



813-907-MEAL (6325)

<http://www.mobilemeals.com>

Fitlife Wesley Chapel

Breakfast Items

Choose breakfast all day long!

Andrews Scramble \$7.45

Our 3:1 scrambled eggs paired with all natural Sugarhouse Maple Chicken Sausage and lightly smoked chicken bacon, with a side of sweet and red potato hash browns and shredded cheese.

California Quiche \$7.95

Organic phyllo quiche filled with 3:1 eggs, chicken bacon and sausage. Finished with tomatoes, spinach and cheese. Served with a side of salsa and an orange slice.

Complete Morning Muesli \$4.95

Toasted pecans and walnuts, Greek yogurt, skim milk, seasonal fruit, oats and orange blossom honey. ****Gluten Free****

GF Sweet Potato Pancakes \$7.45

Sweet potato pancakes paired with all-natural, low-sodium Al Fresco chicken bacon and a side of 100% pure maple syrup. ****Gluten Free**** ****Dairy Free****

Granola Berry Bake \$5.45

Antioxidant-rich blueberries baked into a sweet crumble with non-fat Greek yogurt.

Marathon Morning \$5.95

Simple and clean/fluffy egg whites, fresh GMO-free baby spinach and strips of all-natural, low-sodium Al Fresco chicken bacon. ****Gluten Free**** ****Dairy Free****

Oatmeal Brulee \$4.95

Five grains with maple syrup, almonds, granola and antioxidant-rich chia seeds. ****Dairy Free****

Protein Breakfast \$8.95

Protein and apple infused pancakes with chicken sausage, chicken bacon and scrambled eggs.

Southwest Scramble \$7.95

Seasoned ground chicken with sauteed peppers and scrambled eggs, topped with our homemade Pico De Gallo and cheese on the side.

Sunrise Scramble \$6.45

3:1 ratio of egg whites to whole eggs scrambled with zesty chicken sausage, roasted potatoes, poblano peppers and cheddar cheese. Served with a side of salsa. ****Gluten Free****

Wake Up Call \$6.45

3:1 ratio of egg whites to whole eggs with ground turkey, converted brown rice, tomatoes, our signature spices and a side of cheese. ****Gluten Free****

Meals

Bison Ravioli \$8.95

Italian three-cheese stuffed ravioli and tender broccolini topped with a hearty grass-fed bison and basil Pomodoro sauce.

Buffalo Turkey Melt \$8.95

All-natural turkey breast served with bell peppers, converted brown rice, jack cheese and our homemade buffalo sauce. ****Gluten Free****

Chicken Bruschetta \$8.45

Whole wheat fiber-rich orzo pasta layered with fresh spinach, all-natural chicken, feta and Parmesan cheese. Topped with our roasted tomato bruschetta.

Chicken Burger \$8.95

Tender all-natural chicken burger brushed with smoky BBQ sauce and grilled to perfection. Layered with sauteed spinach and melty pepper jack cheese. Served alongside slow-roasted cauliflower florets and crispy sweet potato tots. ****Gluten Free****

Chicken Enchilada Bake \$7.95

All-natural chicken breast layered with corn, peppers, onions and cheddar cheese between gluten-free corn tortillas topped off with our zesty ancho chili enchilada sauce. Select item to see Medium and Large pricing options. ****Gluten Free****

Chicken Gyro Bowl \$7.45

Mediterranean-seasoned ground chicken over baby spinach and steamed grains topped with Greek-style feta mix and our fat-free tzatziki sauce.

Chicken Pesto Tortellini \$7.95

Cheese tortellini, fresh herb tomatoes and grilled chicken breast tossed with our garden fresh kale pesto sauce over baby spinach. Select item to see Medium and Large pricing options.

Chicken Protein Potato Skins \$7.45

Tex-mex seasoned chicken layered over roasted russet potato wedges layered with melty cheddar cheese, fresh pico and black beans with a side of fat free Greek yogurt. ****Gluten Free****

Chicken Tacos \$7.95

Grilled Southwest chicken breast, roasted vegetables and pinto beans in flour tortillas topped with cheddar cheese and served with salsa and a fresh lime.

Chicken Tenders \$8.95

White meat chicken tenders, hand breaded, baked and served with a side of mac'n cheese.

City Side Burger \$7.95

Lean ground sirloin topped with cheddar cheese, tomatoes, and spinach on a low carb bun. Includes your choice of veggie chips.

General Tso's Breaded Chicken \$7.95

Snacks

Cookie Dough Bites \$6.45

Cashew butter, medjool dates and gluten free oats and chocolate chips rolled into guilt-free cookie dough goodness.

Grilled Chicken Side \$4.95

All-natural, grilled chicken seasoned with our Ab Tight seasoning blend and extra virgin olive oil. Protein packed fuel for a snack or addition to any meal. ****Gluten Free**** ****Dairy Free****

Honey Butter Snack Box \$5.95

Crunchy gluten free pretzel sticks, fresh apple slices and a hard-boiled egg served with honey-whipped peanut butter. ****Gluten Free**** ****Dairy Free****

Mini Organic Turkey Roll-Ups \$4.95

Hickory-smoked turkey breast and baby spinach rolled in a protein-packed wrap served with housemade roasted tomato and garlic fat-free yogurt dip.

PB Oat Crunch 9 Pack \$5.95

9 homemade peanut butter made with Bob's certified gluten free oats for the perfect burst of energy right when you need it. ****Dairy Free****

Protein Power Pack \$6.95

Grilled jerk style all-natural chicken breast served with hummus, carrots, hard boiled egg and almonds. ****Gluten Free**** ****Dairy Free****

Snack Pack \$6.45

Red grapes, apples, Light Baby Bell & Laughing Cow cheeses, and an orange slice served with gluten free rice crackers and almonds. ****Gluten Free****

Sonoma Snack Pack \$6.45

Fresh carrots and grapes, crispy gluten free crackers, sliced cheddar cheese, Applegate uncured turkey pepperoni and honey roasted almonds. ****Gluten Free****

Sweets

Chocolate Chip Cookies \$2.65

Low-fat cream cheese, organic brown sugar, whole wheat flour with chocolate chips coming together for a cookie like no other. Oh yeah, it's good for you too!

Fit Brownie \$2.45

Layers of deep, rich, all natural, extra brute cocoa powder fudged up with our all natural prune base for an unbelievably rich, yet healthy treat.

Victory Bar \$3.45

Homemade sweet and salty, peanutty protein bar to keep your day on track. ****Gluten Free****

Tender chicken wok seared in a coconut amino sweet and spicy sauce with fresh steamed veggies.

Grass Fed Bison Burger \$12.95
Grass-fed, lean bison and mushroom blended burger grilled to perfection, served with toasted cauliflower and sweet potato fries.
Gluten Free** **Dairy Free

Greek Meatballs \$8.95
Lean, premium ground sirloin blended with eight spices and feta. Served with asparagus and quinoa.
Gluten Free

Hong Kong Chicken Unfried Rice \$7.95
Wok seared chicken with sesame, ginger, roasted cashews and tofu, tossed with steamed red quinoa, converted brown rice and fresh veggies.

Impossible Burger \$11.95
A plant based burger patty, caramelized onions and cheddar cheese over carrot and green bean fries.