegetables.

Calories-336 | Protein- 13 .9g | Carbs-57.7g | Fats-5.8g

Wow Biryani

Add: 2 Boiled Eggs

219/-

199/-

239/-

249/-

259/-

259/-

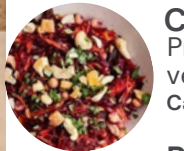
219/-

249/-

209/-

239/-

Eat Me Raw Salads



Chickpea & Beetroot Salad

Protein-packed mix of chickpea, beetroot, seasonal vegetables and herbs with a citrus twist.

Calories-290 | Protein-14.4g | Carbs-47g | Fats-5.8g



Paneer Cobb Salad

A crisp medley of greens, creamy avocado, protein-rich paneer and our signature garlic-curd dressing - a perfect harmony of flavour and nutrition.

Calories-311 | Protein-18g | Carbs-21g | Fats-20g



Green & Glow Salad

A fresh medley of Iceberg/lettuce, cucumber & seasonal greens with crunch of Peanuts - Hydrating & Nutrient Packed

Calories-229 | Protein-13g | Carbs-19g | Fats-13g

209/-

289/-

279/-

Pre/ Post Workout Meal



Nutri-licious Cup

Calories-321.5 | Protein-12.4g | Carbs- 26.27g | Fats - 20g

Celestial Crunch

Calories-257 | Protein-6.8g | Carbs- 54g | Fats - 3.33g

Banana - Seed Toast

Calories-408 | Protein-12.87g | Carbs - 58.5g | Fats - 16g

279/-

219/-

159/-

Wholesome Meals,
Fuel for Life





FIT FUEL DIET CAFE

MENU



Muscle Booster



Broccoli Bruschetta

Calories – 420 | Protein – 21.3g | Carbs – 24.5g | Fats – 28.5g

259/-



Burrito Bowl (Paneer/Egg)

Calories – 532 | Protein – 22.5g | Carbs – 64g | Fats – 22g

219/-

Nutrition Box (Paneer/Egg)

Calories – 323 | Protein – 20.2g | Carbs – 14g | Fats – 20.7g

219/-

Cucumber Bites (Paneer/Egg)

Calories – 201 | Protein – 11.3g | Carbs – 16.5g | Fats – 11.9g

189/-



Egg Half-Fry with Exotic Veggies

Calories – 161 | Protein – 13.2g | Carbs – 2.3g | Fats – 11g

169/-

Omelette:

