



Fit Never Tasted SO Good!

At Fit Fresh Cuisine we believe that eating well means living well. Our delicious meal plan service is designed to promote a lean body composition, boost immunity, promote weight management, provide an array of vital antioxidants, boost energy and improve your health overall. Many people on our program have not only lost weight, but have gotten off medications for diabetes, high blood pressure and high cholesterol, and have improved their health dramatically. Our meal plan program was created by a Registered Dietitian who has expert understanding of the science behind food and nutrition so that you can effectively reach your goals through a truly healthy diet.

Enjoying delicious meals that are good for you is the absolute BEST way to improve your health and lose weight. We use only the finest ingredients and emphasize local and organic ingredients as much as possible. We use all natural proteins and our meals are FREE of added hormones, antibiotics, fillers and trans fats. We make our own salad dressings, sauces and soups from scratch.

Local Providers

Fit Fresh is proud to network with a multitude of local providers. In addition to supporting local farms and sustainable agriculture, buying local is important for providing you with the best tasting, healthiest ingredients. New Century Farm, Sugar River Dairy, Black Earth Meats, Jordandal Farm, Keewaydin Organics, Kings Hill Farm, Sugar Brook Farms, Gentle Breeze Honey, Fountain Prarie and Cates Farm to name a few!

Calories

Maintaining a healthy weight and fit body requires a sound but flexible caloric intake. Our caloric intake for our breakfast, lunch and dinner plan range from 1200-1400 calories for women and 1500-1700 calories per day for men. This allows some individuals that prefer not to snack to achieve maximum weight loss while obtaining the nutrition necessary for a healthy body while others that prefer greater caloric intake can add in snacks from our approved snack list.

Sample Menu

- *Carrot walnut pancakes with greek vanilla yogurt, strawberries, roasted walnuts*
- *Chinese chicken salad with nappa cabbage, purple cabbage, carrots, scallions, mandarin oranges, fresh pineapple, fresh cilantro and homemade Trim Thai dressing*
- *Lemon Garlic Shrimp with roasted zucchini, whole wheat orzo and fresh basil*

Food Preferences & Allergies

One great benefit to our program is introducing you to a variety of grains, produce and flavorful meal combinations. We want you to enjoy all of the meals our chefs and dietitians create. Therefore, we are happy to customize your meal plan based on a selection of proteins; seafood, red meat, poultry or tofu. Although some allergies require strict kitchen codes we are unable to accommodate, your Fit Fresh representative will be able to discuss this with you to answer any questions you may have.

Suspending Service

Many of our clients are busy people who want to take advantage of healthy eating with a busy lifestyle. We are happy to suspend service for you with a seven day notice. Simply call Fit Fresh at 277-8347 or email us at info@fitfreshcuisine.com

Picking Up Meals

Meal plans are to be picked up on Monday, Wednesday and Friday between the hours of 6am and 7pm. Because we use the freshest ingredients possible, we encourage you to eat the meals in the order they are designed.

Re-heating Meals

We strive to use the freshest ingredients and therefore re-heating your meals is an important step in achieving the quality we designed. Optimal heating instructions, often using a stove top, are provided on each menu when you pick up your meals. You may however choose to re-heat your meals using a microwave. All of our containers are eco-friendly and microwavable.

Fit Fresh Snack List

You may choose to add calories to your meal plan from the items listed below. All of these are nutritious choices and have specific measurements to help you control your caloric intake. We know that to optimize your health and weight management it is important to not only consider the total amount of calories you consume, but also where they come from. Therefore we have provided you with snack suggestions dependent on the time of day. This is to improve energy, body composition, blood sugar and to help control appetite. Unless you have a health condition such as diabetes, we generally suggest you do not eat after your dinner meal to optimize a lean body composition.

Snack Options Prior to Breakfast or between Breakfast and Lunch

100 Calorie Options

- Fruits: 1 apple, orange, pear, nectarine, tangerine, kiwi or peach, 2 plums or clementines, 1/2 papaya, 1/2 mango, 1/2 banana, or 1/2 grapefruit, 1/4 cantaloupe, 1 cup blueberries, raspberries, blackberries, sliced strawberries, cranberries, cherries, grapes, watermelon, pineapple or honeydew, 4 apricots or prunes, 2 dates or figs, 20 whole strawberries, 2 tablespoons raisins
- 10 almonds
- 1/2 cup natural, unsweetened applesauce

200 Calorie Options

- 10 almonds plus 1 serving fruit
- 10 almonds plus 1 reduced-fat string cheese or 1 ounce fat-free or reduced fat cheese
- 2 rice cakes, each topped with sliced tomato and small slice fat-free cheese
- 1/4 cup pistachio nuts or sunflower seeds in the shell
- 1/2 cup 1% reduced fat cottage cheese mixed with 1 cup berries (or 2 tablespoons ground flaxseed or wheat germ)
- 70-calorie whole wheat pita bread with 1 level tablespoon peanut butter or 2 tablespoons hummus
- 1 cup fat-free, plain or flavored yogurt (120 calories or less) mixed with 2 tablespoons wheat germ
- 1 cup baby carrots or pepper sticks with 2 heaping tablespoons hummus
- 1 sliced apple with 1 level tablespoon peanut butter or almond butter
- Strawberry-Banana Fruit Smoothie: In a blender, mix 1 cup fat-free milk, 1 cup frozen strawberries and half frozen banana
- Vanilla Pumpkin Yogurt Pudding: Mix 1 cup vanilla fat-free flavored yogurt with 1/2 cup canned 100% pure pumpkin puree.
- 1 baked apple with 1 to 2 tablespoons sugar and cinnamon

Snack Options between Lunch and Dinner

100 Calorie Options

- 1 cup fat-free milk or almond milk
- 1 reduced-fat string cheese or 1 ounce fat-free or reduced-fat cheese
- ½ cup fat-free or 1% reduced-fat cottage cheese
- 1 hard boiled egg
- 6 ounces fat-free plain, or flavored yogurt (100 calories or less)

200 Calorie Options

- 1 cup shelled edamame
- 1 small whole-wheat tortilla spread with 1 tbsp. reduced-fat cream cheese or 1 laughing cow wedge and rolled with 1/4 cup cubed avocado and 2 slices tomato
- Turkey roll-ups: Spread 2 slices turkey breast with 2 tbsp. hummus each. Roll each with 1/2 slice reduced-fat Swiss.
- 1 zero or two percent greek yogurt with 1 Tbsp granola
- 1 cup low fat cottage cheese with ¼ cup diced cucumber, ¼ cup diced tomato and fresh dill or fresh basil

