



PREPARED · PACKAGED · DELIVERED

NAME: _____

PHONE #: _____

DELIVERY TIME & LOCATION: _____

BREAKFAST

- **EGG WHITE & TURKEY BACON BURRITO** (with NM green chile, mozzarella & fresh veggies on a whole wheat tortilla): \$8 Quantity: _____

- **EGG WHITE MUFFINS** (with NM green chile & fresh veggies): 4 Muffins for \$7
Quantity: 4 Muffins _____ 8 Muffins _____

- **FRUIT & YOGURT BREAKFAST PARFAIT** (Plain, non-fat Greek yogurt, berries, organic granola and a drizzle of raw, unfiltered honey): \$6.50 Quantity: _____



- **BANANA NUT PROTEIN MUFFINS** (100% whole grain wheat flour, organic coconut oil, banana, walnuts & oats): 3 Muffins for \$10 Quantity: _____

WRAPS

- **BUFFALO CHICKEN WRAP** (baked buffalo chicken with fresh spinach, organic avocado & mozzarella in a spinach herb wrap): \$10 Quantity: _____

- **BISON BURGER WRAP** (90% lean ground bison with NM green chile, fresh spinach, diced tomato & mozzarella in a spinach herb wrap): \$12 Quantity: _____

- **LETTUCE WRAPPED ORGANIC BEEF BURGER w/ organic sweet potato wedges** (with NM green chile, organic guacamole, lettuce, tomato & red onion): \$13
Quantity: _____

If you have ANY questions or want more information on meal preparation, please call/text or email:

Blair Bidwell at 505.307.1783 or healthymealsdelivered@abqfitfood.com

Instagram: @abqfitfood



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- **BLT WRAP** (4 slices of lean turkey bacon, romaine lettuce, diced tomato, organic avocado and a special Greek yogurt dressing, in a spinach herb wrap): \$9
Quantity: _____

SALADS & LETTUCE WRAPS

- **TURKEY SALAD** (roasted turkey breast, one chopped organic boiled egg, cherry tomatoes, lean turkey bacon & feta cheese on romaine lettuce w/ home-made balsamic vinaigrette): \$12 Quantity: _____
- **CHICKEN SALAD LETTUCE WRAPS** (mayo-free chicken salad with celery, apples & walnuts, in romaine lettuce cups, with grapes and a side gluten-free, non-GMO multigrain crackers): \$10.50 Quantity: _____
- **TUNA SALAD** (two on-the-vine tomatoes filled with mayo-free, white albacore tuna, with a side of celery sticks and gluten-free, non-GMO multigrain crackers): \$11
Quantity: _____

HEALTHY SNACKS & PROTEIN SWEETS:

- **FRESH FRUIT CUP**
8oz. Cup: \$3.50 Quantity: _____ 12oz. Cup: \$5 Quantity: _____
- **POST-WORKOUT PROTEIN PARFAIT** (8oz. – contains dairy & nuts): \$6.50
Quantity: _____
- **PUMPKIN SPICE PROTEIN PARFAIT** (8oz. – contains dairy & nuts): \$6.50
Quantity: _____
- **FLOURLESS PUMPKIN OATMEAL COOKIES w/ Walnuts & Cranberries:** 2 for \$1

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- **FLOURLESS PROTEIN PEANUT BUTTER BROWNIE BITES** – 3 bites for \$5

Quantity: _____

DINNERS

BUILD YOUR OWN DINNER: 1 Protein + 1 Carb + 2 Veggies = 1 Meal

PROTEINS:

- Baked Chicken Breast (5.5oz) – \$12 per meal _____
- Grilled Salmon (5.5oz) – \$15 per meal _____
- Flank Steak (5.5oz) - \$15 per meal _____

CARBOHYDRATES:

- Organic Brown Rice & Quinoa – with protein _____
- Whole Wheat Pasta – with protein _____
- Baked Organic Sweet Potato – with protein _____

VEGETABLES: (may vary depending on availability)

Bell Peppers	Asparagus	Mushrooms
Zucchini	Broccoli	Green Beans

DINNER SPECIALS

- **SPICY CASHEW CHICKEN** (with organic rice & quinoa, cashews, broccoli, red bell pepper, mushrooms & red pepper flakes): \$12.50 Quantity: _____
- **STUFFED BELL PEPPER w/ mixed veggies** (one red bell pepper, filled with ground turkey, NM green chile, organic rice & quinoa and spinach, topped with mozzarella cheese, with a side of mixed veggies): \$12 Quantity: _____

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- o **ORGANIC QUINOA BOWL** (with organic black beans, NM green chile, tomatoes, spinach, mozzarella cheese and a dollop of Greek yogurt): \$11.50 Quantity: _____

- o **SOUTHWEST ZUCCHINI BOATS** (two zucchini halves, filled with ground turkey, organic black beans, NM green chile, tomatoes & cheese, with a side of organic rice & quinoa): \$12 Quantity: _____

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