



**Fitness on the Run**

# MEALS ON THE RUN

We are proud to introduce our new **Fall Menu** of delicious **Meals on the Run** for those of you who are busy and don't have time to prepare healthy meals and snacks. The meals are prepared by a local chef who cooks for local sports teams. **Each meal consists of one protein and vegetable of your choice** and meets the guidelines of Fitness on the Run's nutrition program. Carbs and snacks are an additional cost. Meal options will change seasonally.

**3 Meals per week : \$85**

**4 Meals per week : \$110**

**5 Meals per week : \$135**

**Container Fee: \$25 (one-time fee)**

## Proteins:

(Fish/seafood per week – must be eaten in first two days)

- 1) Mesquite Grilled Salmon
- 2) Herb-Roasted Salmon
- 3) Lemon-Pepper Seared Sea Bass
- 4) Tuna Steak Au Poivre
- 5) Garlicky Grilled Shrimp
- 6) Herb-Grilled Chicken
- 7) Rosemary/Garlic/Lemon Chicken
- 8) Chicken & Vegetable Kabobs (count as protein and veg)
- 9) Chili-Lime Grilled Chicken
- 10) Cajun-Grilled Pork Tenderloin
- 11) Herb-Roasted Pork Tenderloin
- 12) Simply Grilled Filet Mignon

## Carbs: \$12 per serving

(Approximately 2 servings per week)

- 1) Roasted Sweet Potatoes
- 2) Mashed Sweet Potatoes
- 3) Brown & Wild Rice Pilaf
- 4) Herbed Quinoa with Sundried Tomatoes
- 5) Bhutanese Red Rice
- 6) Whole Wheat Moroccan Couscous
- 7) Barley & Butternut Pilaf
- 8) Bulgur with citrus & ginger
- 9) Roasted Apples with cinnamon & nutmeg
- 10) Chili-Lime-Cilantro Black Beans
- 11) Bistro French Lentils
- 12) Wheatberry Salad

## Vegetables:

(\$12 for an additional vegetable serving)

- 1) Seasoned Broccoli
- 2) Roasted Carrots
- 3) Roasted Root Vegetables (parsnips, carrots, turnips)
- 4) Smoky Southern Greens (kale, turnip, mustard, chard)
- 5) Garlicky Green Beans
- 6) Roasted Cauliflower, Chickpeas & Tomatoes
- 7) Mashed Cauliflower
- 8) Sautéed Spinach
- 9) Roasted Brussels Sprouts
- 10) Roasted Butternut Squash
- 11) Sautéed Mushrooms
- 12) Jewel-Roasted Vegetables (carrots, sweet potatoes, brussel sprouts, beets)

## Snacks: \$15 per serving

(Approximately 2-3 servings per week -

Each snack is enough for 2 snacks or a light meal)

- 1) Apples with raw almond butter
- 2) Turkey & Vegetable Roll-Ups
- 3) Greek Yogurt with Blueberries & Almonds
- 4) Carrots & Peppers with hummus
- 5) Herb Grilled & Chilled Chicken with Sliced Cucumbers
- 6) Hardboiled Eggs with Crispy Baked Kale

## Soups: \$15 per quart (2-4 servings per quart)

- 1) Tuscan Vegetable with cannellini beans
- 2) Filet of Beef & Barley
- 3) Roasted Tomato & Basil
- 4) Turkey & Bean Chili

If you would like more information or to sign up,  
please e-mail us at [contact@fitnessontherun.net](mailto:contact@fitnessontherun.net)