



For the Littles menu



LITTLE'S CHICKEN AND WAFFLES

Chicken, fried or grilled, served with ThickFit waffles. Waffles are made from scratch with our very own recipe. Served with a side of syrup.

LITTLE'S PIZZA BAGELS

2 whole mini bagels, of course made from scratch, cut open and topped with tomato sauce and cheese. Add pepperoni at checkout

LITTLE'S PINWHEELS

lunch meat (ham turkey, or chicken) and cheese rolled in a tortilla and cut into pinwheels. Served with fresh fruit and baby carrots

LITTLE'S PEANUT BUTTER AND JELLY

Peanut butter and jelly (grape, strawberry, or blueberry) on toasted bread served with cheese snacks. Choose crust on or off at check out.

LITTLE'S BUILD-A-LUNCH

Choose from ham, turkey, or chicken served with crackers and cheese.



KIDS MEALS COME WITH A TREAT, PLEASE
MAKE US AWARE OF ALLERGIES!!!





For the Littles menu



LITTLE'S BURRITO

About 2oz of protein, Mexican cheese, and queso. Comes with spanish style rice, refried beans, and corn.

LITTLE'S QUESADILLA

About 2oz of protein and Mexican cheese. Comes with spanish style rice, refried beans, and corn.

LITTLE'S STREET TACOS

2 street tacos totally a total of 2oz of protein and Mexican cheese. Comes with spanish style rice, refried beans, and corn.

LITTLE'S RED SAUCE ITALIAN DINNER

A half portion of spaghetti noodles with or without meatballs. Meatballs can be made with ground turkey or ground beef. Meatballs are handmade and fresh! Covered with a homemade marinara sauce.

LITTLE'S WHITE SAUCE ITALIAN DINNER

A half portion of spaghetti noodles with or without chicken. Covered with a homemade Alfredo sauce

LITTLE'S YELLOW NOODLES

A half portion of homemade macaroni and cheese



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a Little somethin' extra



ASPARAGUS

BROCCOLI

EDAMAME

GREEN BEANS

ZUCCHINI

PEAS

BUTTERNUT SQUASH

NOODLES

RICE

TEXAS TOAST

BABY RED POTATOES

MASHED POTATOES

MUSHROOMS

ONIONS

BELL PEPPER

MIXED VEGETABLES

Onions, bell peppers, zucchini

CORN

BLACK BEANS

REFRIED BEANS

MEXICAN STYLE CORN

MEXICAN STYLE RICE

SWEET POTATOES

MASHED SWEET
POTATOES





Entree Menu



VEGGIE FAJITA BURRITO

NetCarbs:17.2g, Fats:8.8g, Protein:10.1g, Calories:291

Full servings of sautéed onions and bell peppers. Burrito is finished off with homemade queso! Add refried beans, black beans, and/or Spanish style rice into your burrito at ordering.

2 PROTEIN FAJITA BURRITO

Choose 2 of your favorite protein (chicken, steak, shrimp), chopped with sautéed onions and bell peppers. Burrito is finished off with homemade queso! Add refried beans, black beans, and/or Spanish style rice into your burrito at ordering.

BUBBA'S BIG FAJITA BURRITO

Chicken, steak, and shrimp, chopped with sautéed onions and bell peppers. Double burrito is finished off with homemade queso! Add refried beans, black beans, and/or Spanish style rice into your burrito at ordering.

FAJITA QUESADILLA

A large tortilla filled with your choice of chicken, steak, or shrimp, chopped with sautéed onions and bell peppers and Mexican cheese.

QUESADILLA

A large tortilla filled with your choice of chicken, steak, or shrimp, chopped with Mexican cheese.

YOU ASKED, WE HEARD YOU! SPANISH STYLE MEAL PREP!

Our Spanish style prep comes with just the entree. Sides such as corn, Spanish style rice, black beans, and refried beans can be added to your order





Craving somethin' sweet



THICKFIT CHOCOLATE CHIP COOKIES

Not quite healthy, but healthier with almond flour and homemade!!

CHOCOLATE COVERED STRAWBERRIES

Ponchatoula Strawberries, straight from the farm covered with a rich chocolate

ENERGY BITES

Quick Grab and go, HEALTHY, CRAVING CRUSHER snacks. Comes in 3.

