

Fitness Addict Tulsa

TRAINING. MEAL PREP. ACCOUNTABILITY



STRAWBERRY SPINACH SALAD

Cals: 340 Carbs: 10 Fat: 6 Protein: 20

BREAKFAST

Gluten Free Banana Bread

DESSERT

Chocolate Mousse Parfait

To order: text quantity of meals to:

918-202-8053

Fitness Addict Tulsa Meal Prep

fitnessaddicttulsa.com



GROUND TURKEY BOWTIE BAKE

Cals: 450 Carbs: 22 Fat: 8 Protein: 28 *per serving size



CHICKEN TACO BOWL

Cals: 213 Carbs: 20 Fat: 15 Protein: 29

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TRAINING. MEAL PREP. ACCOUNTABILITY



GRILLED CHICKEN SPAGHETTI

Cals: 340 Carbs: 25 Fat: 6 Protein: 20

BREAKFAST

Gluten Free Banana Bread

DESSERT

Peppermint Brownies

To order: text quantity of meals to:
918-202-8053

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GRILLED CHICKEN & BROCCOLI

Cals: 189 Carbs: 12 Fat: 8 Protein: 28



STUFFED PEPPERS

Cals: 213 Carbs: 16 Fat: 15 Protein: 29

*per serving size