



**FITNESS CHEF
LIVRARE GRATUITA IN
PLOIESTI**

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BUCATARIE
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DE SUGESTII**

SPECIALITATI

Fit box piept de pui	450g piept de pui, cartofi la cuptor,patrunjel, sos tzatiki,rosii cherry- 442 kcal, 46 carb, 46 protein, 8.lipids 10 fiber	14.99
Fit box piept de curcan	450g piept de curcan, cartofi la cuptor,patrunjel, sos tzatiki, rosii 450 kcal, 45 carb, 46 protein, 9 lipids, 10fiber	18.99
Fit box vrăbioară	450g vrăbioara de vita, cartofi la cuptor,patrunjel, sos tzatiki rosii cherry 455 kcal, 45 carb, 44 protein, 9 lipids, 10 fiber	20.99

FIT BOX EXPEERIENCE- PRODUSELE IN CARE TU ALEGI INGREDIENTELE

FIT BOX EXPERIENCE	VEGGIE (ALEGE 5 INGREDIENTE GRATUITE)	21.99
	TOFU (TOFU+ 3 INGREDIENTE GRATUITE)	19.99
	FISH (ALEGE PESTE + 3 INGREDIENTE GRATUITE)	22.99
	HALLOUMI / MEAT (ALEGE CARNE SAU HALLOUMI+ 3 INGREDIENTE GRATUITE)	21.99
Alege 5 ingrediente 50G	Ciuperci la gratar/ dovlecel la gratar/ ardei kapia la gratar/ vinete la gratar/-salata iceberg/ morcovi/ ceapa rosie-ceapa galbena /castraveti/ masline verz/ masline	0

negre/salata de varza/ naut / fasole rosie /-porumb/ cartofi tavalit / cartofi dulci / orez basmati / fasole verde / mazare/ rosii/

FISH 80g	Somon, ton, creveti	0 pentru inclus si 6.99 pentru extra
MEAT & HALLOUMI 80g	piept de pui la gratar/ piept de curcan la gratar / vrabioara de vita la gratar / muschi de porc la gratar/ halloumi la gratar	0 pentru Inclus s 2.99 pentru Extra
EXTRA VEGGIE	Cartofi dulci / nuci / migdale / nachos / ciuperci la gratar/ dovlecel la gratar/ ardei kapia la gratar/ vinete la gratar/-salata iceberg/ morcovi/ ceapa rosie-ceapa galbena /castraveti/ masline verzi /salata de varza/ naut / fasole rosie / porumb/ cartofi tavalit / cartofi dulci / orez basmati / fasole verde / mazare/ rosii/	
DRESSING	Tahini / Tzatziki / Crema	0
Piept de pui Crispy fit cu cartofi și sos tzatziki	400g (piept de pui, fulgi de porumb, tzatziki , cartof alb) 456 kcal, 56 carb, 45 protein, 7 lipids, 8 fiber,	31.99
Halloumi special	350g –(halloumi, porumb,salata verde , naut 305 kcal, 23 carb, 17 protein, 15 lipids, 5 fiber	29.99
Supă cremă de ciuperci cu năut	350g ciuperci ceapa patrujel naut - 322 kcal, 24carb, 19 protein, 20 lipids, 3 fiber	19.99
Supă cremă de cartofi dulci cu năut	350g - cartof dulce, ceapa rosie, ceapa alba ,naut -416 kcal, 53 carb, 10 protein, 17 lipids, 9 fiber	16.99
Hummus cu rodii, biscuiti integrali si salata iceberg	641 kcal, 82carb, 20 protein, 22 lipids, 18 fiber	21.99
Piept de curcan THAI FIT	450g (piept de curcan, ardei, ciuperci, vinete, taitei de orez, mirodenii) - 388 kcal,	39.99

37 carb, 43 protein, 7 lipids, 3 fiber.

FEL PRINCIPAL FARA PRAJEALA

Piept de pui la grătar	200g - 256 kcal, 2 carb, 46 protein, 7 lipids, 0 fiber	16.99
Piept de curcan la grătar	200g - 254 kcal, 0 carb, 46 protein, 7 lipids, 0 fiber	21.99
Ton în crustă de susan	200g -ton, susan,salata iceberg 355 kcal, 6. carb, 50 protein, 13 lipids, 2.51 fiber	42.99
File de somon crocant	230g - somon,lamaie,salata -438.1 kcal, 5 carb, 38.9 protein, 29.92 lipids, 1.4 fiber	33.99
Piept de rață fit	200g -295 kcal, 2. carb, 46 protein, 10 lipids, 1 fiber	33.99
Creveți cu verdețuri de provence	200g - 299 kcal, 9 carb, 41 protein, 6 lipids, 2 fiber	41.99
Muschiuleț intern de porc la grătar	200g- 274.8 kcal, 0 carb, 50 protein, 9.68 lipids, 0 fiber	29.99
Ton la gratar cu lamaie	200g- ton, lamaie 224 kcal, 4 carb, 44 protein, 2 lipids, 1.94 fiber,	42.99

GARNITURI FIT

Chipsuri de cartofi dulci la cuptor cu sos tzatziki	230g - 256 kcal, 47 carb, 6 protein, 4 lipids, 6 fiber	10.99
Cartofi tavaliti cu sos tzatziki	230g - Cartofi albi , iaurt, castraveți, mărar - 251 kcal, 43.47 carb, 6.34 protein, 5.56 lipids, 4.17 fiber	7.99
Legume la grătar	Dovlecel, roșii, ciuperci, ardei 150 g	7.99
Salată asortată	Roșii cherry, măsline, castraveți, ardei 200 g	10.99
Paste de zucchini	200g Zucchini, roșii, condimente 72.8 kcal, 6 carb, 3 protein, 3.68 lipids, 3 fiber	11.99
Fasole verde cu	200 g 104.8 kcal, 15.4 carb, 3.9 protein, 3.88 lipids, 7.4	10.99

usturoi	fiber,	
Orez basmati	150g 162.45 kcal, 35.1 carb, 4.05 protein, 0 lipids, 5.4 fiber	6.99
Brocoli cu mix de seminte 200g	82.15 kcal, 5.66 carb, 4.1 protein, 5.02 lipids, 3.18 fiber,	7.99
Orez cu legume si ou	150g curry, fasole verde, mazare, porumb, ardei rosu si ou	10.99
Salata verde 100g		7.99

GUSTARI DULCI DIETETICE (INDULCITE CU GREEN SUGAR)

Gălușca FIT	CIOCOLATA PROTEICA/ CAMEL SARAT/ AFINE/ CIRESE 200g (branza,ovaz, green sugar)420.37 kcal, 40.34 carb, 30.7 protein, 16.745 lipids, 3.73 fiber	20.99
American Pie Mix	MIX (3 FRUCTE + CIOCO PROTEICA / CAMEL SARAT) HALF- HALF (CIOCO PROTEICA / CAMEL SARAT + FRUCTE) VEGANA (DOAR FRUCT) FRUCTE: CIRESE/ AFINE / MAR SI SCORTISOARA / ZMEURA / EXOTICE) Ovăz și faina integrala , green sugar 200 g	18.99
Clătite proteice americane integrale	CIOCOLATA PROTEICA / CAMEL SARAT/ GEM DE CASA/ GEM SI UNT DE ARAHIDE / CIOCOLATA ALBA PROTEICA Făină integrală, albus , lapte de cocos, GREEN SUGAR 300 g	18.99
American Pie Vegană	Făină integrală, ovăz, fructe, green sugar 200 g	18.99