

JENFIT AND FRESH MENU

SALADS \$8 EACH

STRAWBERRY BALSAMIC

Spring mix, strawberries, balsamic chicken, roasted veggies, almonds, Strawberry Yogurt Dressing

BIG MAC

Spring mix/romaine, lean meat, sesame seeds, onions, pickles, tomatoes, Thousand Island dressing

BLUEBERRY BROCCOLI

Spring mix, broccoli, slaw, carrots, blueberries, cranberries, almonds, sunflower seeds, red onion, Honey Lemon Dressing

CREAMY CHICKEN SALAD

Spring mix, chicken, cranberries, green onions, celery, almonds, Amazing Creamy Sauce

BBQ CHICKEN SALAD

Spring mix, BBQ chicken, peppers, corn, black beans, tomatoes, Cilantro Lime Dressing

MANDARIN ASIAN CHICKEN

Spring mix, asian chicken, broccoli slaw, cranberries, almonds, mandarin oranges, Sweet Chili Dressing

WATCH SOCIAL FOR WEEKLY MEALS@STUDIO FOR PICK UP
WWW.JENERATIONFITNESS.COM
COOKBOOKS AVAILABLE \$15

SOUTHWEST CHICKEN

Spring mix, taco chicken, grilled peppers, onions, brown rice, chili tomatoes, Cilantro Lime Dressing

TACO SALAD

Spring mix, taco meat, tomatoes, salsa, black beans, cheddar cheese, Cilantro Lime Dressing.

EGG ROLL BOWL

Spring mix, pork, brown rice, soy sauce, peppers, slaw, edamame, Sweet Chili Sauce

ASIAN POWER BOWL

Spring mix, asian chicken, blueberries, cranberries, pumpkin seeds, feta, Sweet Asian Dressing

SOUPS \$6 / BOWL

STUFFED PEPPER SOUP

Ground beef/turkey, brown rice, peppers, tomatoes

SWEET POTATO CHILI

Vegan recipe. Variety of beans, sweet potato, tomatoes, carrots, quinoa, veggie broth, seasonings.

ACAI BOWL

Acai, greek yogurt, vanilla protein, fresh berries, nuts/seeds, natural peanut butter

Small Crock pot : \$15

Large Crockpot : \$24

*bring in own crockpot or \$2 charge for take home container

DAIRY FREE, GLUTEN
FREE, NUT FREE WITH
REQUESTS

CALL/TEXT 419-852-1093