

## Quality Foods

It's time to treat your body right!

We offer fresh preportioned meals at an affordable price. Mario Mendias, MyFitFoods' founder, created these meals to help you look and feel great!



Lean proteins, low glycemic carbs, fresh veggies and healthy herbs and spices are the fuel that keeps you going strong. We skip the allergens, preservatives, refined sugars and artificial anything that bogs you down, making way for more consistent, higher energy levels. Without all those toxins for your body to process, you will burn fat to boot!

Study this menu carefully. We can help you choose the right meals and snacks to get your body started on the road to total wellness!

## HEALTHY BREAKFASTS

### Luis' Migas

Our healthy migas are filled with lean ground turkey sautéed bell peppers and onions, corn tortillas, new potatoes, and 5:1 ratio eggs. Topped with fresh ranchero salsa.

S \$ 4.25 M \$ 5.75 L \$ 7.25

### Perfect Patty

Organic steel cut oats, 5:1 ratio eggs and agave nectar available in a variety of flavors. The "Perfect" low calorie high protein breakfast or snack.

One size \$6.75

### H-Town Breakfast

5:1 ratio eggs, low glycemic rosemary new potatoes and lean turkey bacon. A classic way to start the day.

S \$ 4.75 M \$ 5.75 L \$ 7.25

### Choice Oatmeal

Steel cut oatmeal, fresh berries, cinnamon, crushed walnuts. It's a simple and clean start to your day!

S \$ 3.75 M \$ 5.25

### Mix-n-Mash Breakfast

5:1 ratio eggs, chicken breast, converted rice, yellow and red bell peppers and a touch of real cheese. A perfect collage of healthy fuel.

S \$ 4.75 M \$ 5.75 L \$ 7.25

### Breakfast Tacos

Three corn tortillas, 5:1 ratio eggs, ground turkey breast, a touch of real cheese and onions. A great way to start your day!

S \$ 4.25 M \$ 6.00

### Americano Breakfast

Mashed red potatoes, 5:1 ratio eggs with a cut of prime tenderloin. You will love this healthy twist to steak and eggs.

S \$ 5.00 M \$ 6.00 L \$ 7.50

## HEALTHY CARB MEALS

Best for daytime eating

### Salmon or Tenderloin Stir Fry

Converted rice served with Asian-style vegetables stir-fried to perfection. Topped with a fillet of nutritious salmon or a cut of prime tenderloin.

S \$ 8.00 M \$ 9.50 L \$ 12.00

### Turkey Pasta

Zesty red sauce with lean ground turkey breast, spiced with high antioxidant spices. Served on top of a wheat & gluten-free brown rice spaghetti.

S \$ 6.75 M \$ 8.25 L \$ 10.25

### Mario's Marine Mash

This is a combination of 98% fat-free beef, kidney beans, quinoa, a touch of real cheese & variety of spices that are high in antioxidants. An excellent daytime meal for athletes.

S \$ 6.75 M \$ 8.25 L \$ 10.25

### Lean Lemon Turkey

Lean ground turkey breast seasoned just right, served on a bed of converted rice and topped with fresh asparagus spears. This is a crowd favorite!

S \$ 6.75 M \$ 8.25 L \$ 10.25

### Chicken Fettucini Alfredo

Bed of brown rice pasta with lean chicken breast, served with MyFitFoods Alfredo Sauce and topped with fresh peas.

S \$ 6.75 M \$ 8.25 L \$ 10.25

### Turkey Meatloaf

Slices of lean turkey breast meatloaf served with mashed cinnamon-walnuts sweet potatoes & broccoli.

S \$ 6.75 M \$ 8.25 L \$ 10.25

### Tenderloin or Chicken Wrap

A healthy wrap with your choice of chicken or tenderloin served on a spinach or wheat tortilla. Filled with converted rice, black beans, and roasted vegetables with a touch of real cheese. Served with a side of fresh apples and oranges.