Masala Omelette

Calories – 398 | Protein – 22g | Carbs – 17.6g | Fats – 17g

159/-

Mushroom – Spinach Omelette

Calories – 285 | Protein – 23g | Carbs – 6.5g | Fats – 19g

199/-

Clumsy Eggs

Calories – 361 | Protein – 22g | Carbs – 15.8g | Fats – 25.5g

139/-

Honey Chilli Soya Chunks

Calories – 472.5 | Protein – 38g | Carbs – 53g | Fats – 1.6g

199/-

Egg Bombs



5 Boiled Eggs with colourful veggies

Calories – 364 | Protein – 32g | Carbs – 7g | Fats – 24g

169/-

Egg Protein Spring Rolls

Calories – 234 | Protein – 19.6g | Carbs – 5.9g | Fats – 14.3g

149/-

Protein Stuffed Ribbons

Calories – 325 | Protein – 25.5g | Carbs – 4.2g | Fats – 22.3g

159/-

Protein Snow Buddies

Calories – 143 | Protein – 12.6g | Carbs – 11g | Fats – 9.5g

149/-

Veg Wraps OR Egg Rolls



Paneer

Calories – 279 | Protein – 21.7g | Carbs – 2.5g | Fats – 20g

179/-

Broccoli

Calories – 157 | Protein – 14g | Carbs – 3.8g | Fats – 9.6g

169/-

Mushroom

Calories – 153 | Protein – 13.6g | Carbs – 2.9g | Fats – 9.6g

159/-

Vegetable

Calories – 151 | Protein – 12.8g | Carbs – 2.9g | Fats – 9.7g

149/-

Sandwich



Paneer Sandwich

Calories – 440 | Protein – 18.3g | Carbs – 51g | Fats – 17.8g

149/-

Egg Sandwich

Calories – 446 | Protein – 21.7g | Carbs – 50.5g | Fats – 16.7g

139/-

Vegetable Sandwich

Calories – 314 | Protein – 9.5g | Carbs – 52g | Fats – 7.2g

129/-



FIT FUEL DIET CAFE

MENU



By Hand & Heart



Gourmet Cookie

Founder's favourite special innovative frozen twist on traditional cookies, expertly crafted without baking, aesthetic mixture of peanut butter, rolled oats, desiccated coconut & honey

Calories - 182 | Protein - 4.96g | Carbs - 17g | Fats - 11g

40/-

Ragi Laddu

Laddu made in the most authentic yet healthy way with the blend of ragi flour, seeds & Dry fruits (Also available on order - in kgs)

Calories - 152 | Protein - 1.8g | Carbs - 17.6g | Fats - 8.7g

40/-

Exclusive



Broccoli and Corn Soup

Calories-113 | Protein-4.45g | Carbs- 16g | Fats - 5g

219/-

Tomato, Carrot and Basil Soup

Calories-75.5 | Protein-1.56g | Carbs-8.84g | Fats - 4.39g

189/-

Desi Protein Sattu Shake

Calories-410 | Protein-14.69g | Carbs-65g | Fats - 13g

149/-

Banana Seed & Nut Shake

Calories-400 | Protein-8.8g | Carbs-72g | Fats - 12g

139/-

Desi- Ghee Tadka



Dal- Rice Bowl

Served with Air fried Paneer on side and Garnish with seeds. Calories-403 | Protein-20.4g | Carbs - 47.9g | Fats - 51g

219/-

Rajma- Rice Bowl

Served with Air fried Paneer on side and Garnish with seeds. Calories-416 | Protein-20g | Carbs - 51g | Fats - 15.2g

229/-

Chole- Rice Bowl

Served with Air fried Paneer on side and Garnish with seeds. Calories-460 | Protein-20g | Carbs - 56.8g | Fats - 17.7g

229/-

Egg Curry - Rice Bowl

Calories-498 | Protein-24g | Carbs - 50g | Fats - 13g

239/-

**More than Food.
A League**





FIT FUEL DIET CAFE

MENU



Trending 🥰



Spinach Oat Momos

199/-

wholesome green momos with a soft oats-spinach casing and a flavourful paneer & veggie filling. Served with in-house prepared momo chutney.



Beetroot Oat Momos

189/-

Wholesome pink momos with a soft beetroot casing and a flavourful paneer & veggie filling. Served with in-house prepared momo chutney.



Oat Momos

179/-

wholesome oats momos with a flavourful paneer & veggie filling. Served with in-house prepared momo chutney.



Naked Green Dumplings

219/-

cabbage-wrapped dumplings — the outer wrapper is a soft blanched & steamed cabbage leaf rather than regular flour dough, with a filling inside and a sesame-soy style dipping sauce.

Calories - 215 | Protein - 15g | Carbs - 8g | Fats - 14g

Your favourite Food,
now Upgraded.





FIT FUEL DIET CAFE

MENU



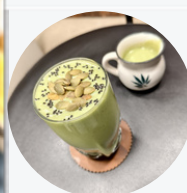
Speciality Drinks



Whey Protein Shake	199/-
Pulpy Shots	189/-
Iced Latte	219/-
Hot Chocolate	179/-
Hazelnut Coffee(Hot/ Cold)	189/-
Classic Coffee Coffee (Hot/ Cold)	159/-
Ginger- Honey Coffee	169/-
Masala Tea	80/-
Ginger Tea	80/-



Smoothies



Avocado Smoothie	269/-
Calories-482 Protein-15.4g Carbs - 54.7g Fats - 25.5g	

Mixed Berries Smoothie	279/-
Calories-397 Protein-15.3g Carbs - 52.6g Fats - 15.6g	



