

# BREAKFAST

## B-FAST TACOS **GF** 6.50 / 8.50

Lean ground turkey and eggs on a corn tortilla topped with pico de gallo and cheese.

	CAL	PRO	CARB	FAT	SODIUM
SM	350	25g	24g	16g	340mg
REG	510	38g	36g	23g	470mg

## BISON BREAKFAST **GF DF** 9

Bison patty served with chopped sweet potatoes, topped with an egg and garnished with parsley.

	CAL	PRO	CARB	FAT	SODIUM
OSZ	370	41g	13g	17g	210mg

## GOOD MORNING **GF** 6.50 / 8.50

Scrambled eggs and ground turkey on a bed of brown rice, topped with cheddar cheese and pico de gallo.

	CAL	PRO	CARB	FAT	SODIUM
SM	360	31g	34g	12g	270mg
REG	470	43g	44g	14g	310mg

## MORNING SCRAMBLE **GF** 6.50 / 8.50

Scrambled eggs and ground turkey topped with cheddar cheese and pico de gallo.

	CAL	PRO	CARB	FAT	SODIUM
SM	220	31g	1g	10g	200mg
REG	320	43g	2g	14g	290mg

## OAT BAKE **GF DF V** 5

Baked oats topped with strawberries, apples and almonds.

	CAL	PRO	CARB	FAT	SODIUM
OSZ	270	8g	34g	13g	35mg

## MIX & MASH **GF**

Shredded chicken thigh and scrambled eggs on a bed of brown rice, topped with pico, salsa, and a pinch of cheddar cheese.

	CAL	PRO	CARB	FAT	SODIUM
SM	340	27g	30g	14g	200mg
REG	450	37g	38g	19g	270mg

## OVERNIGHT OATS **GF V** 5

Rollled oats with blueberries, golden flax, almond milk, and plant-based protein powder, topped with toasted coconut flakes.

	CAL	PRO	CARB	FAT	SODIUM
OSZ	380	20g	50g	11g	240mg

## SAUSAGE & EGGS **GF DF** 6.50 / 8.50

Sliced breakfast sausage served with scrambled eggs and a side of red potatoes.

	CAL	PRO	CARB	FAT	SODIUM
SM	280	20g	20g	13g	550mg
REG	430	32g	30g	21g	840mg

## STEAK & EGGS **GF DF** 6.50 / 8.50

Cubed tenderloin served with scrambled eggs and a side of red potatoes.

	CAL	PRO	CARB	FAT	SODIUM
SM	310	31g	32g	7g	390mg
REG	430	44g	42g	10g	430mg

## STEEL CUT OATS **GF DF V** 5

A high protein steel-cut oatmeal with strawberries, walnuts and blueberries.

	CAL	PRO	CARB	FAT	SODIUM
OSZ	330	24g	30g	15g	200mg

## 6.50 / 8.50



# ASK ABOUT OUR 21 DAY CHALLENGE

We offer complimentary nutrition consultations to help you get results!

# LUNCH

## BEEF AND BROCCOLI **GF** 8.50 / 10.50

Shredded beef and broccoli on brown rice with low-sodium teriyaki sauce, ginger and garnished with pineapple.

	CAL	PRO	CARB	FAT	SODIUM
SM	350	24g	31g	14g	340mg
REG	490	35g	43g	20g	500mg

## CHICKEN ALFREDO **GF** 7.50 / 9.50

Shredded chicken thigh on brown rice pasta with house-made alfredo sauce, tri-color peppers and parm.

	CAL	PRO	CARB	FAT	SODIUM
SM	320	28g	31g	12g	370mg
REG	440	39g	46g	15g	470mg

## CHICKEN FRIED RICE **GF DF** 7.50 / 9.50

Shredded chicken thigh tossed with broccoli florets, egg, and tamari sauce on a bed of brown rice.

	CAL	PRO	CARB	FAT	SODIUM
SM	320	30g	35g	6g	390mg
REG	490	46g	51g	9g	480mg

## CHICKEN PESTO RICE **GF** 7.50 / 9.50

Sliced marinated chicken breast, brown rice, and pesto sauce.

	CAL	PRO	CARB	FAT	SODIUM
SM	350	31g	27g	14g	410mg
REG	470	46g	39g	15g	460mg

## FIT TURKEY PASTA **GF** 7.50 / 9.50

Seasoned ground turkey on brown rice pasta topped with house-made pasta sauce and parm.

	CAL	PRO	CARB	FAT	SODIUM
SM	350	28g	33g	12g	330mg
REG	500	41g	45g	17g	460mg

## GODFATHER LASAGNA 7.50 / 9.50

Lasagna stuffed with ground turkey and ricotta cheese, topped with marinara and mozzarella, served with green beans.