Coconut Chocolate Chip: NetCarbs:g, Fats:g, Protein:g, Calories:

Peanut Butter Chocolate Chip: NetCarbs:g, Fats:g, Protein:g, Calories:

Oatmeal Raisin: NetCarbs:g, Fats:g, Protein:g, Calories:

FROZEN BITES

Sliced banana layered with peanut butter and milk chocolate. Topped with a light dash of sea salt and frozen to bust those cravings.

"ICE CREAM"

Cheesecake flavored craving buster. Loaded with protein with graham cracker pieces.





Don't forget your Drink



CARAMEL COLD COFFEE

Cold Coffee with almond milk and white Chocolate syrup. 12oz serving. Drink it as is or pour it over ice.

WHITE CHOCOLATE COLD COFFEE

Cold Coffee with almond milk and white Chocolate syrup. 12oz serving. Drink it as is or pour it over ice.

SWEET TEA

Home brewed Sweet Tea. 12oz serving. I brew it so you don't have to. Drink it as is or pour it over ice.

MEDICINE BOMB

Feeling under the weather? Try our medicine bomb teas! Refrigerate until ready to reheat! 12oz serving





Chicken breast (per oz): NetCarbs:0g, Fats:0.7g, Proteins:6.4g, Calories:34

Sirloin Steak (per oz): NetCarbs:0g, Fats:1.3g, Protein:8.8g, Calories:47

Skirt Steak: NetCarbs:0g, Fats:3g, Protein:5g, Calories:50

Salmon (per oz): NetCarbs:0g, Fats:2.9g, Protein:5.3g, Calories: 49

Shrimp (per shrimp): NetCarbs:0.3g, Fats:0.3g, Protein:2.5g, Calories:13

Ground Beef: NetCarbs:0g, Fats:1.4g, Protein:7.5g, Calories:45

Ground Turkey: NetCarbs:0g, Fats:2.4g, Protein:5.3g, Calories:42

Pork Sausage: NetCarbs:0g, Fats:8.5g, Protein:5.5g, Calories:100

Beef Sausage: NetCarbs:0.2g, Fats:1.2g, Protein:7.8g, Calories:143

Turkey Sausage: NetCarbs:0g, Fats:3g, Protein:5.5g, Calories:50

Seasoned Rice: NetCarbs:35g, Fats:0.5g, Protein:3g, Calories:160

Ramen noodles: NetCarbs:41g, Fats:1g, Protein:6g, Calories:200

Baby Red Potatoes: NetCarbs:17.5g, Fats:0g, Protein:0.7g, Calories:25

Green Beans: NetCarbs:3.6g, Fats:0.2g, Proteins:1.6g, Calories:26

Sautéed Onions: NetCarbs:36.1g, Fats:0.1g, Protein:0.9g, Calories:32

Sautéed Bell Pepper: NetCarbs:2.2g, Fats:0.1g, Proteins:0.6g, Calories:15

Broccoli: NetCarbs:2g, Fats:0g, Protein:2g, Calories:25

Asparagus: NetCarbs:2g, Fats:0g, Protein:2g, Calories:20

Mixed Vegetables(broccoli, zucchini, bell peppers): NetCarbs:3.3g, Fats:0.2g, Protein:1.3g, Calories:23





Entrée menu



BEEF AND BROCCOLI PROTEIN BOWL

Skirt steak and broccoli florets cooked in asian inspired sauce served on a single serving of rice.

BEEF AND BROCCOLI RAMEN BOWL

Skirt steak and broccoli florets cooked in asian inspired sauce served on a single serving of ramen noodles. This is less of a soupy ramen to preserve the food longer. If you'd like more broth just write us a note in the comment section.

CATUN SAUSAGE AND VEGETABLE BOWL

Pork, beef, or turkey sausage cut into peices and served with a mixture of tricolored peppers, onions, and zucchini (our "mixed vegetables"). Rice does not come with this option

GRILLED SHRIMP AND VEGETABLE BOWL

Large shrimp, grilled and served with a mixture of 1/2 serving of tricolored peppers, 1/2 serving of onions, and a half serving of zucchini (our "mixed vegetables"). Rice does not come with this option

SHRIMP, BROCCOLI, AND RICE BOWL

Large grilled shrimp and a full serving of broccoli over a full serving of white rice



THICKFIT BOWLS: These are ingredients layered vs separated.





