



Customized Diet Plans

Fresh | Tasty | Healthy

Nutritionist Certified Balanced Meals

Online Order

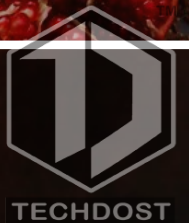


www.fitfoodservices.com



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| Available on :



RPM Tower, University Road, Mangal Pandey Nagar

1. Boiled Egg (White).....
2. Boiled Egg (Brown).....
3. Flavoured Toned Milk.....
4. Chana Chat.....
- 5 . Tofu Panner.....
5. Mix Fruits Chat.....
6. Mosambi Juice.....
7. PineApple Juice.....
8. Mix Fruits Juice.....
9. Boiled Chicken with Gravy (200gm).....
10. Boiled Chicken (200gm -boneless).....
11. Grilled Chicken (200gm -boneless).....
12. Grilled Fish (Singhara - 200gm - boneless).....
13. Fried Rice - Low Fat (100gm - Chicken).....
14. Healthy Crispy Chicken.....

Chef Spe.

Chef Spe.

Chef Spe.



POCKET FRIENDLY COMBOS

Flavour Toned Milk + Chana Chat
3 eggs + Grilled Chicken,
150gm (Boneless)

Mix Fruits Chat + Chana
chat + Grilled Chicken
150gm (Boneless)

Mix Fruits Juice + Channa
Chat + Tofu Paneer
5 Eggs

Pine Apple Chat + 3eggs
Grilled Fish (Singhara) 150gm
(Boneless)

HEALTHY SANDWICH & WRAPS

- **Garden Green Farm House Sandwich**
P-20gm, Fat-5gm, Cal-140, Fiber-25gm, Carbs-50gm
- **Grilled Cottage Cheese Spinach & Broccoli Sandwich**
P-14gm, Fat-10gm, Cal-198, Fiber-20gm, Carbs-50gm
- **Classic Fajitas Chicken Sandwich**
P-22gm, Fat-10gm, Cal-225, Fiber-20gm, Carbs-90gm
- **High Protein Egg Chicken Beans Wrap**
P-28gm, Fat-10gm, Cal-280, Fiber-15gm, Carbs-100gm



HIGH PROTIEN OMELETTE

- **Paneer Stuffed Chickpea Omelette with Veggies & Toast**

P-12gm, Fat-10gm, Cal-210, Fiber-8gm, Carbs-20gm

- **5 Egg Chicken Stuffed Omelette with Saute Veggies & Toast**

P-35gm, Fat-12gm, Cal-310, Fiber-23gm, Carbs-10gm

DELICIOUS SMOOTHIE & SHAKE (LOW FAT)

- **Oats & Banana Beet Smoothie**

P-10gm, Fat-6gm, Cal-90, Fiber-10gm, Carbs-12gm

- **Apple Banana Beet Citrus Smoothie**

P-10gm, Fat-5gm, Cal-100, Fiber-12gm, Carbs-10gm

- **Chocalate Muesli Shake with Peanut**

P-9gm, Fat-5gm, Cal-100, Fiber-10gm, Carbs-10gm

- **Blueberry Banana & Chocolate Muesli Shake**

P-9gm, Fat-3gm, Cal-98, Fiber-6gm, Carbs-9gm



HEALTHY HIGH PROTEIN MOMOS

- **Vegetable Multi Grain Momos**

P-10gm, Fat-10gm, Cal-200, Fiber-18gm, Carbs-70gm

- **Hot Grilled Soya & Toffu Veg Momos**

P-20gm, Fat-10gm, Cal-300, Fiber-20gm, Carbs-70gm

- **Hot Garlic Chicken Multi Grain Momos**

P-20gm, Fat-6gm, Cal-300, Fiber-18gm, Carbs-80gm



HIGH PROTEIN MEALS OLIVE OIL

Peri Peri Grilled Chicken

with Rice & Saute Veggies



— INGREDIENTS —



Olive Oil

+



Veg. Salad

+



Origano



Chicken
(200gm)

+



Rice
(100gm)