	CAL	PRO	CARB	FAT	SODIUM
SM	320	23g	26g	14g	340mg
REG	460	34g	37g	21g	460mg

## JALAPENO CHICKEN RICE **GF** 7.50 / 9.50

Shredded chicken thigh, fresh chopped jalapenos, and hatch green chiles on a bed of brown rice, topped with cheese.

	CAL	PRO	CARB	FAT	SODIUM
SM	350	28g	30g	16g	360mg
REG	450	36g	37g	19g	390mg

## CHICKEN & SWEET POTATO 7.50 / 9.50

Sliced chicken breast served with sweet potatoes and broccoli florets. **GF DF**

	CAL	PRO	CARB	FAT	SODIUM
SM	280	29g	26g	6g	350mg
REG	390	43g	37g	7g	390mg

## STEAK & SWEET POTATO **GF DF** 8.50 / 10.50

Dijon marinated tenderloin served with sweet potatoes and broccoli florets.

	CAL	PRO	CARB	FAT	SODIUM
SM	350	28g	27g	13g	440mg
REG	460	41g	35g	17g	480mg

## PDX BBQ CHICKEN **GF DF** 7.50 / 9.50

Shredded chicken thigh covered in gluten-free BBQ sauce with a side of red potatoes and broccoli florets.

	CAL	PRO	CARB	FAT	SODIUM
SM	320	27g	28g	11g	290mg
REG	410	35g	35g	15g	410mg

## SALMON ALFREDO **GF** 8.50 / 10.50

Shredded Atlantic salmon on brown rice pasta with house-made alfredo sauce and parm.

	CAL	PRO	CARB	FAT	SODIUM
SM	370	24g	28g	18g	300mg
REG	540	35g	46g	24g	410mg

## SALMON MEAL **GF DF** 8.50 / 10.50

Atlantic salmon and broccoli florets on a bed of brown rice, served with a lemon wedge.

	CAL	PRO	CARB	FAT	SODIUM
SM	370	25g	23g	19g	330mg
REG	550	36g	39g	25g	500mg

## TACO RICE **GF** 7.50 / 9.50

A mix of brown rice and our signature chili, topped with green onions and a sprinkle of cheese

	CAL	PRO	CARB	FAT	SODIUM
SM	380	27g	34g	15g	490mg
REG	540	41g	50g	20g	600mg

## THAI CHICKEN **GF DF** 7.50 / 9.50

Cubed chicken breast topped with pineapple, peas & carrots, and coconut curry sauce on a bed of brown rice.

	CAL	PRO	CARB	FAT	SODIUM
SM	370	29g	36g	11g	440mg
REG	510	40g	48g	16g	580mg

## TRAIL BLAZIN' CHICKEN **GF DF** 8.50 / 10.50

Sliced chicken breast, black beans, brown rice, and pico de gallo.

	CAL	PRO	CARB	FAT	SODIUM
SM	270	30g	29g	4.5g	300mg
REG	430	46g	49g	8g	410mg

## TRAIL BLAZIN' STEAK **GF DF** 7.50 / 9.50

Cubed tenderloin steak, black beans, brown rice, and pico de gallo.

	CAL	PRO	CARB	FAT	SODIUM
SM	360	28g	29g	14g	320mg
REG	520	42g	44g	20g	540mg

## TURKEY MAC **GF** 7.50 / 9.50

Ground turkey on brown rice pasta with house-made cheese sauce, topped with onions and cheese.

	CAL	PRO	CARB	FAT	SODIUM
SM	350	28g	29g	13g	430mg
REG	520	42g	43g	19g	580mg

## LEAN LEMON TURKEY **GF DF**

Lemon pepper seasoned lean ground turkey on a bed of brown rice topped with asparagus spears and a lemon wedge.

	CAL	PRO	CARB	FAT	SODIUM
SM	310	28g	30g	9g	390mg
REG	420	41g	41g	12g	490mg

## 7.50 / 9.50



# DINNER

## ASIAN SALAD **GF DF** 8

Mixed greens topped with cubed chicken breast, slivered almonds, carrots, peppers, and a sesame ginger dressing.

	CAL	PRO	CARB	FAT	SODIUM
OSZ	310	32g	10g	15g	410mg

## BUFFALO CHICKEN **GF** 7.50 / 9.50

A spicy shredded chicken thigh tossed in buffalo sauce, served with mashed cheesy cauliflower.

	CAL	PRO	CARB	FAT	SODIUM
SM	300	28g	10g	14g	450mg
REG	345	37g	11g	17g	710mg

## CAVEMAN STEAK **GF** 8.50 / 10.50

Dijon-marinated tenderloin with mashed parmesan cauliflower and asparagus spears.

	CAL	PRO	CARB	FAT	SODIUM
SM	250	32g	4g	10g	350mg
REG	370	48g	6g	16g	470mg

## CHICKEN & VEGGIES **GF DF** 7.50 / 9.50

Chicken breast served with zucchini, sweet potatoes, button mushrooms and parsnips.