One Size \$3.75

### Chicken Taco Bowl

Chicken breast, converted rice, black beans, bell peppers & pico de gallo. All perfectly seasoned to create this simple and healthy meal.

S \$ 6.75 M \$ 8.25 L \$ 10.25

### Waldorf Salad

Fresh fruit salad with a fat-free vanilla yogurt dressing topped with sliced chicken, walnuts and touch of real cheese. A flavorful and healthy salad.

S \$ 6.75 M \$ 8.25 L \$ 10.25

### Simple Meal

We keep it clean and simple with a lean protein combined with converted rice and broccoli. Choices of lean meats include: chicken or salmon.

S \$ 6.75 M \$ 8.25 L \$ 10.25

### FitMac

Wheat & gluten free brown rice pasta shells combined with our lean seasoned ground turkey and onions topped with a touch of real cheese. A healthy twist to the All-American favorite.

S \$ 6.75 M \$ 8.25 L \$ 10.25

## HEALTHY CARB MEALS

Best for daytime eating

### Scott's Killuh Green Chicken

Diced chicken breast in a fresh tomatillo-cilantro sauce. This dish is served on a bed of the super-grain quinoa. A zesty & flavorful meal!

S \$ 6.75 M \$ 8.25 L \$ 10.25

### Chargrilled Crazy Chicken

Chicken breast served alongside fresh green beans & homemade cinnamon-walnut sweet potatoes.

S \$ 6.75 M \$ 8.25 L \$ 10.25

### Kickin' Tilapia

A very lean, spicy dish. Blackened Tilapia served on bed of quinoa & fresh broccoli.

S \$ 7.25 M \$ 9.00 L \$ 11.25

### Atlantic Baked Salmon

Fillet of Atlantic Salmon that is perfectly seasoned then baked. Served on a bed of quinoa alongside fresh broccoli.

S \$ 8.00 M \$ 9.50 L \$ 12.00

### Hawaiian Chicken

Chicken breast infused with a low-sodium fruit soy sauce. Served on a bed of converted rice with pine nuts, pineapples and mandarin oranges.

S \$ 6.75 M \$ 8.25 L \$ 10.25

## HEALTHY LOW-CARB MEALS

Best for evening eating

### Chicken Fajitas

Sliced chicken breast with caramelized bell peppers, onions, broccoli, carrots & low-carb corn tortillas.

S \$ 7.25 M \$ 8.75 L \$ 10.75

### Ginger Chicken Delight

Our combination of tender chicken breast, fresh broccoli, green beans & a light ginger steamed to perfection. Very lean & clean.

S \$ 6.50 M \$ 8.00 L \$ 10.00

### Denyse's Killuh Chili

This southwest delight has 98% lean ground turkey breast with tomatoes, black beans, celery & bell peppers with a nutritious blend of spices. Yeehaw!

S \$ 6.75 M \$ 8.25 L \$ 10.25

### Roasted Vegetable Dinner

Six kinds of perfectly roasted vegetables topped with your choice of Chicken, Tenderloin, Tilapia or Salmon.

S \$ 7.25 M \$ 8.75 L \$ 10.75

### Choice Salad

Red cabbage, black olives, red onions, tomatoes, cucumbers, carrots, pine nuts & diced chicken breast in zesty fat free lemon Italian dressing.

S \$ 6.75 M \$ 8.25 L \$ 10.25

### Ninja Tenderloin

Prime cut beef tenderloin cooked medium on a bed of fresh vegetables including: red onions, carrots, fresh mushrooms in sauteed spinach.

S \$ 7.50 M \$ 9.00 L \$ 11.00

### Pear Salmon

A sweet teriyaki salmon on a bed of fresh spinach with our freshly cut pear pico de gallo. This jewel can be enjoyed warm or served cold as a salmon salad.

S \$ 7.50 M \$ 9.00 L \$ 11.00

### Fit Ceviche Greens

Delicious tender shrimp and tilapia mixed with diced tomatoes, peppers & cilantro in an invigorating lime marinade over a bed of fresh spinach.

