



DECEMBER MENU

Meal	Single Meal	3 Meals (5% off per meal)	5 Meals (10% off per meal)
Breakfast	\$9.00	\$25.65	\$40.50
Chicken	\$12.00	\$34.20	\$54.00
Beef/Fish/Shrimp	\$13.00	\$37.05	\$58.50

BREAKFAST

Lemon Ricotta Pancakes
Pancakes made with Almond Flour, Coconut Flour, Ricotta Cheese & Fresh Lemon served with a sugar free Mixed Berry Compote

Coconut Pancakes (plain or blueberry)
Pancakes made with coconut flour, eggs, cream and vanilla

Sausage Egg & Cheese Biscuit
Pork Sausage, Egg, Cheddar Cheese on a Low Carb Almond Meal Biscuit (2)

Philly Cheesesteak Omelette
Omelette filled with Onions, Peppers, Mushrooms, thinly sliced Beef and Provolone Cheese

Spinach and Mushroom Omelette
Omelette filled with sautéed Spinach, Mushrooms, Onions and Cheddar Cheese

LUNCH & SALADS

Salmon BLT Salad
Grilled Salmon, Bacon, Tomatoes, Red Onion on a bed on Romaine Lettuce with Creamy Italian Dressing

Salmon Sushi
Cauliflower Rice, Salmon, Avocado and Cucumber rolled up in Nori

Greek Chicken Salad
Chicken Breast, Cucumbers, Kalamata Olives, Cherry Tomatoes, Avocado and Feta Cheese on a bed of Chopped Romaine Lettuce

Chicken "Fried Rice" (no soy)
Cauliflower Rice, Diced Chicken, Mushrooms, Broccoli, Carrots tossed in Ginger and Garlic with Red Chili Flakes for a little Spice

Nicoise Salad
Salmon, Hard Boiled Eggs, Haricot Verts, Cherry Tomatoes, Black Olives on a bed of Lettuce with Vinaigrette

DINNER

Salmon and Pepper Relish w/ Grilled Zucchini
Grilled Salmon, Tri Color Peppers and Onion Sautéed in Olive Oil, topped with Capers, and Sun Dried Tomatoes with Grilled Zucchini

Chicken and Mushrooms
Chicken Breast and mushrooms sautéed w/ Thyme and Parsley and served with Cauliflower Mash

Shrimp Scampi w/Zoodles
Shrimp sautéed in garlic and butter on a bed of Zucchini Noodles

Pork Chop and Onions
Pork Chop, Mushrooms, and Onions Sautéed in Olive Oil and served w/ Green Beans

Spaghetti Squash and Meatballs
Ground Beef simmered in Marinara and served on a bed of Spaghetti Squash

DESSERTS

Cheesecake choice of Plain NY Style or Strawberry, Raspberry, or Blueberry
\$4.25 ea.

Crème Brûlée ♦ Chocolate Chip Cookies
\$3.75 ea.

Order online at www.fitnfirmfoods.com/
Orders placed by 4p will be ready for pick up at The FIRMU @ 4p the day you indicate on your order.

One unit is an adequate serving for men.
Women can get two meals out of one unit.

grassfed beef & poultry

- ✓ Fit 'N Firm Foods
- ✗ Other Meal Services

wild caught fish

- ✓ Fit 'N Firm Foods
- ✗ Other Meal Services

healthy fats

- ✓ Fit 'N Firm Foods
- ✗ Other Meal Services

low carb

- ✓ Fit 'N Firm Foods
- ✗ Other Meal Services

always fresh

- ✓ Fit 'N Firm Foods
- ✗ Other Meal Services

The FIRMU