

MENU



simplyfitmeals.com

Welcome to **Simply Fit Meals**. We are a local all-natural company that aims to make food that not only tastes good, but is good for you. We make our meals fresh and use only the best ingredients to fuel your active lifestyle.

JUMP STARTS

quality meals that will give you the sustained energy you need to jumpstart your day.

we say NO to:

artificial | processed | unbalanced | antibiotics | GMOs | Hormones

Fit Breakfast Sandwich \$4.50

Breakfast sandwich with egg whites, low-fat cheese and all natural, hickory smoked, turkey bacon on an organic, whole wheat English muffin

Cal 228 | Fat 5g | Carb 25g | Pro 20g | Fibr 4g | Sodm 598mg

Good Morning Muesli \$4.5

Organic nuts, fruit and oats mixed into a healthy, hearty breakfast cereal. Served with organic, skim milk.

Cal 321 | Fat 8g | Carb 55g | Pro 9g | Fibr 6g | Sodm 8mg

Breakfast Parfait \$4.5

Parfait of organic, non-fat, vanilla yogurt, organic blueberry flax granola and aOrganic nuts, fruit and oats mixed into a healthy, hearty breakfast cereal..

Cal 321 | Fat 8g | Carb 55g | Pro 9g | Fibr 6g | Sodm 8mg

Camp Gladiator Power Pancakes \$4.75/6.00

Banana, walnut and organic, whole wheat pancakes topped with organic agave nectar and sliced strawberries

5K: Cal 231 | Fat 5g | Carb 45g | Pro 7g | Fibr 6g | Sodm 92mg

10K: Cal 332 | Fat 8g | Carb 61g | Pro 13g | Fibr 10g | Sodm 442mg

Cinnamon French Toast \$4.75/6.00

Organic, multi grain bread dipped in an egg white, cinnamon, agave nectar batter and cooked until golden brown. Topped with slivered almonds and strawberries

5K: Cal 270 | Fat 7g | Carb 43g | Pro 13g | Fibr 9g | Sodm 269mg

10K: Cal 391 | Fat 9g | Carb 62g | Pro 21g | Fibr 10g | Sodm 433mg

Breakfast Americana \$5.25/6.50

Scrambled egg whites served with all natural, low-fat turkey bacon, and oven roasted sweet potatoes.

5K: Cal 227 | Fat 4g | Carb 16g | Pro 30g | Fibr 2g | Sodm 641mg

10K: Cal 341 | Fat 7g | Carb 25g | Pro 45g | Fibr 4g | Sodm 952mg

Huevos Rancheros \$4.75/6.00

Extra lean turkey sausage mixed with seasoned egg whites and served with spicy black beans and topped with low-fat cheese

5K: Cal 249 | Fat 4g | Carb 15g | Pro 38g | Fibr 6g | Sodm 354mg

10K: Cal 359 | Fat 6g | Carb 21g | Pro 54g | Fibr 8g | Sodm 551mg

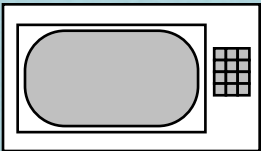
Jumpstart Oatmeal \$4.5

Organic steel cut oats served with organic raisins, agave nectar, flax seed and cinnamon.

5K: Cal 256 | Fat 4g | Carb 54g | Pro 6g | Fibr 5g | Sodm 11mg

10K: Cal 336 | Fat 7g | Carb 67g | Pro 10g | Fibr 8g | Sodm 32mg

HEATING INSTRUCTIONS



Ovens Work Too! (In a oven safe dish)

Our meals are simple. So simple in fact, that all you need is an appetite and a microwave.

1. Pick your favorite meal
2. Pop one side of the container enough to allow heat to escape
3. Microwave for 90 seconds to 2 minutes (different items require different times)
4. Open carefully...your food will be hot and tasty

SIZES

Our meals are portioned by calorie count, not amount...because that is what matters. We make sure that you get the quality and quantity of calories you need.

5K [250 - 450] calories
10K [450 - 600] calories
Marathon [600 - 800] calories

SNACKS

Berry Smooth \$4.25

A whipped cottage cheese, sweetened with a touch of stevia and topped with fresh berries

Cal 180 | Fat 5g | Carb 16g | Pro 22g | Fibr 3g | Sodm 536mg

Apple Almond Butter Delight \$3.75

Crisp apple wedges paired with chocolate almond butter.

