

# **WEIGHT LOSS MENU**

This delicious special menu was carefully crafted by the chefs at Your Personal Chef. All items were crafted to meet the requirements of the FIT CLUB Weight Loss Program. Only the highest quality products are used. All items come in our unique "refrigerator to microwave" packaging that allows up to 7 days of refrigerator shelf life.

**Note: Lunch & Dinner items include:**

**Entrée and Chef's Choice of Fresh Steamed Vegetables.**

## **POULTRY SELECTIONS—\$8.00**

**Tex-Mex Chicken** – An Innovative Meal of Chicken Breast Stuffed with a Pepper Jack Cheese, Cilantro and Smothered in a Tangy Enchilada Sauce.

**40g protein, 3g carbs, 1g fiber, 13g fat, 274 cal., Net Carbs 2**

**Chicken Milano** – Our Boneless, Skinless, Chicken Breast is Stuffed with a Melting Mozzarella Cheese, Fresh Basil Leaf, and Fresh Tomatoes, presented with our Tangy Marinara Sauce.

**39g protein, 6g carbs, 2g fiber, 11g fat, 247 cal., Net Carbs 4**

**Chicken Geneva** – A Delicious Combination of Swiss Cheese, a Sautéed mix of Mushrooms, and Fresh Leeks encased in a Boneless Skinless Chicken Breast with a hint of Sherry, accompanied by our Champagne Tarragon Sauce.

**42g protein, 10g carbs, 1g fiber, 15g fat, 314 cal., Net Carbs 9**

**Chicken Cordon Bleu** - Our Boneless, Skinless Chicken Breast Stuffed with Black Forest Ham, Tangy Swiss Cheese and served with a Champagne Tarragon Sauce.

**45g protein, 9g carbs, 1g fiber, 16g fat, 330 cal., Net Carbs 8**

## **POULTRY SELECTIONS (Continued)**

**Chicken Cordon "Shrooms"** - A Unique Twist on a Classic Dish. To our fabulous Chicken Cordon Bleu, we add Mushrooms Flamed with Creamed Sherry to the Center. Served with Champagne Tarragon Sauce. Ooh La La!

**45g protein, 9g carbs, 1g fiber, 16g fat, 333 cal., Net Carbs 8**

**Chicken Cancun** – A Delicious "South of the Border" Treat. Our Boneless, Skinless Chicken Breast Stuffed with a Jalapeno Pepper Jack cheese, Crisp Red Bell Pepper and Smothered in a Tangy Green Tomatillo Sauce.

**40g protein, 4g carbs, 1g fiber, 13g fat, 288 cal., Net Carbs 3**

**Sicilian Chicken** - A Bold Marinara Sauce enhances a Boneless Skinless Chicken Breast, Stuffed with Melting Mozzarella Cheese and Prosciutto Ham giving this Unique Italian Meal a flavor you just cannot refuse.

**39g protein, 4g carbs, 1g fiber, 10g fat, 230 cal., Net Carbs 3**

**Swiss Artichoke Chicken**—Our Boneless, Skinless Chicken Breast with a delicate blend of Creamy Artichoke Hearts and Flavorful Swiss Cheese, finished with our Champagne Chive Sauce.  
**43g protein, 12g carbs, 2g fiber, 15g fat, 325 cal., Net Carbs 10**

### **BEEF SELECTIONS—\$8.00**

**Chicago Tri Tip** - our Low Fat Beef, Slow Simmered and served with a Continental Demi-Glace.  
**29g protein, 2g carbs, 1g fiber, 10g fat, 212 cal., Net Carbs 1**

**Mardi Gras Meatloaf** - Lean Ground Beef with Bold Creole Spices and Sauce make this Moist Meatloaf a New Orleans Treat.  
**25g protein, 10g carbs, 3g fiber, 20g fat, 327 cal., Net Carbs 7**

**Philly Cheese Steak**—Thinly Sliced Steak, Bell Peppers, Onions and Mushrooms, Grilled with Garlic as only they can do in “Philly”. Melted Provolone Cheese completes this Masterpiece. Hold the Bread, Please!  
**32g protein, 5g carbs, 2g fiber, 20g fat, 327 cal., Net Carbs 3**

### **PORK SELECTIONS—\$8.00**

**Beijing Pork Stir Fry**—Thinly Sliced Morsels of Pork Tenderloin, Crunchy Water Chestnuts, Sweet Snow Peas, Multi-colored Bell Peppers, Celery, Mushrooms, Red Onions Sauteéd to Perfection in our Soy/Rice Vinegar Marinade with just a hint of Sesame.  
**27g protein, 6g carbs, 3g fiber, 13g fat, 252 cal., Net Carbs 3**

**Pork Tenderloin Marseilles**—Tender Juicy Pork Tenderloin Strips, Lightly seasoned and served with a Bold Mushroom Sherry Demi-Glace (Brown Sauce).  
**24g protein, 2g carbs, 1g fiber, 12g fat, 212 cal., Net Carbs 1**

### **BREAKFAST SELECTIONS—\$6.00**

**Chicken & Spinach Omelette**—Our Fluffy All-Natural Blend of Whole Eggs, Egg Whites and Unique Spices, combined with Chunks of Savory Boneless, Skinless Chicken Breast and Fresh Sautéed Spinach and Jalapeño Pepper Jack Cheese.  
**32g protein, 2g carbs, 1g fiber, 9g fat, 201 cal., Net Carbs 1**

**Ham & Ortega Omelette**—Our Fluffy All-Natural Blend of Whole Eggs, Egg Whites and Unique Spices, enhanced with Low Fat Black Forest Ham, Zesty Ortega Chili Peppers and Cheddar Cheese..  
**25g protein, 4g carbs, 1g fiber, 11g fat, 224 cal., Net Carbs 3**

**Turkey & Red Pepper Omelette**—Our Fluffy All-Natural Blend of Whole Eggs, Egg Whites and Unique Spices, prepared by our Chefs with a Healthy Medley of Roasted Red Bell Peppers, Onions, Seasoned Ground Turkey and Mozzarella Cheese.  
**28g protein, 2g carbs, 1g fiber, 6g fat, 168 cal., Net Carbs 1**

***FIT CLUB***

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**Please make checks payable to: FITFACTOR**

Created Exclusively by:

Your Personal Chef

Garden Grove, CA

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MENU***

**TO ORDER**

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