



Fit-Fillet
fast ♥ healthy ♥ food

NUTRITION FACTS

APPETIZERS

	CALORIES	CARBS	PROTEINS	FATS
Asian Chicken Boats	252	9	28	11
Caprese Crisp	245	18	19	13
Sally Relleno	126	12	5	6
Bahn-Mi	278	37	9	11

SALADS

	CALORIES	CARBS	PROTEINS	FATS
Side Salad	30	6	3	0
Quinoa Salad	148	12	2	10
Asian Chicken Salad	340	12	45	12
Cobb Salad	452	12	49	23

BREAKFAST TACOS

	CALORIES	CARBS	PROTEINS	FATS
2 Whole Eggs	160	0	14	10
1 Whole Egg / 1 White	110	0	14	5
2 Whites	60	0	14	0
Turkey Ham 1/2oz	15	1	2	1
Chicken Chorizo 1/2oz	17	0	2	1
Sweet Potato 1/2oz	16	2	1	1

POWER LUNCH

	CALORIES	CARBS	PROTEINS	FATS
Southwestern Chicken	392	44	21	14
Akaushi Stir Fry	398	45	25	19
Bahn-Mi	278	37	9	11
Veggie Soup	234	39	9	3
Curry Quinoa Soup	166	26	4	3
Grilled Chicken Salad	298	35	32	5
Tangy Herb Chicken Salad	466	51	37	12

PRE PREP

	CALORIES	CARBS	PROTEINS	FATS
Turkey Chili	297	19	30	12
Beef Chili	461	46	33	18
Abzilla Spaghetti	441	24	22	28
Rigo's Pork Stew	220	23	18	5
Rigo's Beef Guisado	320	16	27	17
White Wine Shrimp Scampi	280	29	33	4
Bison Meatloaf with side salad	270	19	20	13
Veggie Lasagna with side salad	208	22	13	8
Tangy Herb Chicken 4oz brown rice and steamed spinach	404	41	37	10
Tangy Herb Chicken 6oz brown rice and steamed spinach	531	46	52	14

NUTRITION FACTS

PRE PREP

	CALORIES	CARBS	PROTEINS	FATS
Tangy Herb Chicken 8oz brown rice and steamed spinach	658	51	67	18
Lemon Dill Salmon 4oz brown rice and steamed spinach	329	31	28	10
Lemon Dill Salmon 6oz brown rice and steamed spinach	419	31	39	14
Lemon Dill Salmon 8oz brown rice and steamed spinach	509	31	50	18
Grilled Chicken Sauce 4oz brown rice and steamed spinach	309	33	34	4
Grilled Chicken Sauce 6oz brown rice and steamed spinach	388	34	48	6
Grilled Chicken Sauce 8oz brown rice and steamed spinach	468	35	61	8
Ray's Ground Turkey 4oz brown rice and steamed spinach	271	20	24	11
Ray's Ground Turkey 6oz brown rice and steamed spinach	405	30	36	16
Ray's Ground Turkey 8oz brown rice and steamed spinach	539	40	48	21
Chipotle Lime Chicken 4oz cilantro rice and black beans	446	36	55	16
Chipotle Lime Chicken 6oz cilantro rice and black beans	579	37	51	24
Chipotle Lime Chicken 8oz cilantro rice and black beans	711	38	65	32
Garlic Sriracha Chicken 4oz brown rice and steamed spinach	270	31	31	4
Garlic Sriracha Chicken 6oz brown rice and steamed spinach	340	31	44	5
Garlic Sriracha Chicken 8oz brown rice and steamed spinach	400	32	57	6
Chicken Teriyaki Stir-Fry 4oz	350	37	30	9
Chicken Teriyaki Stir-Fry 6oz	410	37	42	11
Akaushi Beef & Broccoli 6oz	330	16	25	19

KIDS MEALS

	CALORIES	CARBS	PROTEINS	FATS
Ground Turkey (4oz)	172	0	20	10
Ground Chicken (4 oz)	163	0	19	9
Ground Beef (4 oz)	320	0	18	27

