



FIT FOOD
FACTORY

FIT MENU

Example

Breakfast: Vanilla Chia-pudding

Pre-dinner: Baked tortilla with cheese and ham

Dinner: Baked pork meat pasta + vegetables (☞)

Pre-supper: Chiken jarni zavitky

Supper: Turkey goulash with broccoli and peas(☞)

☞ - must be warmed up

(☞)- recommended to be warmed up