

WORKOUT MENU

This delicious special menu was created by the chefs at Your Personal Chef. All items were carefully crafted to meet the requirements of the FIT CLUB Workout 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.

LUNCH SELECTIONS—\$8.00

Chicken Noodle Soup - Comfort food at its best. Home-made Chicken Broth, Fresh Vegetables, Egg Noodles and Plenty of Chicken Chunks.

(M & W) - 34g protein, 32g carbohydrates, 5g fat, 301 calories

Turkey Pot Roast with Gravy - Old-Fashioned Succulent, Moist Pot Roast, smothered with Rich Beef Gravy and Potatoes O'Brien. Just like Mom used to make, except Mom didn't use Turkey.

MEN—32g protein, 32g carbohydrates, 5g fat, 309 calories

WOMEN—23g protein, 21g carbohydrates, 5g fat, 216 calories

Chicken Tomato Glacé with Sherried Broccoli - Bold Tomato Glacé enhances a Boneless, Skinless Chicken Breast. Adding our Sherried Broccoli gives this Unique Meal a French Twist.

MEN—33g protein, 31g carbohydrates, 4g fat, 282 calories

WOMEN—23g protein, 20g carbohydrates, 3g fat, 184 calories

LUNCH SELECTIONS (Continued)

Hot and Spicy Caribbean Jerk Chicken with Mango Salsa & Grilled Vegetables - Our Boneless, Skinless Chicken Breast, enhanced with a Unique Blend of Caribbean Spices and topped with Tangy Mango Salsa. Crispy Grilled Vegetables complement this Spicy Meal.

MEN—33g protein, 31g carbohydrates, 7g fat, 282 calories

WOMEN—22g protein, 19g carbohydrates, 4g fat, 174 calories

Mardi Gras Meatloaf - Lean Ground Beef with Bold Creole Spices and Sauce make this Moist Meatloaf a New Orleans Treat.

MEN—32g protein, 31g carbohydrates, 6g fat, 321 calories

WOMEN—22g protein, 20g carbohydrates, 4g fat, 225 calories

Chipotle Chicken - A Boneless, Skinless Chicken Breast, Hand-Rubbed with Southwestern Style Spices, Featuring the Unique Taste of Chipotle. Spicy but not Hot!

MEN—47g protein, 35g carbohydrates, 6g fat, 340 calories

WOMEN—23g protein, 24g carbohydrates, 3g fat, 190 calories

Lemon Pepper Chicken - A Boneless, Skinless Chicken Breast, Sprinkled with our Tart and Spicy Seasonings with Fresh Lemon Zest.

MEN—47g protein, 35g carbohydrates, 6g fat, 340 calories

WOMEN—23g protein, 24g carbohydrates, 3g fat, 190 calories

Chicken & Spinach Wrap - A Fresh, Flavored Tortilla, Spread with Low-Fat Cream Cheese and a Sun-Dried Tomato Pesto, Stuffed with Baked Chicken Breast and Fresh Spinach Leaves.

MEN—36g protein, 40g carbohydrates, 10g fat, 372 calories

WOMEN—25g protein, 26g carbohydrates, 7g fat, 253 calories

Turkey & Veggie Wrap - A Fresh, Flavored Tortilla, spread with Low-Fat Cream Cheese and a Sun-Dried Tomato Pesto, Bulging with Smoked Turkey, Cucumber, Jicama, Asparagus and Green Onion.

MEN—36g protein, 40g carbohydrates, 10g fat, 372 calories

WOMEN—23g protein, 29g carbohydrates, 6g fat, 247 calories

DINNER 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.

MEN—39g protein, 3g carbohydrates, 11g fat, 260 calories

WOMEN—26g protein, 4g carbohydrates, 9g fat, 195 calories

Mushroom Citrus Chicken – A Boneless, Skinless Chicken Breast, Brimming with Smoky Portobello Mushrooms, infused with Sage, and presented with a Unique Subtle Soft Lemon Sauce.

MEN—40g protein, 7g carbohydrates, 11g fat, 251 calories

WOMEN—25g protein, 7g carbohydrates, 9g fat, 196 calories

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.

MEN—35g protein, 6g carbohydrates, 9g fat, 209 calories

WOMEN—23g protein, 5g carbohydrates, 8g fat, 157 calories

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 and Potatoes O’Brien.

MEN—35g protein, 10g carbohydrates, 12g fat, 283 calories.

WOMEN—23g protein, 6g carbohydrates, 7g fat, 160 calories

Southern Baked Ham – Juicy Southern-Style Baked Ham served with a Unique (and secret) Texas sauce. Bon Appétit Y’All.

MEN—33g protein, 6g carbohydrates, 13g fat, 281 calories

WOMEN—21g protein, 5g carbohydrates, 9g fat, 180 calories

Mardi Gras Meatloaf - Lean Ground Beef with Bold Creole Spices and Sauce make this Moist Meatloaf a New Orleans Treat.

MEN—34g protein, 11g carbohydrates, 8g fat, 324 calories

WOMEN—23g protein, 8g carbohydrates, 8g fat, 168 calories

BREAKFAST SELECTIONS—\$8.00

Spinach & Mushroom Omelette—Our Fluffy All-Natural Blend of Whole Eggs, Egg Whites and Unique Spices, prepared with Fresh Spinach & Mushrooms with our Special O'Brien Potatoes.

MEN—36g protein, 41g carbohydrates, 7g fat, 380 calories

WOMEN—23g protein, 24g carbohydrates, 5g fat, 234 calories

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. Served with our Special O'Brien Potatoes.

MEN—33g protein, 35g carbohydrates, 5g fat, 294 calories

WOMEN—24g protein, 22g carbohydrates, 4g fat, 204 calories

Bay Area Omelette—Our Fluffy All-Natural Blend of Whole Eggs, Egg Whites and Unique Spices, prepared by our Chefs with a Healthy Medley of Fresh Sautéed Spinach, Onions, Seasoned Ground Turkey and Cheddar Cheese. Served with our Special O'Brien Potatoes.

MEN—30g protein, 36g carbohydrates, 6g fat, 302 calories

WOMEN—23g protein, 23g carbohydrates, 6g fat, 254 calories

Western Omelette—Our Fluffy All-Natural Blend of Whole Eggs, Egg Whites and Unique Spices, prepared with Smoked Ham, Succulent Sautéed Onions, two kind of Zesty Bell Peppers and Mozzarella Cheese. Served with our Special O'Brien Potatoes.

MEN—31g protein, 36g carbohydrates, 6g fat, 310 calories

WOMEN—23g protein, 23g carbohydrates, 5g fat, 226 calories

WORKOUT MENU

Created Exclusively By:

Your Personal Chef
Garden Grove, CA
TO ORDER

Phone: (949) 831-7934
Email: afitclub@yahoo.com
Website: www.afitclub.com

Please make checks payable to:
FITFACTOR