+



Peri Peri
Sauce

50gm
Protein

10gm
Fat

410
Calories

4.4gm
Fiber

23gm
Carbs

Stuffed Chicken Roulade

with Herby Spinach Sauce & Rice Saute Veggies



— INGREDIENTS —



Olive Oil

+



Walnut

+



Origano



Chicken
(200gm)

+



Rice
(100gm)

+



Veg. Salad

49gm
Protein

10gm
Fat

410
Calories

5.3gm
Fiber

23gm
Carbs



Herby Crust Fish

With Demi Glace & Rice Saute Veggies



— INGREDIENTS —



Olive Oil



Veg. Salad



Fish (200gm)



Rice
(100gm)



Mustard
Sauce



Eggs

49gm
Protein

9gm
Fat

400
Calories

8gm
Fiber

23gm
Carbs

Peri Peri Grilled Tofu Steak

With Rice & Saute Veggies



— INGREDIENTS —



Olive Oil



Veg. Salad



Brown Sauce



Tofu
(200gm)



Rice
(100gm)



Lemon

50gm
Protein

9gm
Fat

380
Calories

8.8gm
Fiber

25gm
Carbs



Stuffed Grilled Soya Steak

With Rice Schezwan Sauce



— INGREDIENTS —



Olive Oil

+



Veg. Salad

+



Paneer
(200gm)



Eggs

+



Rice
(100gm)

+



HP Sauce

49gm
Protein

10gm
Fat

380
Calories

10gm
Fiber

25gm
Carbs

Paner Shashlik

with Peanut Sauce & Rice Saute Veggies



— INGREDIENTS —



Olive Oil

+



Veg. Salad

+



Tomato Sauce



Panner
(200gm)

+



Rice
(100gm)

+



Garlic
Peanut

30gm
Protein

15gm
Fat

380
Calories

12gm
Fiber

25gm
Carbs



LOW CARBS LOW FAT - RIPPED

Moroccan Chicken Breast

with High Fiber Greek Salad



— INGREDIENTS —



Olive Oil

+



Veg. Salad

+



Cumin Seeds



Chicken
(200gm)

+



Origano

+



Coriander
Seeds

50gm
Protein

10gm
Fat

390
Calories

7gm
Fiber

4gm
Carbs

Chicken Rolade

with Brown Sauce & Apple Fennel Salad



— INGREDIENTS —



Olive Oil

+



Veg. Salad

+



Mustard Sauce



Chicken
(200gm)

+



Lettuce
Leaves

+



Origano

50gm
Protein

8gm
Fat

390
Calories

5.4gm
Fiber

3gm
Carbs



Pan Seared Fish with Sauce

with Protein Greek Salad



— INGREDIENTS —



Olive Oil

+



Veg. Salad

+



Parsely
Mint



Lemon

+



Fish
(200gm)

+



Mustard
Sauce

45gm

Protein

4gm

Fat

350

Calories

9gm

Fiber

3gm

Carbs

Stuffed Grilled Soya Chap

With Cilantro Sauce



— INGREDIENTS —



Olive Oil

+



Veg. Salad

+



Soya Chap



Black Olive

+



Green Olive

+



Black
Pepper

40gm

Protein

5gm

Fat

380

Calories

9gm

Fiber

3gm

Carbs



HIGH PROTEIN SALAD

High Protein Quinoa Salad



Fresh Seasonal Fruits Salad



High Protein Chicken Cobb Salad



HEALTHY WHEAT PIZZA

- **Multi Grain Crust Broccoli Corn & Mushroom Pizza**

P-10gm, Fat-5gm, Cal-150, Fiber-16gm, Carbs-98gm

- **Healthy Multi Grain Crust Soya Tofu Peri-Peri Pizza**

P-22gm, Fat-5gm, Cal-250, Fiber-16gm, Carbs-98gm

- **Multi Grain Thin Crust Grilled Chicken Peri-Peri Pizza**

P-18gm, Fat-6gm, Cal-230, Fiber-16gm, Carbs-40gm

- **Multi Grain Crust Smoke BBQ Chicken Pizza**

P-18gm, Fat-6gm, Cal-230, Fiber-15gm, Carbs-40gm





TECHDOST