

History

FITT MEALS To Go

WAS CREATED OUT OF THE DIRE NEED FOR TRUE, HEALTHY FAST FOOD. WITH TODAY'S EPIDEMIC OBESITY RATE AT 34% AND GROWING, AND 66% OF AMERICANS IN THE OVERWEIGHT CATEGORY, FAMILIES AND INDIVIDUALS ALIKE NEED HEALTHY CONVENIENCE FOOD SOLUTIONS.

OUR MEALS INCLUDE COMFORT FAVORITES LIKE PASTA, PIZZA, MEATLOAF AND BROWNIES, EXCEPT THAT WE INCORPORATE HIGH FIBER VIA HEART HEALTHY WHOLE GRAINS AND OILS. OUR FOOD IS NUTRITIOUS AND DELICIOUS. FITT MEALS ARE ANTI-FAST FOOD AND ANTI-DIET FOOD.

MY SON AND I HAVE REAPED THE HEALTH BENEFITS OF A WHOLE GRAIN, HIGH FIBER BASED DIET AND WE KNOW YOU WILL TOO!

WE ONLY USE ZERO TRANS FAT, HEART HEALTHY COOKING OILS. (EXTRA VIRGIN OLIVE OIL, CANOLA OIL)



**DELICIOUS,
WHOLE GRAIN
BASED, HIGH FIBER,
LOW FAT MEALS.**

30251 GOLDEN LANTERN
SUITE C
LAGUNA NIGUEL, CA 92677

MAKE IT EASY, ORDER IN ADVANCE

TEL: (949) 495-3684

HOURS:

MONDAY-FRIDAY 11:00AM - 8:30PM
SATURDAY 11:30AM - 8:00PM
SUNDAY 11:30AM - 8:00PM

ORDER ONLINE

WWW.FITMEALSTOGO.COM



**FITT MEALS To Go
BE HEART HEALTHY!**

**DELICIOUS, WHOLE GRAIN
BASED, HIGH FIBER,
LOW FAT MEALS.**



**FITT MEALS To Go
BE HEART HEALTHY!**

**DON'T OPT FOR FAST FOOD.
OPT FOR FITT FOOD.**

Menu

**"CULINARY INNOVATIONS
FOR A HEALTHIER YOU"**

Fitt Pizza

ALL MADE WITH REDUCED FAT CHEESES & WHOLE, MULTI GRAIN DOUGH. YIELDS 5 GRAMS OF FIBER PER SERVING. 16" PIES

- ARTISAN CHEESE PIZZA** 16.95
- FOUR CHEESE BLEND
- PEPPERONI PIZZA** 17.95
- MADE WITH LOW FAT PEPPERONI
- PESTO CHICKEN PIZZA** 19.95
- GRILLED CHICKEN & PESTO
- SAUSAGE & MUSHROOM PIZZA** 19.95
- CHICKEN SAUSAGE & PESTO
- SHRIMP DELIGHT PIZZA** 19.95
- PESTO & SUNDRIED TOMATOES
- VEGGIE PIZZA** 17.95
- MUSHROOMS, PEPPERS, OLIVES, ONIONS
- LEAN STEAK & PESTO PIZZA** 20.95
- GRILLED LEAN STEAK & PESTO

Pasta

ALL PASTAS ARE WHOLE, MULTI GRAIN BASED & WILL YIELD 4-7 GRAMS OF FIBER PER SERVING.

- PENNE WITH GRILLED HERB CHICKEN** 8.50
- IN GARLIC & BASIL TOMATO SAUCE
- SHRIMP DELIGHT PASTA** 8.50
- PESTO, SUNDRIED TOMATOES
- ROTINI PESTO PASTA** 8.50
- GRILLED CHICKEN & BROCCOLI
- ANGEL HAIR PASTA** 7.95
- WITH SUNDRIED TOMATOES & FETA CHEESE
- SPAGHETTI & MEATBALLS** 7.95
- MEATBALLS MADE WITH TURKEY
- MACARONI & CHEESE** 7.95
- MADE WITH LOW FAT CHEDDAR

Rice

OUR RICE DISHES ARE WHOLE GRAIN BASED & WILL YIELD 3-11 GRAMS OF FIBER PER SERVING.