DINE-IN MENU

	CALORIES	CARBS	PROTEINS	FATS
Salisbury Steak 4oz	287	10	12	15
Salisbury Steak 6oz	429	15	37	23
Salisbury Steak 8oz	571	20	49	31
Chimichurri Steak 4oz	137	0	24	7
Chimichurri Steak 6 oz	205	0	36	11
Chimichurri Steak 8oz	273	0	48	14
Lemon Dill Salmon 4oz	182	1	22	9
Lemon Dill Salmon 6oz	272	1	33	13
Lemon Dill Salmon 8oz	362	1	44	17
Grilled Chicken & Sauce 4oz	162	3	28	3
Grilled Chicken & Sauce 6oz	241	4	42	5
Grilled Chicken & Sauce 8oz	321	5	56	6
Bison Quinoa Meatloaf 6 oz	240	13	17	13
Veggie Lasagna 6 oz	178	16	10	8
Christy Stuffed Pepper 6 oz	314	29	26	11
Chicken Meatballs & Spaghetti 4oz	308	19	24	14
Chicken Meatballs & Spaghetti 6oz	460	28	36	21
Chicken Meatballs & Spaghetti 8oz	611	37	48	28
Chicken Picatta Cauliflower Rice 4oz	290	10	26	17
Chicken Picatta Cauliflower Rice 6oz	360	10	38	19
Chicken Picatta Cauliflower Rice 8oz	420	10	50	20

NUTRITION FACTS

DINE-IN MENU

	CALORIES	CARBS	PROTEINS	FATS
Chipotle Lime Chicken 4oz cilantro rice and black beans	446	36	55	16
Chipotle Lime Chicken 6oz cilantro rice and black beans	579	37	51	24
Chipotle Lime Chicken 8oz cilantro rice and black beans	711	38	65	32
Balsamic Glazed Chicken 4oz brown rice and side salad	203	12	30	3
Balsamic Glazed Chicken 6oz brown rice and side salad	288	12	44	5
Balsamic Glazed Chicken 8oz brown rice and side salad	373	18	58	7
Garlic Sriracha Chicken 4oz	140	2	27	3
Garlic Sriracha Chicken 6oz	210	2	40	5
Garlic Sriracha Chicken 8oz	270	3	53	6
Chicken Teriyaki Stir-Fry 4oz	350	37	30	9
Chicken Teriyaki Stir-Fry 6oz	410	37	42	11
Beef & Broccoli Stir-Fry 6oz	360	36	30	11
Shrimp Teriyaki Stir-Fry 6oz	420	37	48	10
Combination Stir-Fry 6oz	430	37	44	12

BOWLS & BURGERS (6 OZ)

	CALORIES	CARBS	PROTEINS	FATS
Ground Turkey	258	0	30	15
Ground Chicken	245	0	29	14
Ground Lamb	479	0	29	39
Ground Beef	480	0	27	41
Ground Bison	256	0	22	18

DESSERTS

	CALORIES	CARBS	PROTEINS	FATS	SUGAR
Black Bean Avocado Protein Brownie	112	12	7	5	5
Banana Blonde Protein Brownie	212	22	5	13	18
Peanut Butter Protein Cookie	165	8	11	12	2
Gluten-Free Chocolate Chip Cookie	108	8	1	6	8
Oatmeal Peanut Butter Chocolate Chip Cookie	122	27	3	7	10
Banana Chocolate Chip Protein Muffin	105	16	7	2	5
Peanut Butter Banana Protein Muffin	219	17	8	13	11
Banana Blueberry Muffin	85	14	7	3	1
Chia Seed Protein Parfait	428	33	19	24	18
Oatmeal Protein Parfait	420	45	17	20	19

SIDES

	CALORIES	CARBS	PROTEINS	FATS
Mashed Cauliflower 6oz	88	5	2	7
Grilled Veggies 6oz	42	8	2	0
Brown Rice 4oz	108	22	3	1
Parmesan Zucchini 3oz	82	8	5	4
Baked Sweet Potato Wedges 4oz	130	17	1	7
Steamed Spinach 4oz	21	4	3	0
Braised Cabbage 6oz	79	16	3	2
Steamed Broccoli 6oz	39	8	3	0
Quinoa 4oz	136	24	5	2

NUTRITION FACTS

SAUCES

	CALORIES	CARBS	PROTEINS	FATS	SUGAR
Teriyaki	10	3	0	0	2
Tzatziki	10	1	1	0	0
Hot	45	9	0	1	5
Chimichurri	15	0	0	2	0

DRESSINGS

	CALORIES	CARBS	PROTEINS	FATS
House Vinaigrette	45	0	0	5
Asian Vinaigrette	10	1	0	1
RGV	25	1	1	2
Lemon Caper Vinaigrette	70	1	0	8



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