	CAL	PRO	CARB	FAT	SODIUM
SM	210	29g	11g	6g	125mg
REG	270	42g	12g	6g	160mg

## CHICKEN PESTO ZOODLES **GF** 7.50 / 9.50

Sliced chicken breast on spiralized zucchini and pesto sauce.

	CAL	PRO	CARB	FAT	SODIUM
SM	210	31g	3g	9g	370mg
REG	310	47g	4g	13g	550mg

## TURKEY CHILI **GF DF**

Lean ground turkey, black beans, fire-roasted tomatoes, celery, and spices.

	CAL	PRO	CARB	FAT	SODIUM
SM	280	25g	13g	14g	490mg
REG	400	38g	18g	19g	600mg

## SALMON & ASPARAGUS **GF DF** 8.50 / 10.50

A lemon and garlic seasoned salmon fillet served on a bed of asparagus spears.

	CAL	PRO	CARB	FAT	SODIUM
SM	265	26g	6g	15g	105mg
REG	400	39g	9g	23g	125mg

## SALMON & VEGGIES **GF DF** 8.50 / 10.50

Fresh Atlantic salmon served with zucchini, sweet potatoes, button mushrooms and parsnips.

	CAL	PRO	CARB	FAT	SODIUM
SM	230	26g	11g	9g	125mg
REG	320	37g	12g	13g	160mg

# SNACK

## BUFFALO CHICKEN WRAP 5

Our spicy shredded chicken thigh with julienned lettuce wrapped in a spinach tortilla and served with a low-cal creole greek yogurt dipping sauce.

	CAL	PRO	CARB	FAT	SODIUM
OSZ	340	26g	17g	18g	350mg

## CHICKEN SALAD CRUNCH GF 5

Greek yogurt chicken salad with dried cranberries, served with celery and gluten-free crackers.

	CAL	PRO	CARB	FAT	SODIUM
OSZ	230	21g	24g	6g	360mg

## CHICKEN SALAD WRAP 5

Our signature greek yogurt-based chicken salad wrapped in a spinach tortilla, served with apple & orange slices.

	CAL	PRO	CARB	FAT	SODIUM
OSZ	220	22g	18g	7g	360mg

## FIT ENERGY BAR GF V 6

Peanut butter, oats, almonds, and berries with honey greek yogurt dipping sauce and strawberries.

	CAL	PRO	CARB	FAT	SODIUM
OSZ	440	17g	37g	28g	135mg

## CRAN. PROTEIN BITES GF DF V 9

Peanut butter, plant based protein powder, dried cranberries, flax, and honey rolled in coconut flakes.

	CAL	PRO	CARB	FAT	SODIUM
OSZ	140	9g	9g	9g	135mg

## PB CHOC PROTEIN BITES GF V 9

Peanut butter, plant based protein powder, chocolate baking chips, flax, and honey rolled in oats.

	CAL	PRO	CARB	FAT	SODIUM
OSZ	140	9g	9g	9g	135mg

## CHICKEN SNACK TACOS GF DF

Shredded chicken thigh, black beans, and pico de gallo on a corn tortilla topped with sliced jalapeno.

	CAL	PRO	CARB	FAT	SODIUM
OSZ	190	10g	13g	10g	250mg

# 6.00



## PICNIC TIME GF V 5

Assorted cubed cheese, champagne grapes, apple slices, and gluten-free crackers.

	CAL	PRO	CARB	FAT	SODIUM
OSZ	180	7g	15g	11g	220mg

## PROBIOTIC PARFAIT V 4

Agave-sweetened greek yogurt puréed raspberries and granola.

	CAL	PRO	CARB	FAT	SODIUM
OSZ	200	11g	32g	2g	65mg

## SMOKED SALMON DIP GF 6.50

A cream cheese and smoked atlantic salmon dip served with brown rice crackers and celery.

	CAL	PRO	CARB	FAT	SODIUM
OSZ	230	17g	20g	8g	440mg

## STEAK SNACK TACOS GF DF 7

Shredded tenderloin, black beans, and pico de gallo on a corn tortilla topped with sliced jalapeno.

	CAL	PRO	CARB	FAT	SODIUM
OSZ	140	14g	13g	3.6g	230mg

## TURKEY ROLL-UP 5

Sliced turkey breast and cheddar cheese in a spinach tortilla wrap with grapes and sliced apple.

	CAL	PRO	CARB	FAT	SODIUM
OSZ	240	24g	13g	10g	480mg

## PROTEIN MUFFINS GF V 5.50

Gluten free high protein muffins made with blueberries, protein powder, flax, cinnamon, and a touch of brown sugar.

	CAL	PRO	CARB	FAT	SODIUM
OSZ	400	23g	42g	16g	440mg

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