

Fit EATS



Marlon A. Moore

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Fit EATS
BECAUSE YOU DESERVE BETTER



www.fiteats411.com



ABOUT US

Mission

FitEat's goals are to provide:

- Healthy conscious menu and delivery service to folks with Superhero lifestyle.
- Education to achieve a comfortable living through healthy nutrition.
- Pragmatic alternative to folks who have no time to meal prep and workout.

What we Offer:

- Hot & Cold Menu
- Daily/Weekly Meal Plans
- 3 tier Meal Plan Service
- Calorie Counts
- Delivery Service
- Catering Service

WHAT RUNS YOUR LIFE

In a time when middle class is non-existent, and the poor are working two and three jobs and/or going to school to get the education to achieve or maintain what use to be called “middle class” status. The bills that come along with the title/ lifestyle has led the average American to become a modern day super hero leaving little to no time to consistently practice a healthy way of living.

Take charge of your life by disciplining the way you eat and know you are worthy of

Let FitEat's ease your life **Marlon A. Moore** of “FitBeast” (Personal Training)” decided to incorporate the idea of clean eating “FitEat's”.

Marlon's believes to truly live a healthy life, you must provide your body with the proper nourishment and exercise.

FitEat's wants to take your fast paced life out of the “Fast Food” lanes, by helping take back the control of the way you eat and making it easy through our Clean Eats menu order and delivery service.

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FitEat's has 3 meal plans to help benefit in the growth of a healthy living community. Our meals are calorie conscious to support your fitness goals and cost effective for your budgeting needs

Tier I

Weekly lunch Plan

FitEat's will send you a healthy list that will include sources of proteins, vegetables, and good carbohydrates for your daily and weekly selections. We'll deliver the selected meal combos on the specified dates and times. Meal plans start at \$10.00 per meal and a weekly delivery fee of \$15.00.

Tier II

You buy it we prepare it!

We first look at the goals you are trying to attain (i.e. weight loss/management, Muscle gain/management or carb cycling).

- 1) FitEats will send you an approved grocery list and you select and purchase the items of your choice.
- 2) Keeping you in control of your health.

You tell us what meals you would like us to prepare from your list for the coming week.

3) FitEats chef will then, prepare, package and deliver your meals to your home.

Our packages start at a \$100.00 per every 15 meals.

Tier III

FitEats will provide you with an approved grocery list.

- 1) You mark off all the food you do not eat.
- 2) We will build your meals based on your goals (i.e. weight loss/management, Muscle gain/management or carb cycling).

We will make as many meals as you request at \$10.00 per meal.

\$15 DELIVERY FEE
This fee may vary depending on the order size!

PROTEIN

Eggs / chicken shrimp / Tuna / Turkey bacon
Steak Pork tenderloin / Tilapia / Turkey
Turkey meatballs / Ground turkey
Greek yogurt / Whey protein

VEGETABLES

Onion / Bell pepper / Kale / Cucumber
Baby carrots / Kale / Arugula / Edamame
Brussels sprouts / Asparagus
Lettuce / Grape tomatoes / Broccoli
Cauliflower / Swiss chard / Celery
Green beans / Spinach / assorted greens

FRUIT

Bananas / Blueberries / Strawberries
Oranges / Apples

CARBOHYDRATES

Oatmeal / Whole-wheat bread / Quinoa
Whole-wheat tortillas / Chickpeas
Sweet potato / Potato / Whole-wheat
hamburger buns & Black beans

Wildrice & Granola / Jasmine rice

FATS

Sliced cheese / Unsalted cashews
Pistachios / Pumpkin seeds / Peanut or
almond butter / Avocado Walnuts

ORDER NOW :

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