Cal 253 | Fat 14g | Carb 30g | Pro 5g | Fibr 6g | Sodm 76mg

Humms & Veggies \$4.25

Texas local hummus paired with crisp veggies and whole wheat pita slices.

Cal 183 | Fat 5g | Carb 30g | Pro 7g | Fibr 7g | Sodm 418mg

SALADS

Greek Salad & Humms \$7.50

Fresh mixed greens topped with sliced black olives, feta cheese, cucumbers and grape tomatoes. Served with whole wheat pita, hummus, and low-fat balsamic vinaigrette.

Cal 298 | Fat 15g | Carb 34g | Pro 12g | Fibr 10g | Sodm 685mg

Spring Chicken Salad \$7.50

All natural, grilled chicken breast on a bed of mixed greens, carrots, grape tomatoes, feta cheese and red cabbage. Served with a side of our house, low-fat balsamic vinaigrette.

Cal 266 | Fat 9g | Carb 12g | Pro 33g | Fibr 3g | Sodm 442mg

SHELF LIFE

There are NO PRESERVATIVES in our food. You can expect them to last: **4 to 5 days**. We don't use any frozen ingredients and don't recommend ever freezing our meals.

CLEAN EATING

It's pretty simple. We serve **REAL FOOD** that is made with **REAL** ingredients that we select based on nutritional value. Nothing unnecessary, nothing altered...simply good food and great flavor.

DAILY FUEL

balanced meal for any
time of the day.

Chicken Parmesan \$7/9



Gluten-free, breaded chicken breast layered with sweet marinara sauce, parmesan cheese blend and served with fresh broccoli florets.

5K: Cal 308 | Fat 13g | Carb 27g | Pro 25g | Fibr 3g | Sodm 916mg
10K: Cal 461 | Fat 20g | Carb 37g | Pro 38g | Fibr 4g | Sodm 1355mg

Roccan’ Beef Tagine \$7/9



A beef stew simmered with Moroccan spices, sweet potatoes and served with organic brown rice and fresh cilantro.

5K: Cal 262 | Fat 4g | Carb 39g | Pro 18g | Fibr 6g | Sodm 394mg
10K: Cal 399 | Fat 6g | Carb 60g | Pro 27g | Fibr 9g | Sodm 607mg

Freedom Beef Chili \$7/\$9



Locally sourced, free range beef stewed with rich spices, tomatoes, black beans and crisp celery.

5K: Cal 283 | Fat 5g | Carb 33g | Pro 27g | Sodm 709mg
10K: Cal 433 | Fat 7g | Carb 50g | Pro 42g | Sodm 1084mg

Balsamic Steak & Veggies



\$7.50/9.50

A tender, free range beef tenderloin steak paired with crisp vegetables and served with a sweet balsamic glaze

5K: Cal 179 | Fat 2g | Carb 14g | Pro 26g | Fibr 3g | Sodm 198mg
10K: Cal 280 | Fat 3g | Carb 23g | Pro 40g | Fibr 5g | Sodm 250mg

Turkey Basil Marinara \$7.00/9.00

Lean, ground turkey basil meatballs topped with sweet marinara sauce and low-fat cheese served on a bed of organic whole wheat pasta.

5K: Cal 411 | Fat 7g | Carb 47g | Pro 40g | Fibr 6 | Sodm 346mg
10K: Cal 648 | Fat 11g | Carb 75g | Pro 65g | Fibr 10g | Sodm 508mg

Turkey Mac & Cheese, \$6.5/8.5

Lean ground turkey breast mixed with a creamy, protein packed cheese blend, organic, whole wheat pasta and topped with low-fat mozzarella.

5K: Cal 402 | Fat 5g | Carb 53g | Pro 37g | Sodm 365mg
10K: Cal 611 | Fat 8g | Carb 81g | Pro 56g | Sodm 590mg

Turkey Spaghetti \$7/9

Lean ground turkey breast served on a bed of organic, low glycemic, whole wheat pasta served with our sweet basil marinara and fresh broccoli.

5K: Cal 364 | Fat 4g | Carb 41g | Pro 43g | Fibr 8g| Sodm 353mg
10K: Cal 534 | Fat 6g | Carb 60g | Pro 63g | Fibr 11g | Sodm 496mg

Crispy Chicken Tenders \$6.5/8.5



Gluten-free, rice flour breaded chicken strips served with crisp veggies and a side of bbq dipping sauce.

