

WRAPS

Beef Fajita Wrap

Marinated lean skirt steak, bell peppers and onions, enveloped in a spinach tortilla and served with our homemade sauce.

\$9.35 | 420 cal

Beef Value Wrap

Half a beef fajita wrap with vegetables and a side of hummus.

\$6.55 | 280 cal

Chicken Wrap

Grilled chicken & mixed veggies enveloped in spinach wrap and served with our delicious homemade sauce.

\$6.55 | 400 cal

Chicken Value Wrap

Half a chicken wrap with vegetables and a side of hummus.

\$6.55 | 250 cal

Chicken Caesar Wrap

Grilled chicken breast & shredded romaine lettuce mixed with our homemade Caesar dressing inside of a tomato wrap.

\$8.79 | 420 cal

Apple Walnut Tuna Pocket

White tuna blended with crisp apples, walnuts, raisins and low-fat mayo. Served with whole wheat pita pocket and fresh strawberries.

\$8.53 | 270 cal

SALADS

Mediterranean Salad

Romaine lettuce, tomatoes, cucumber, boiled eggs, black olives and feta cheese, served with our delicious homemade Eatfitters dressing.

\$8.75 | 310 cal

Asian Chicken Salad

Grilled orange & ginger chicken, romaine, cilantro green onion, mandarin oranges and toasted almonds. Orange sesame dressing.

\$8.75 | 380 cal

Fruited Spinach Salad

Spinach, lettuce, red onions, dried cranberries, pecans, feta cheese and strawberries, served with grilled chicken and our delicious homemade raspberry vinaigrette.

\$8.75 | 390 cal



PIZZA & PASTA

Garlic Chicken Pizza

Eatfitters grilled multi-grain crust topped with Lebanese garlic sauce and a blend of chicken and mushrooms. Garnished with low-fat cheese & parsley. \$7.65 | 320 cal

Cilantro Pesto Pasta

Grilled chicken & southwestern pesto (cilantro, jalapenos, parmesan and toasted pecans) mixed with whole wheat penne.

MD \$8.53 | 320 cal, LG \$9.89 | 550 cal

Garden Lasagna

A vegetarian favorite made with Eatfitters homemade marinara layered with pasta and cottage cheese. MD \$8.53 | 190 cal, LG \$9.89 | 240 cal

Turkey Spinach Lasagna

Turkey, spinach and our delicious homemade marinara layered with pasta and cottage cheese. MD \$8.75 | 300 cal, LG \$10.45 | 410 cal

Turkey Bolognese

Eatfitters Bolognese sauce and lean ground turkey, served on whole wheat spaghetti and steamed broccoli. MD \$8.53 | 300 cal, LG \$9.89 | 430 cal

SNACKS

Energy Bar	\$1.50	Complete Benny & Larry Cookies	\$2.99
Energy Blend	\$1.50	Quest Bars	\$2.99
Fruit & Cheese Plate	\$4.39	Green Plate Bites	\$1.79
Chicken Soup	\$5.45	Green Place Cookies	\$2.99
Hummus & Eggs	\$4.35	Aussie Bites	\$1.75
Greek Yogurt Parfait	\$3.85	Vegetable Medley	\$2.99
Hummus & Veggie Snack	\$4.68	Steamed Vegetables	\$2.99
Cheesecake Bars	\$4.35	Side Salad	\$9.99
Chocolate Chip Banana Muffin	\$7.15		
Chicken & Fruit Snack	\$4.95		
Trail Mix Crunch	\$2.50		
Gluten Free Bites	\$4.99		
Bella's Muffins	\$7.15		
True North Crunch	\$4.99		
Paleo Crunch	\$6.50		
Oh Yeah Bars	\$2.99		



BEVERAGES

Acai Blueberry Juice	\$3.95
Artesian Spring Water	\$3.95
Flavored Water	\$2.99
Squeezed Drinks	\$8.00
Lean Body Protein	\$4.75
Cocotein Water	\$3.99



WE HAVE THE PLAN JUST FOR YOU.



3 days of three fresh, healthy meals + two snacks per day.



21 days of three fresh, healthy meals + two snacks per day.



5 days of three fresh, healthy meals + two snacks per day.

NO EXCUSES. WE DELIVER RIGHT TO YOUR HOME!



www.eatfitters.com

WHERE CAN YOU FIND US?

MEMORIAL
12351 Kingsride Lane
Houston Texas 77024
Phone: 713-465-4422

SHEPHERD
2611 S. Shepherd
Suite 140
Houston Texas 77098
Phone: 713-528-4422



In Store ♥ Home Delivery ♥ Catering



eatfitters™

Be fit for life™

MENU



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BREAKFAST

Strawberry or Berry Pancakes

Chef's Special of whole grain pancakes made with fresh strawberries or blueberries and toasted walnuts.

\$7.15 | 300 cal

Blueberry Oatmeal

Steel-cut oatmeal cooked with blueberries and ground flax, with a hint of cinnamon.

\$5.45 | 210 cal

Chili Migas

Our flavorful Eatfitters chili combined with egg whites and corn tortillas. A high-protein delight!

MD \$7.15 | 260 cal, LG \$8.75 | 320 cal

Steak & Egg Taco

A savory blend of egg whites and lean skirt steak, blended with spinach, red & yellow peppers, tomatoes, then served with corn tortilla chips.

MD \$7.15 | 190 cal, LG \$8.75 | 280 cal

Chicken Bacon Quesadilla

A blend of egg whites, red peppers, and spinach topped with low-fat chicken bacon and a hint of low-fat cheddar cheese, then grilled in a whole wheat tortilla.

