



FIT MENU “Premium”

**FIT FOOD
FACTORY**

Example

Breakfast: Curd desert with Chia seeds and chocolate

Pre-dinner: Baked eggplant dip, bread

Dinner: Grilled Nile perch on oranges with basil kuskus  
+ vegetable salad

Pre-supper: Knackebrot with vegetable humus

Supper: Brochette turkey with vegetables

(zucchini, eggplant, paprika, onion) + baked potatoes  

  - must be warmed up

( ) - recommended to be warmed up