Entree Menu

STREET TACOS

4 street tacos loaded with your choice of chicken, steak, pork, or shrimp (totaling 6oz of protein) and topped with fresh cilantro and finely diced onions. Use our comment on box while ordering to specially customize your order.

CHICKEN FAJITA BURRITO

NetCarbs:8.9g, Fats:11.6g, Protein:34.4g, Calories:382

Marinated and grilled chicken breast, chopped with sauteed onions and bell peppers. Burrito is finished off with homemade queso! Add refried beans, black beans, and/or Spanish style rice into your burrito at ordering.

STEAK FAJITA BURRITO

NetCarbs:8.9g, Fats:15.4g, Protein:26.6g, Calories:379

Marinated and grilled flank steak, chopped with sauteed onions and bell peppers. Burrito is finished off with homemade queso! Add refried beans, black beans, and/or Spanish style rice into your burrito at ordering.

SHRIMP FAJITA BURRITO

NetCarbs:8.9g, Fats:9.6g, Protein:25.6g, Calories:321

Seasoned and grilled shrimp, chopped with sauteed onions and bell peppers. Burrito is finished off with homemade queso! Add refried beans, black beans, and/or Spanish style rice into your burrito at ordering.

YOU ASKED, WE HEARD YOU! SPANISH STYLE MEAL PREP!

Our Spanish style prep comes with just the entree. Sides such as corn, Spanish style rice, black beans, and refined beans can be added to your order





Breakfast menu

CHICKEN BREAKFAST BOWL

NetCarbs:14.6g, Fats:9g, Proteins:42g,

Hash browns, diced onions, green bell peppers, spinach leaves, 1 egg, chicken breast

PORK BREAKFAST BOWL

NetCarbs:15.6g, Fats:7.5g, Proteins:30.5g, Calories:254

Hash browns, diced onions+green bell peppers, spinach leaves, 1 egg, pork loin

BIG BREAKFAST

NetCarbs:37.7g, Fats:31.4g, Proteins:26.2g,

2 eggs made your way, 2 thickcut bacon, 2 sausage, toast, grits, fruit

HUBBIE'S PORK BREAKFAST

NetCarbs:49.3g, Fats:17.2g, Proteins:63g, Calories:605

2 pork chops, hash browns with peppers, onions, and cheese, 2 eggs your way, grits, toast

BLUEBERRY OVERNIGHT OATS

NetCarbs:30g, Fats:5g, Proteins:20g, Calories:260

STRAWBERRY OVERNIGHT OATS

NetCarbs:27g, Fats:6g, Proteins:20g, Calories:250

CHOCOLATE PEANUT BUTTER OVERNIGHT OATS

NetCarbs:30g, Fats:7g, Proteins:26g, Calories:300

CINNAMON CEREAL OVERNIGHT OATS

NetCarbs:28g, Fats:4g, Proteins:15g,

Calories:220





Entrée menu

THICKFIT CHICKEN MEAL PREP

Boneless, skinless chicken breast, a whole serving of rice, and a whole serving of vegetables

THICKFIT SIRLOIN MEAL PREP

Boneless, skinless chicken breast, a whole serving of baby red potatoes, and a whole serving of vegetables

THICKFIT SALMON MEAL PREP

Boneless, skinless chicken breast, a whole serving of lemon zest noodles, and a whole serving of vegetables

THICKFIT SHRIMP MEAL PREP

Grilled shrimp measured to your specific order, a whole serving of lemon zest noodles, and a whole serving of vegetables



THICKFIT "MEAL PREPS":

These ingredients are separated throughout the plate





Breakfast menu

PANCAKES

NetCarbs:29.5g,
2 pancakes
Calories:140

Fats:1.4g,

Proteins:4g,

WAFFLES

NetCarbs:29.5g,
1 waffle
Calories:140

Fats:1.4g,

Proteins:4g,

BAGELS

NetCarbs:18g,

Fats:0.8g,

Proteins:3g,

Calories:140 bagels. Macro count is an estimate on this item.

HASH BROWNS

NetCarbs:17g, Fats:4g, Proteins:1g, Calories:110

Seasoned hash browns with diced onions and bell pepper