5K: Cal 223 | Fat 6g | Carb 25g | Pro 20g | Fibr 3g | Sodm 607mg
10K: Cal 314 | Fat 9g | Carb 34g | Pro 28g | Fibr 5g | Sodm 836mg

Lemon Caper Tilapia \$7.5/9.5

A flaky, seasoned tilapia fillet served on a bed of organic, whole wheat spaghetti. Served with asparagus, capers and a lemon wedge.

5K: Cal 281 | Fat 6g | Carb 29g | Pro 32g | Fibr 6g | Sodm 318mg
10K: Cal 403 | Fat 8g | Carb 41g | Pro 46g | Fibr 8g | Sodm 346mg

Summer Roasted Salmon \$8/10



Seasoned, fresh Atlantic baked salmon served with broccoli florets and protein rich, organic quinoa.

5K: Cal 342 | Fat 15g | Carb 23g | Pro 27g | Fibr 4g | Sodm 133mg
10K: Cal 475 | Fat 22g | Carb 30g | Pro 37g | Fibr 4g | Sodm 168mg

Baked Tilapia with Veggies



\$7.5/9.5

A delicious, lightly seasoned and baked tilapia fillet paired with a medley of oven roasted vegetables.

5K: Cal 208 | Fat 7g | Carb 8g | Pro 31g | Fibr 3g | Sodm 165mg
10K: Cal 306 | Fat 9g | Carb 12g | Pro 46g | Fibr 4g | Sodm 199mg

Cranberry Apple Salad \$6/8



Salad with diced Granny Smith apples, dried cranberries, crisp celery and all natural chicken breast in protein rich, fat-free Greek yogurt.

5K: Cal 253 | Fat 4g | Carb 14g | Pro 39g | Fibr 2g | Sodm 108mg
10K: Cal 380 | Fat 6g | Carb 20g | Pro 59g | Fibr 2g | Sodm 144mg

BBQ Pulled Chicken



Oven roasted and pulled chicken breast seasoned and marinated in a spicy, gluten free bbq sauce, and sweet potato mash and fresh veggies.

5K: Cal 278 | Fat 4g | Carb 22g | Pro 36g | Fibr 3g | Sodm 342mg
10K: Cal 419 | Fat 6g | Carb 33g | Pro 55g | Fibr 5g | Sodm 512mg

Mediterranean Mash \$5.25



Tabbouleh salad served with local hummus, grape tomatoes, sliced cucumbers.

5K: Cal 276 | Fat 14g | Carb 36g | Pro 7g | Fibr 9g | Sodm 219mg

Fit Picadillo \$7/9



A spicy blend of free range, locally sourced beef stewed with fresh jalapenos, onions and tomatoes. Served with black beans and topped with low-fat cheese.

5K: Cal 241 | Fat 5g | Carb 21g | Pro 28g | Fibr 5g | Sodm 510mg
10K: Cal 338 | Fat 6g | Carb 31g | Pro 39g | Fibr 8g | Sodm 720mg

Greek Turkey Burger \$7/9



A delicious Mediterranean inspired turkey burger, stuffed with black olives, feta cheese and basil. Served with seasoned asparagus spears and grape tomatoes.

5K: Cal 274 | Fat 6g | Carb 7g | Pro 46g | Fibr 3g | Sodm 390mg
10K: Cal 440 | Fat 16g | Carb 12g | Pro 62g | Fibr 4g | 500mg

Paleo Fit Filet \$8.5/10.5



A slow roasted free-range beef tenderloin wrapped in all-natural, nitrate free, uncured turkey bacon. Served with brocolini and side of blue cheese crumbles.

5K: Cal 223 | Fat 8g | Carb 3g | Pro 34g | Fibr 2g | Sodm 449mg
10K: Cal 313 | Fat 9g | Carb 4g | Pro 50g | Fibr 4g | Sodm 579mg

Sesame Teriyaki Salmon

\$8.5/10.5

A flaky Atlantic salmon filet baked with a gluten-free, organic teriyaki glaze and served on a seasoned, red cabbage, carrot and snap pea slaw.

5K: Cal 295 | Fat 14g | Carb 17g | Pro 27g | Fibr 4g | Sodm 575mg
10K: Cal 403 | Fat 20g | Carb 21g | Pro 37g | Fibr 5g | Sodm 616mg

= No Gluten Ingredients in recipe

= Spicy

We hear ya!

We value our customer feedback. Please let us know if you have any questions, comments, or suggestions!

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