- LENTIL PILAF WITH FITT MEATLOAF** 8.50
- MADE WITH 93% EXTRA LEAN BEEF
- BROWN WILD RICE WITH SAUTÉED CHICKEN** 8.50
- IN A SAVORY TOMATO SAUCE
- SANTA FE BROWN RICE WITH GRILLED SALMON** 8.95
- BROWN RICE WITH GRILLED ROSEMARY CHICKEN** 8.50
- LENTIL PILAF** 6.95
- SPRINKLED WITH FETA CHEESE

CUSTOMIZE YOUR OWN FITT MEAL TO GO: \$7.95 FOR 3 ITEMS (1 CHOICE PER CATEGORY) - ADD \$2 FOR SEAFOOD OR STEAK MEALS

Complex Carbohydrates

- LENTIL PILAF**
- SANTA FE BROWN RICE**
- MADE WITH BLACK BEANS & CORN
- BROWN RICE**
- ROTINI PESTO PASTA**
- ANGEL HAIR PASTA**
- PENNE PASTA**

Lean Protein

- ROSEMARY GRILLED CHICKEN**
- APPLE GLAZED GRILLED CHICKEN**
- FITT MEATLOAF**
- MADE WITH 93% EXTRA LEAN BEEF
- GRILLED HERB LEAN STRIP STEAK**
- GRILLED SALMON**
- SAUTÉED GARLIC SHRIMP**
- WITH MUSHROOMS, GREEN BEANS & EDAMAME
- FITT MEATBALLS**
- MADE WITH TURKEY

Vegetables

- SAUTÉED BROCCOLI**
- MADE WITH FRESH GARLIC
- VEGETABLE MEDLEY**
- BROCCOLI, CARROTS, CAULIFLOWER
- EDAMAME DELIGHT**
- MUSHROOMS, GREEN BEANS & GARLIC
- TOFU TOSS**
- TOFU, MUSHROOMS, ZUCCHINI, CARROTS
- SAUTÉED SPINACH**
- FRESH GARLIC & MUSHROOMS



Soups

- SOUP OF THE DAY** 3.75 EACH CUP
- OUR SOUPS WILL YIELD 3-11 GRAMS OF FIBER PER SERVING
- LENTIL SOUP
- 15 BEAN & HAM SOUP
- CHICKEN NOODLE SOUP (MADE WITH WHOLE GRAIN NOODLES)

Salads

- SPINACH DELIGHT SALAD** 5.95
- WITH RED ONIONS, GOLDEN SWEET CORN, BLACK OLIVES AND DRIED CRANBERRIES. DRESSING: SWEET BALSAMIC VINEGAR & EXTRA VIRGIN OLIVE OIL.
- WITH GRILLED CHICKEN** 7.95
- CUSTOMIZE YOUR OWN FITT SALAD** 7.95
- CHOOSE YOUR LEAN PROTEIN - ADD \$2 FOR SEAFOOD OR STEAK

Fitt Burgers & Sandwiches

- ALL SERVED ON WHOLE, MULTI-GRAIN BUN.
- LOW CARB OPTION: SERVED WITH 1/2 BUN.
- FITT BURGER** 7.95
- MADE WITH 93% EXTRA LEAN BEEF WITH SWEET POTATO FRIES
- FITT MEATLOAF SANDWICH** 7.95
- CHOICE OF SPINACH DELIGHT SALAD OR SWEET POTATO FRIES
- GRILLED CHICKEN SANDWICH** 7.95
- CHOICE OF SPINACH DELIGHT SALAD OR SWEET POTATO FRIES
- COMES WITH A SIDE OF GARLIC HUMMUS
- GRILLED LEAN STEAK SANDWICH** 7.95
- CHOICE OF SPINACH DELIGHT SALAD OR SWEET POTATO FRIES
- COMES WITH A SIDE OF PESTO

Fitt Snacks

- ROASTED GARLIC HUMMUS** 5.95
- WITH FRESH CUCUMBERS, BABY CARROTS & BLUE CORN TORTILLA CHIPS
- SWEET POTATO FRIES** 2.99
- NATURAL WHOLE WALNUTS** 1.99

Desserts

- FITT BROWNIES** 2.25
- DOUBLE DARK CHOCOLATE WITH WALNUTS
- CHOCOLATE MACADAMIA COOKIES** 1.75
- OATMEAL RAISIN COOKIES** 1.75
- WITH WALNUTS
- OUR DESSERTS & SNACKS ARE WHOLE-GRAIN BASED AND WILL YIELD 3-5 GRAMS OF FIBER PER SERVING.



OUR PASTA AND PIZZA DOUGH ARE MADE WITH HEART HEALTHY GRAINS LIKE OAT BARLEY, LENTILS, CHICKPEAS AND FLAXSEED.

Beverages

- BOTTLED WATER** 1.00
- ZERO CALORIE SODAS** 1.25
- BOTTLED TEAS** 1.85