

THE *fit+go* meals DISTRICT KITCHEN

Weekly orders due every Thursday by 5 pm
of the week before pickup. Submit via email or phone:
orders@thedistrictroom.com or 205.469.1655 | Option 5



GLUTEN-FREE



DAIRY-FREE



PALEO

Every meal is \$10 + tax. Delivery within 5 miles = \$5.

MONDAY QTY

meals available for pickup on Monday, 10 am - 4 pm

_____ **Lunch 1** Beef, Bacon, Sweet Potato Casserole
Cals: 551, Fat: 31g, Sat. Fat: 11g, Carbs: 32g, Sugars: 14g, Protein: 38g

_____ **Lunch 2** Salmon Spinach Salad + Honey Mustard Dressing
Cals: 250, Fat: 10g, Sat. Fat: 2g, Carbs: 4g, Sugars: 2g, Protein: 35g
Dressing: Cals: 230, Fat: 20g, Sat. Fat: 2.5g, Carbs: 14g, Sugars: 13g, Protein: 0g

_____ **Dinner 1** Chicken Burger w/Caramelized Onions
Cals: 360, Fat: 12g, Sat. Fat: 4.5g, Carbs: 22g, Sugars: 7g, Protein: 42g
Ketchup: Cals: 70, Fat: 0g, Sat. Fat: 0g, Carbs: 17g, Sugars: 14g, Protein: 2g

_____ **Dinner 2** Grilled Steak Carne Asada
Cals: 380, Fat: 24g, Sat. Fat: 6g, Carbs: 3g, Sugars: 1g, Protein: 35g

SIDES

WEDNESDAY QTY

meals available for pickup on Wednesday, 10 am - 4 pm

_____ **Lunch 1** Chinese Chicken Salad + Dressing
Cals: 370, Fat: 15g, Sat. Fat: 2.5g, Carbs: 24g, Sugars: 13g, Protein: 35g

_____ **Lunch 2** Beef and Pepper Stew
Cals: 290, Fat: 16g, Sat. Fat: 5g, Carbs: 11g, Sugars: 6g, Protein: 25g

_____ **Lunch 3** Sauteed Salmon, Onions+Peppers Over Cauliflower Rice
Cals: 380, Fat: 20g, Sat. Fat: 3.5g, Carbs: 14g, Sugars: 7g, Protein: 37g

_____ **Dinner 1** Mustard-Maple Glazed Meatballs + 2 sides
Cals: 730, Fat: 39g, Sat. Fat: 14g, Carbs: 23g, Sugars: 18g, Protein: 66g

_____ **Dinner 2** Salmon Cakes + Lemon Herb Aioli + 2 sides
Cals: 290, Fat: 12g, Sat. Fat: 2.5g, Carbs: 12g, Sugars: 5g, Protein: 33g
Aioli: Cals: 450, Fat: 42g, Sat. Fat: 11g, Carbs: 4g, Sugars: 0g, Protein: 14g

_____ **Dinner 3** Steak Fajita Bowl + 2 sides
Cals: 580, Fat: 31g, Sat. Fat: 9g, Carbs: 9g, Sugars: 9g, Protein: 65g

SIDES

SIDES

choose 2 sides from the list below for each dinner ordered

- 1 Roasted Red Potatoes Cals: 170, Fat: 3g, Sat. Fat: 0g, Carbs: 32g, Sugars: 2g, Protein: 4g
- 2 Mashed Sweet Potatoes Cals: 130, Fat: 0g, Sat. Fat: 0g, Carbs: 30g, Sugars: 10g, Protein: 2g
- 3 Roasted Broccoli Cals: 39, Fat: 0g, Sat. Fat: 0g, Carbs: 8g, Sugars: 2g, Protein: 3g
- 4 Paleo Greek Veggie Salad Cals: 170, Fat: 16g, Sat. Fat: 2g, Carbs: 7g, Sugars: 3g, Protein: 1g
- 5 Paleo Apple Crumble Cals: 220, Fat: 17g, Sat. Fat: 9g, Carbs: 16g, Sugars: 5g, Protein: 4g

Follow us on Instagram at @thedistrictroomandkitchen or on Facebook at The District Room & Gourmet Kitchen.

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customer information

name _____

phone number _____

email _____

dietary restrictions _____

payment information

name on card _____

number _____

exp date _____

CVV code _____

keep on file? _____

order details

deliver or pick up? _____

deliver to _____

delivery instructions _____

how did you learn about fit+go?

want to join our email list to receive f+g menus in
your inbox each week? just type your email address
below and we'll add you!

frequently asked questions

Is there a minimum order required?

yes. you must order at least 2 meals per menu.

Do I order one at a time?

no. orders for the entire week ahead should be
placed on one order form by Thursday at 5 pm.

When is the food prepared?

monday pickup meals are prepped on Friday
afternoon, cooked and assembled on monday
morning. wednesday pickup meals are made on
tuesday.

*If I order for the whole week, do I get two
deliveries?*

yes, we will deliver twice: once on monday and
once on wednesday. each delivery costs \$5.

Can I order multiples of one meal?

yes! order as much as you like of each one! don't
forget to pick two sides for each dinner you order.

*Do I have to give my credit card # each time I
order?*

no. just let us know if you'd prefer we keep it on
file, and we will be happy to do so.

How do I find the menu each week?

there are two ways: we can add you to our email
list so you receive it each monday morning, or
you can check our web site. the new menu will
be posted by monday morning for the *next*
week's meals.

What about tax + delivery?

our meals cost \$10 + 9% sales tax. we will deliver
within a 5-mile radius of our location for an
additional \$5 per delivery.