


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)

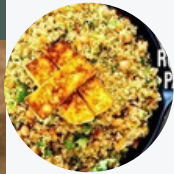


Paneer Peri-Peri Meal

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/-

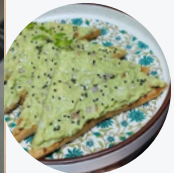


Protein Wrap

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/-

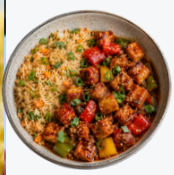


Egg Salad

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/-



Schezwan Tempeh Rice Bowl

Tempeh in signature Indo- Chinese gravy served with healthy fried rice.

Calories-340 | Protein-23g | Carbs-37g | Fats - 13g

379/-



Protein Packed Schezwan Tempeh

Indo- Chinese Bowl: Saucy tossed Tempeh with Exotic Vegetables

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

379/-



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Fit Fuel Plates



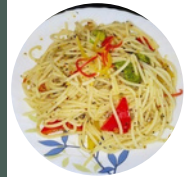
Green Medley **219/-**

A colourful platter showcasing a bounty of 8 tender vegetables.

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

Poha **199/-**

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



No Maida Pasta:
Aglio-e-Olio **239/-**

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

White Sauce **249/-**

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

Pink Sauce **259/-**

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

Lemon - Paneer Tikka **259/-**

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



Veggies Infused Brown Rice Delight **219/-**

Add: 2 Boiled Eggs

249/-

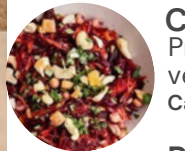
A wholesome nutritious blend of tender brown rice and array of colorful vegetables.

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

Wow Biryani **209/-**

Add: 2 Boiled Eggs **239/-**

Eat Me Raw Salads



Chickpea & Beetroot Salad **209/-**

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 **289/-**

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 **279/-**

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

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

Pre/ Post Workout Meal



Nutri-licious Cup **279/-**

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

Celestial Crunch **219/-**

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

Banana - Seed Toast **159/-**

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

**Wholesome Meals,
Fuel for Life**





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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)
189/-



Calories - 201 | Protein - 11.3g | Carbs - 16.5g | Fats - 11.9g **169/-**

Egg Half-Fry with Exotic Veggies

Calories - 161 | Protein - 13.2g | Carbs - 2.3g | Fats - 11g **159/-**

Omelette:
Masala Omelette **199/-**

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

Mushroom - Spinach Omelette **139/-**

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

Clumsy Eggs

Calories - 361 | Protein - 22g | Carbs - 15.8g | Fats - 25.5g **199/-**

Honey Chilli Soya Chunks

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



Egg Bombs

5 Boiled Eggs with colourful veggies **169/-**
Calories - 364 | Protein - 32g | Carbs - 7g | Fats - 24g

Egg Protein Spring Rolls **149/-**

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

Protein Stuffed Ribbons **159/-**

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

Protein Snow Buddies **149/-**

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



Veg Wraps OR Egg Rolls

Paneer **179/-**
Calories-279 | Protein - 21.7g | Carbs - 2.5g | Fats - 20g

Broccoli **169/-**

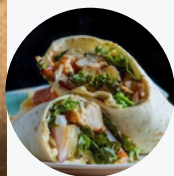
Calories-157 | Protein - 14g | Carbs - 3.8g | Fats - 9.6g

Mushroom **159/-**

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

Vegetable **149/-**

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



Sandwich

Paneer Sandwich **149/-**

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

Egg Sandwich **139/-**

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

Vegetable Sandwich **129/-**

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

Potato Picasso Sandwich **119/-**

Calories-342 | Protein-10.25g | Carbs- 58g | Fats - 7.5g





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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

38/-

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**



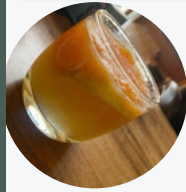


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Speciality Drinks



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 60/-

Ginger Tea 60/-

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

Refreshing Coolers

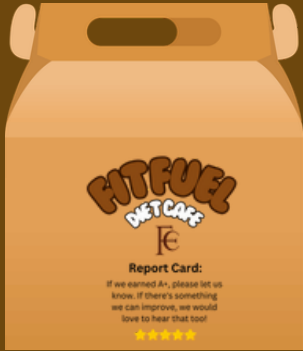
Mango, Rose, Kala-Khatta, Paan 89/-

**Healthy is the new Rich,
And we are serving it Fresh**



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.