MD \$7.15 | 230 cal, LG \$8.75 | 360 cal

Turkey Breakfast Burrito

A savory blend of diced sweet potato, onion, tomatoes, cilantro and lean ground turkey wrapped in a whole wheat tortilla and topped with cheddar cheese.

\$6.55 | 360 cal

Sunrise English Muffin

A savory blend of egg whites, spinach, red peppers, chicken bacon, topped on a toasted whole wheat English muffin with a sprinkle of mozzarella cheese.

\$6.55 | 280 cal

Eatfitters Tutti Frutti

Greek yogurt, mixed with fresh berries and topped over Eatfitters wholesome homemade granola.

\$5.23 | 190 cal

Turkey Breakfast Hash

A savory blend of diced sweet potato, onions, tomatoes, cilantro and lean ground turkey topped with cheddar cheese.

MD \$7.15 | 290 cal, LG \$8.75 | 430 cal



Schedule your **FREE CONSULTATION** with an Eatfitters nutritionist today!

ENTREES

Ginger Cashew Chicken

Chicken breast sauteed in sweet ginger sauce, served over a bed of basmati rice with sugar snap peas and cashews.

MD \$8.53 | 330 cal, LG \$9.89 | 430 cal

Chicken Curry

Chicken breast, eggplant, onion and fresh cilantro, marinated with a light curry and non-fat yogurt sauce. Served over basmati rice.

MD \$8.53 | 400 cal, LG \$9.89 | 570 cal

Shrimp Jambalaya

Shrimp & veggies smothered in cajun sauce and served over brown rice.

MD \$10.45 | 250 cal, LG \$12.09 | 320 cal

Turkey Stroganoff

Lean ground turkey cooked with mushrooms and our low-fat cream sauce. Served with steamed green beans over basmati rice.

MD \$8.53 | 290 cal, LG \$9.89 | 450 cal

Salina's Steak Quesadillas

Lean skirt steak grilled to perfection, served with our delicious mixed grilled vegetables and wrapped in a whole wheat tortilla.

MD \$8.75 | 470 cal

Eliot's Chicken Quesadillas

Chicken breast grilled to perfection, served with our delicious mixed grilled vegetables and wrapped in a whole wheat tortilla.

MD \$8.53 | 430 cal



LOW-CARB ENTREES

Balsamic Bruschetta Chicken

Chicken breast marinated with balsamic vinegar, then grilled to perfection. Topped with bruschetta mixture (tomato, onion, basil, spinach) and low-fat mozzarella, served with red potatoes.

MD \$8.53 | 330 cal, LG \$9.89 | 400 cal

Carne Guisada

Lean beef stewed in a savory blend of onions, red pepper, jalapeno and fresh tomatoes. Served on a bed of cilantro/lime brown rice. Packed with flavor and spice.

MD \$8.75 | 320 cal, LG \$10.45 | 410 cal

Chicken & Spinach Enchiladas

Eatfitters special marinated grilled chicken blended with fresh spinach and a green chile sauce, then rolled into low-fat corn tortillas and topped with our special cilantro sauce.

MD \$8.75 | 200 cal, LG \$10.45 | 470 cal

Eatfitters Chili

A flavorful blend of lean ground turkey, black beans, tomatoes, green chile, spices and corn to warm you up from the inside out!

MD \$8.53 | 290 cal, LG \$9.89 | 430 cal

Skirt Steak with Sweet Potatoes

Lean skirt steak grilled to perfection and served with flavorful roasted sweet potatoes. Loaded with vitamins!

MD \$9.35 | 260 cal, LG \$10.95 | 470 cal

Salmon Piccata

A fresh cut of Atlantic salmon grilled and topped with a creamy caper sauce. Served over brown rice and a side of asparagus.

MD \$11.55 | 270 cal, LG \$12.93 | 440 cal

Grilled Chicken with Sweet Potatoes

Marinated Chicken breast grilled to perfection, and served with roasted sweet potatoes.

MD \$8.50 | 260 cal, LG \$9.95 | 330 cal

Thai Basil Chicken

Chicken breast stir fried in garlic, asparagus, red pepper, onion, Thai peppers, and fresh basil, served on brown rice.

MD \$8.53 | 320 cal, LG \$9.89 | 420 cal



SKINNY ENTREES

Skinny Beef & Mixed Veggies

Lean skirt steak grilled to perfection and served with our delicious mixed grilled vegetables.

\$10.99 | 340 cal

Teriyaki Salmon

Grilled Atlantic salmon topped with a teriyaki ginger glaze, served with our melody of brussels sprouts and raisins.

\$12.09 | 320 cal

Skinny Chicken & Asparagus

Eatfitters grilled chicken, served with grilled asparagus.

\$9.89 | 220 cal

Skinny Chicken, Shrimp & Broccoli

Eatfitters grilled chicken & shrimp with steamed broccoli.

\$10.99 | 190 cal

Skinny Steak & Shrimp

Eatfitters grilled steak and shrimp with roasted sweet potatoes.

\$12.09 | 280 cal

Breaded Tilapia with Broccoli

Baked tilapia with Eatfitters creole seasoning. Served with steamed broccoli.

\$9.99 | 200 cal

Skinny Turkey & Spicy Spinach


A savory blend of lean ground turkey and spicy spinach.


\$10.99 | 430 cal


Skinny Turkey Meatloaf

Turkey meatloaf served with a delicious mashed cauliflower purée. Loaded with vitamins.

\$9.50 | 370 cal

 The items marked with this logo are available in family sizes! Portions feed about 4.

 The items marked with this logo are vegetarian friendly.

 The items marked with this logo are great gluten free options.

 The items marked with this logo may be spicy. Beware!

 The items marked with this logo are delicious paleo choices.

LOW IN SODIUM

PRE-PACKAGED, HEALTHY MEALS

HIGH IN PROTEIN