S \$ 7.50 M \$ 9.00 L \$ 11.00

## HEALTHY SNACKS

### Choice Trail Mix

A colorful selection of dried fruit and nuts including: blueberries, cherries, cranberries, walnuts and cashews sprinkled with chocolate carobs combined make for great nutritious snack.

S \$1.50 M \$2.50 L \$3.50

### Miguel's Snack Tacos

Three corn tortillas with chicken, black beans & pico de gallo. A quick & balanced snack for those customers that are on the go.

One Size \$7.25

### Chicken Fruit Bowl

Bites of fresh fruit including oranges, apples, grapefruit & grapes with walnuts & chicken for protein. Great for post workout.

S \$3.25 M \$4.75 L \$6.25

### Garlic Edamame

Boiled soybeans in the pods tossed with garlic powder rather than salt. A great high protein snack for any time of the day.

One Size \$4.25

### Orange Berry Delight

Fat-free vanilla yogurt topped with fresh berries & mandarin oranges. Get down with OBD!

S \$3.75 M \$4.75

### Oatmega 3 Bar

Hands down the best wellness bar out there! Contains only the finest natural & organic ingredients. Mocha, Peanut Butter & Mint flavors with dark chocolate chips.

One Size \$2.50

### Devin's Tasty Muffins

Great tasting muffins in a variety of flavors with no flour, eggs or oil. Pair with a protein for a complete snack or breakfast.

One Size \$8.00

### Fruit Yogurt Bowl

Thick slices of fresh seasonal fruit. Great for dipping in non-fat Fage Greek yogurt. Accompanied with fresh berries & organic agave nectar.

One Size \$5.75

### Berries-n-Yogurt

The best strawberries, raspberries & blueberries we could find, with nuts for healthy fats & fat-free vanilla yogurt to dip in. A great snack or breakfast on the go.

One Size \$5.75

### Pedro's Black Beans

Black bean soup seasoned perfectly with a mild, yet spicy flavor. Combined with a touch of parboiled rice to make a complete protein then topped off with fresh Pico de Gallo. Great for a snack or side.

One Size \$3.50

Apple	Berries	Orange	Grapefruit
\$ 0.75	½ pint \$4.00	\$ 0.75	\$1.50

## WANT TO LOSE WEIGHT?



Locations

### MY FIT FOODS 21 DAY PROGRAM

Custom guidance on your meals helps you to build a healthy habit... eating and living fit!

Average woman loses 8-12 lbs.  
Average man loses 12-16 lbs.  
Increase your energy levels  
Lose body fat and build muscle  
One on One consultations  
Daily motivation and accountability

"Trust me, the person staring back at you in the mirror will thank you!"

-Mario Mendias

So what are you waiting for? It takes 21 days to create a habit. It's time to treat your body right!

Lemmon Ave/Oak Lawn  
4015 Lemmon Ave  
214-780-0602

Preston Center  
6100 Luther Lane  
214-360-7569

### Store Hours

Monday - Thursday  
7:00 a.m - 9:00 p.m.

Friday  
7:00 a.m - 8:00 p.m.

Saturday  
8:00 a.m - 8:00 p.m.

Sunday  
10:00 a.m - 8:00 p.m.

More Locations  
Coming Soon!



I'm sure you brush your teeth every day. When was the last time you cleaned your liver? Milk Thistle pills, Unsweetened Cranberry juice & Bragg's Apple Cider Vinegar can help you do that. Your liver metabolizes (burns) 80% of your fat.

Ask your favorite in-store health guru about our 21-day Liver Cleanse:

- 8oz Water
- 1/2 c. Unsweetened Cranberry Juice
- Lemon Juice
- 1 TBS. Bragg's Apple Cider Vinegar

It takes a while to get used to the taste. Cheers to burning fat and feeling great!

My Fit Foods wants to be your partner to help protect our environment. Simply return your washed used containers to your nearest MyFitFoods location and we will do the rest!



www.MyFitFoods.com



# my fit FOODS

## Dallas



## Menu