

Fun Fit Food Call to order 302-249-8000

Order Sheet – All under 600 Calories!!!

1604 Savannah Road, Lewes DE

Vegetarian Selections:

Protein Powered:

Breakfasts \$6.00

Fireman's Bowl: Order For ME

Mm mm good its all about being at your best with this combination of oats, flaxseed, chia, fruits & almond milk – add water for your consistency. Get's our metabolism motor burning.

Breakfast Wrap: Order For ME

YES we are all body builders & this turkey, egg whites, & light cheese wrap - topped with a jalapeno pepper slice & side of salsa feed's our lean muscles just right.

Mid morning SNACKS \$4.00

Cinn Carrots&Honey:Order For ME For ME

*I love a carrot in the summer time! Doesn't hurt if it's Fresh fruit
Natural sweetness is added to with organic honey & The tasty & heart healthy spice cinnamon!!!
yourself
Enjoy cold to ward of the heat or warm omit hunger.
applause!*

"Cc" Almonds&Fruit:Order

*"Cottage Cheese" in quotes - with Almonds &
The right proteins & healthy carbs to pick us up like
"Lucy in the sky with diamonds...Ahhh" Picture
lean with muscles a rippling & your doctors*

LUNCHTIME with the Flintstones – get those feet a running & refuel!!!! \$6.00

Sweet Potato Bowl: Order For ME For ME

*Yes, I can get "satisfaction" keep your stone rolling with Omega 3
this blast of PLANT-STRONG energy. Mango's, Peppers cardiovascular
Avocado, Beans, Cilantro and Lime rock your world.*

Lemon Spinach Salmon: Order

*The King Of Heart Healthy Fish-provides
Fatty Acid benefits-Known to decrease
risks, improve mood & cognition, and even
Protects your joints. Feed yourself well NOW!*

Mid afternoon PICK ME UP \$4.00

Edamame Hummus: Order For ME For ME

Oil FREE so you are free to graze around the cabin – quinoa and Carrots and celery sticks make the dipping easy! strength.

Marine Corp Mash: Order

*"The first to fight" better be well fueled – turkey,
hearty cheese fills and satisfies your inner & outer*

Dinner Entrees – What a way to Love YOURSELF Lean. \$6.00

Vegetable Marinara: Order For ME For Me

Oh guess what's coming to dinner? Healthy sounds so much

Almond Chicken Parm:Order

Italian TOO! Bravo for all hand "almonded"

*Spaghetti Squash smothered in an all natural Marinara hearty
A power house in taste & nutrition. Celery, carrot pasta.
tomato's, egg plant, spinach, Yes its vegetarian!!!
tastes superb.*

*better than any kind of bread! You will love this
flavor resting on a bed of gluten free brown rice
Tomato's mushrooms and a hint of white wine*

Yes soup for you! **\$4.00**

Moroccan Stew—Kale, Carrots, Garlic=Plant Strong & FUN to share: Order For ME

Ready any time: **Real Chicken Salad**: you will love our apple, grape & walnut version,

& it will love YOU. Or Tuna Salad with Chick Pea Order For ME **\$6.00**

\$1 Dessert Shots for the best of us! It only takes a taste after dinner – Not the whole pie.

Fruit in a Cloud: Order For ME

Peanut Butter Blast: Order For ME