



# CAJUN FIT MEALS

STAY FIT WITH A CAJUN TWIST

648 S. Belle Circle, Breaux Bridge, LA 70517

(337) 414-6446

[cajunfitmealsbb@gmail.com](mailto:cajunfitmealsbb@gmail.com)

## Menu for Pickup SUNDAY July 9th

**How to Order:** Order online at [cajunfitmeals.com](http://cajunfitmeals.com) by **midnight Wednesday**. Pick-up on SUNDAY 3-4 pm.

Thank you for your business!!

### Breakfast/Snack Options - \$6 per meal (plus tax)

#### Southwest Egg Bowl

Egg Whites, Turkey  
Crumbles, SW Hash  
Browns, Mexican Cheese,  
& Picante Sauce  
**Macros:** 325 calories  
P 25g C 20g F 11g

#### Protein Pancakes

Protein Pancake Mix,  
Salted Caramel  
& Sugar Free Syrup  
**Macros:** 295 calories  
P 16g C 42g F 10g

#### Strawberry Yogurt Cup

Greek Yogurt, Strawberries,  
Chocolate Chips &  
Graham Cracker Crumbs  
**Macros:** 205 calories  
P 13g C 32g F 4g

#### Overnight Oats

Oatmeal, Strawberries  
Strawberry Protein, &  
Almond Milk  
**Macros:** 264 calories  
P 21g C 35g F 6g

### Lunch/Dinner Options - \$9 per meal plus tax (\$10 beef, \$11 steak, \$12 seafood)

**DOUBLE PROTEIN (8 oz) = \$11 (Ground Beef = \$12, Steak = \$13, Seafood = \$14)**

#### Cheeseburger Bowl

Ground Turkey or Beef, White/Brown/Cauliflower  
Rice, Cheddar Jack Cheese, Pickles, Red Onion  
& Mustard

**Macro Profile:** 404 calories

P 29g C 28g F 16g

Make it Eat Fit by choosing Brown Jasmine or  
Cauliflower Rice

#### Mexican Bowl

Ground Turkey or Beef, White/Brown/Cauliflower  
Rice, Black Beans, Mozzarella & Taco sauce

**Macro Profile:** 412 calories

P 31g C 38g F 11g

Make it Eat Fit by choosing Brown Jasmine or  
Cauliflower Rice

#### Turkey Meatloaf

Ground Turkey topped with Tomato Sauce,  
Green Beans & Potatoes

**Macro Profile:** 332 calories

P 27g C 37g F 8g

#### BBQ Chicken Wraps

Grilled Chicken, Steak or Shrimp mixed in  
Sugar Free BBQ Sauce, Lettuce, Mozzarella,  
Low Carb Whole Wheat Tortillas & Greek Yogurt  
Ranch Dip

**Macro Profile:** 380 calories




P 45g C 38g F 16g

#### Custom Meals \$10.00

##### Choose a Protein:

Chicken                      Steak (\$12)  
Ground Beef (\$11)        Ground Turkey  
Shrimp (\$13)

##### Choose a Carb:

White Jasmine Rice      Brown Jasmine Rice   
Roasted Potatoes        Baked Sweet Potatoes   
Black Beans 

\*Make it Eat Fit by choosing Brown Jasmine Rice, Baked  
Sweet Potato, Black Beans, or Cauliflower Rice

##### Choose a Veggie:

Steamed Broccoli        Green Beans  
Cauliflower Rice        Mixed Zucchini & Squash  
Asparagus

**Bulk Up (Custom Orders Only)                      \$5.00**  
(Everything included in meal will be doubled)

All calories/macros listed represent 4 oz chicken/turkey and white  
jasmine rice. Add ons and substitutes will change the macro profile.

Eat Fit Acadiana items meet nutritional criteria designated by Ochsner  
Lafayette General Medical Center. Visit [EatFitAcadiana.com](http://EatFitAcadiana.com) + download  
Eat Fit app for full nutrition facts.

Order online at [cajunfitmeals.com](http://cajunfitmeals.com)  
or stop by for a Grab & Go!

\*Menu items are not always the same in store.

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