



# 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 for SATURDAY Aug 13 OR SUNDAY Aug 14

**How to Order:** Order online at [cajunfitmeals.com](http://cajunfitmeals.com) by **midnight Wednesday**. Thank you for your business!!

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

#### Breakfast Taco

Turkey Crumbles, Eggs,  
Cheese Blend & Picante  
Sauce on Low Carb Tortilla

**Macros:** 325 calories

P 25g C 20g F 11g

#### Protein Pancakes

Protein Pancake Mix,  
Chocolate Chips, &  
Cream Cheese Syrup

**Macros:** 265 calories

P 15g C 41g F 6g

#### Vanilla Cheesecake Yogurt

Greek Yogurt,  
Cream Cheese  
& Pecan Crumbles

**Macros:** 209 calories

P 16g C 13g F 10g

#### Overnight Oats

Oatmeal, Peanut Butter  
and Honey 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) +\$2

#### Chicken and Taters

Grilled Chicken, Steak or Shrimp,  
Sweet Potato Mash with cinnamon butter,  
Broccoli Florets & BBQ sauce

**Macro Profile:** 326 calories

P 28g C 40g F 4g

#### Meatball Stew

Ground Turkey, Roux,  
White/Brown/Cauliflower Rice &  
Sweet Peas

**Macro Profile:** 420 calories

P 30g C 43g F 10g

#### Shrimp and Sausage Skillet

Shrimp, Turkey Sausage, Onion Blend  
& a side of Smothered Cabbage

**Macro Profile:** 305 calories

P 35g C 17g F 12g

#### Chili Cheese Potatoes

Turkey Chili over Roasted Potatoes,  
& Monterey Jack Cheese

**Macro Profile:** 371 calories




P 30g C 34g F 13g

#### Custom Meals \$10.00

##### Choose a Protein:

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

**1 lb Bulk Protein: Choose Your Protein and Sauce**  
(Choose a Sauce: Habanero Mango, Sweet Chili, Barbeque, Caribbean Jerk, Buffalo)

*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!**

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