



JANUARY MENU

Meal	Single Meal	3 Meals (5% off per meal)	5 Meals (10% off per meal)
Breakfast	\$9.00	\$25.65	\$40.50
Chicken	\$12.00	\$34.20	\$54.00
Beef/Fish/Shrimp	\$13.00	\$37.05	\$58.50

BREAKFAST

Ham, Egg & Cheese Crepes

Coconut flour & cream cheese crepes filled with ham, scrambled eggs & swiss cheese

Chicken Biscuit with Cauli Hash Browns

Almond crusted chicken breast on an almond cheddar biscuit & cauli hash brown

Breakfast Scramble

Bacon, eggs, cauliflower, bell pepper, onion, scrambled together & topped with shredded cheddar cheese

Bacon & Chorizo Omelette

Cream cheese, bacon & chorizo filled omelette topped with green onions & Mexican blend cheese

Traditional Breakfast

Coconut pancakes, scrambled eggs, & bacon with Kerrygold butter & sugar free maple syrup

LUNCH & SALADS

Bang Bang Shrimp

Shrimp coated in almond flour pan fried in coconut oil till crispy & then tossed in a low carb homemade sweet chili sauce, served with bib lettuce & shredded cabbage

Buffalo Chicken & Blue Cheese Salad

Roasted chicken tossed in buffalo sauce on a bed of romaine lettuce, cherry tomatoes, blue cheese crumbles with low carb Ranch dressing

Rainbow Chicken

Chicken, broccoli, red onions, yellow bell pepper & cherry tomatoes marinated in lemon & oil all roasted & served on a bed of cauli rice

Chicken Souvlaki with Chopped Salad

Chicken marinated in Greek spices, grilled & served with a Greek chopped salad with feta & tzatziki sauce

Beef Pho (beef bone broth) Mon & Thu Only

Rich beef bone broth infused with star anise, cinnamon, ginger & garlic with zucchini noodles, beef brisket, bean sprouts, jalapeño, onions, cilantro, basil & sriracha

DINNER

Sichuan Chicken

Chicken thighs marinated in coconut aminos & sautéed with Sichuan peppers, ginger & garlic & served with veggie cauli fried rice

Norwegian Salmon

Salmon pan seared & topped with a lemon butter sauce & served with roasted cauliflower

Stuffed Chicken

Chicken cutlets stuffed with pesto, tomato, & mozzarella cheese served with roasted veggies

Portobello Burger

5 oz. (1/3lb) Burger topped with caramelized onions, wilted garlic spinach, tomato, cheddar cheese, & sandwiched between grilled Portobello mushroom served with zucchini fries

Tandoori Chicken

Chicken leg quarter marinated in Indian spices grilled & served with cumin infused cauli rice with yogurt raita

DESSERTS

Cheesecake choice of Plain NY Style or Strawberry, Raspberry, or Blueberry

Crème Brûlée ♦ Chocolate Chip Cookies

Order online at www.fitnfirmfoods.com/
Orders placed by 4p will be ready for pick up at The FIRMU @ 4p the day you indicate on your order.

One unit is an adequate serving for men

Women can get 2 meals from one unit.

WE'RE ON SOCIAL MEDIA



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www.fitnfirmfoods.com
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grassfed beef & poultry

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- ✗ Other Meal Services

wild caught fish

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healthy fats

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- ✗ Other Meal Services

low carb

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- ✗ Other Meal Services

always fresh

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- ✗ Other Meal Services

The FIRMU