Chocolate- Cinnamon Smoothie	259/-
Calories-400 Protein-14.9g Carbs - 52.9g Fats - 16.5g	

Mixed Fruits Smoothie	249/-
Calories-400 Protein-14.9g Carbs - 52.9g Fats - 16.5g	

Mango Smoothie (seasonal)	259/-
Calories-332 Protein-15g Carbs - 46g Fats - 11g	

Ube



Ube Espresso Cloud	179/-
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Ube Coconut Cloud	159/-
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Healthy is the new Rich,
And we are serving it Fresh



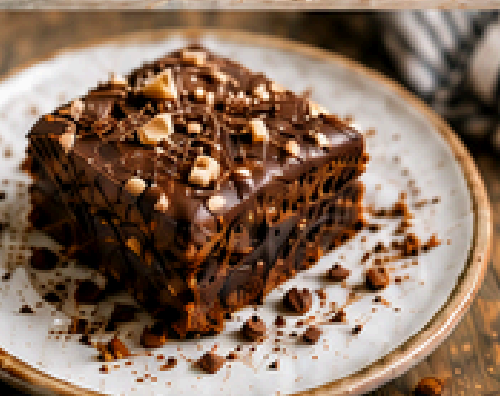


FIT FUEL DIET CAFE

M E N U



CLEAN
NUTRITION



Protein Scoop Add-On



Upgrade your favourites
with an extra protein punch.

**Same recipes. Same great taste.
More protein in every serving.**

Now, Fit Fuel takes it a step further
with a protein scoop add-on.



ADD IT TO



Smoothies



Shakes



Brownie



Banana Loaf



Chia Pudding



Tea Cakes



Cookies



Pancake



Waffle



Add a Scoop. Stay on Track.

More Protein. Same Great Taste.

Fueling your goals, every day.



FIT FUEL DIET CAFE

SUBSCRIPTION MEAL PLANS

(15MEALS, 30 Meals & 60 Meals)

|| Healthy Eating Made Delicious & Convenient ||



Everyday Wellness Plan

Balanced meals for everyday healthy eating



Strength & Nourish Plan

Protein-Rich meals for Muscle Gain



Weight Loss Plan

Calorie-conscious meals for sustainable fat loss



Exclusive Plan

PCOD/PCOS, Lean Muscle, Shredding & specific lifestyle issues

COMPLIMENTARY WITH SUBSCRIPTIONS

STEP 1

Personalized Body Composition Analysis (BCA)

We assess your body composition to understand your unique needs and set the right goals.

1



2

STEP 2

Expert curated Meal & Diet Planning

Our experts create a personalized meal & diet plan tailored to your goals, preferences and lifestyle.



3

STEP 3

Fresh, Delicious & Convenient Meals

Freshly prepared, hygienic and delicious meals delivered at your doorstep.



4

STEP 4

Wide variety of Healthy Multi-cuisine options

Relish a wide range of healthy, multi-cuisine options to keep your journey exciting and sustainable.



5 Day INTRODUCTORY TRIAL Plan at Rs.1499/- only

T&C*

Thank you

"Here's how Fit Fuel helps you transform your routine into results"



1. Start Fresh! Open your Fit Fuel meal box and explore the perfectly balanced portions inside. Every bite is crafted to fuel your body with the nutrients it truly needs."



2. Timing is Everything! Enjoy your meal 30 minutes after your workout for optimal recovery. Trust us, this is when your muscles are craving nutrition the most!



3. Hydrate Right! Pair your meal with our signature detox drinks/Shakes high in protein. Your body will thank you for the extra love.

4. Stay Disciplined! Remember, consistent healthy meals make all the difference. Order your weekly meal plans now and let Fit Fuel Cafe keep you on track.



fitfuel.league



www.fitfuelindia.com



Shop No: 4, Plot B-1, Basement, RDC, Raj Nagar, Gzb