



1 Client 1 Trainer 1 Goal

Fitness Together Approved Menu

Breakfast

Fitness Together Egg and Sprouted Wheat Bagel: spinach, egg, tomato, onion & fresh mozzarella cheese

Humazing Breakfast Sprouted Wheat Bagel: House made Humus with tomato, carrots and lettuce

Acai Bowl: Acai, strawberries, banana blended with apple juice and topped with a big scoop of granola and sliced strawberries and bananas. A delicious vitamin and mineral rich filling breakfast..

Yogurt Bowl w/ Fresh Fruit: A mix of fresh fruit served over yogurt, topped with a scoop of granola

Flax Oatmeal Bowl: Oatmeal w/ground flax seed, strawberries, walnuts and drizzled with Agave Nectar.

Whole Grain or Gluten Free Toast w/ Spread and fresh fruit: Almond butter or all-natural peanut butter with sliced bananas and drizzled with Agave Nectar

Lunch

Humazing Wrap: A light, yet filling wrap with our own homemade hummus, tomato, sprouts, carrots, broccoli and cucumber

The Ole Wrap: House black bean mix with avocado, red onion, green leaf lettuce, tomato and jack cheese

****Sean's Special Tuna Wrap:*** Tuna made with Veganaise on a bed of lettuce, carrots and sprouts and jack cheese

The Delightful: Spinach, goat cheese, avocado, alfalfa sprouts, apples and pine nuts with House Basil Lemonette dressing

Annie's Avo Wrap Add Grilled Chicken: Grilled Chicken, lettuce, avocado, tomato, carrots, onion alfalfa sprouts and havarti cheese

Nutty Cran Sub Grilled Chicken: Grilled Chicken w/ sliced apples, dried cranberries and walnuts over spinach

The Mel: Sliced Turkey, lettuce, sprouts, cucumber, tomato, spinach, carrots and avocado on gluten-free bread (sub multi-grain or spinach wrap)

* When available

Salads

Please see Sol Bean Menu ~ All Salads Approved

We suggest adding Grilled Chicken to any salad, Black Bean mix and/or Hummus

House Basil Lemonette dressing is recommended

Fresh Squeezed Juices

Please see Sol Bean Menu ~ All Juices Approved

Protein Berry Strong

High energy, Organic Super fruits + Protein and 1400% Vitamin C, Acai, Acerola, Strawberry, Bluberry, Raspberry, Bananna blended with skim milk and Rice or Whey Protein Powder.

Wheatgrass

Nature's perfect Multi-vitamin. One ounce is equal in nutritional value to over 2 lbs. of vegetables. It's cleansing, detoxing and energizing. Have a shot alone or add a vegetable juice

Drinks

*Order house-made teas instead of buying them in a bottle. House brewed teas have no sugar or artificial sweeteners added and are naturally energizing and delicious. * Green Tea and Crimsonberry Tea preferred*

Organic Energy snacks and brownies

See display case



To learn more about the Corporate Fit Challenge, please see Fitness Together Middleton for more details. Fitness Together business Cards are available here at Sol Bean. Visit www.MiddletonFT.com