

HUA



HIN

FUEL & GRIND

COFFEE - NUTRITION

FOOD &
DRINKS
MENU



FITFIX

MEAL PREP
SUPPLEMENTS

DRINKS

BREW FUSION



EXPRESSO
HOT 60



AMERICANO
HOT 60 - ICED 70



LATTE
HOT 70 - ICED 80



CAPPUCCINO
HOT 70 - ICED 80



MOCHA
HOT 70 - ICED 80



THAI TEA
HOT 60 - ICED 70



HOT TEA
HOT 50



ICE LEMON TEA
ICED 70

HEALTHY JUICE



BOOST YOUR DAY



DETOXIFY - 120
BEETROOT, CARROTS,
CELERY, GINGER, LIME



REFRESH - 120
MANGO, PASSION FRUIT,
GINGER, SWEET BASIL



ENERGIZE - 120
ORANGE, BANANA,
LEMON, GINGER



CLEANSE - 120
KALE, CUCUMBER,
APPLE, LIME, GINGER

SMOOTHIE



MANGO SHAKE
90



BANANA SHAKE
90



WATERMELON SHAKE
90



APPLE SHAKE
90

DRINKS

FRESHLY SQUEEZED



FRESH COCONUT
80



FRESH ORANGE JUICE
90



FRESH LEMON JUICE
90

SOFT DRINK

COKE	35
COKE ZERO	35
PEPSI	35
PEPSI MAX	35
SPRITE	35
FANTA ORANGE	35
SCHWEPES TONIC	35
SCHWEPES MANAO	35
GINGER ALE	35

WATER 60CL	20
WATER 1.5 L	40
SODA WATER	30

RED BULL	120
GATORADE	40
POCARI SWEAT	40

PROTEIN FUEL



COFFEE
140



BANANA
140



MIX BERRY
140



PEANUT BUTTER
140



MANGO
140



COCONUT
140



PINEAPPLE
140

BREAKFAST

VEGGIES OMELETTE 120 THB

CALORIES	220	PROTEIN	18g
FAT	15g	FIBER	2g
CARBS	7g	SUGAR	3g



140 THB SCRAMBLE EGGS BACON & BEANS

CALORIES	420	PROTEIN	31g
FAT	24g	FIBER	2g
CARBS	18g	SUGAR	4g

GREEK YOGURT FRUITS & GRANOLA 130 THB

CALORIES	230	PROTEIN	17g
FAT	9g	FIBER	3g
CARBS	22g	SUGAR	15g



180 THB PROTEIN PANCAKES & FRUITS

CALORIES	370	PROTEIN	32g
FAT	12g	FIBER	7g
CARBS	44g	SUGAR	12g

LIGHT AND LEAN CHICKEN



**180
THB**

STIR-FRIED CHICKEN & RICEBERRY

CALORIES 415
FAT 8g
CARBS 46g

PROTEIN 39g
FIBER 6g
SUGAR 5g

CHICKEN BROCCOLI & SWEET POTATO

**160
THB**

CALORIES 400
FAT 10g
CARBS 31g

PROTEIN 44g
FIBER 6g
SUGAR 6g



**200
THB**

CHICKEN QUINOA SALAD

CALORIES 375
FAT 12g
CARBS 32g

PROTEIN 40g
FIBER 6g
SUGAR 4g

LIGHT AND LEAN CHICKEN

CHICKEN SKEWERS & GREEK SALAD

200
THB

CALORIES	420	PROTEIN	47g
FAT	12g	FIBER	6g
CARBS	32g	SUGAR	4g



160
THB

STIR-FRIED CHICKEN & RICE NOODLES

CALORIES	420	PROTEIN	41g
FAT	10g	FIBER	8g
CARBS	40g	SUGAR	4g

CHICKEN BURRITO BOWL

220
THB

CALORIES	455	PROTEIN	41g
FAT	13g	FIBER	8g
CARBS	35g	SUGAR	4g



LIGHT AND LEAN CHICKEN



210
THB

CHICKEN CURRY & RICEBERRY

CALORIES	460	PROTEIN	42g
FAT	18g	FIBER	8g
CARBS	45g	SUGAR	4g

CHICKEN & SPINACH OMELETTE

180
THB

CALORIES	375	PROTEIN	40g
FAT	11g	FIBER	6g
CARBS	29g	SUGAR	4g



190
THB

CHICKEN & LENTIL STEW

CALORIES	345	PROTEIN	38g
FAT	8g	FIBER	10g
CARBS	30g	SUGAR	4g

BEEF ME UP

STIR-FRIED BEEF & ASPARAGUS

250
THB

CALORIES	340	PROTEIN	40g
FAT	14g	FIBER	5g
CARBS	15g	SUGAR	8g



260
THB

BEEF & CHICKPEAS CURRY WITH RICE

CALORIES	380	PROTEIN	30g
FAT	18g	FIBER	8g
CARBS	25g	SUGAR	5g

BEEF RICEBERRY PILAF

190
THB

CALORIES	380	PROTEIN	30g
FAT	15g	FIBER	4g
CARBS	29g	SUGAR	3g



BEEF ME UP



**180
THB**

BEEF & SWEET POTATO HASH

CALORIES	380	PROTEIN	30g
FAT	15g	FIBER	5g
CARBS	30g	SUGAR	8g

BEEF & QUINOA BOWL

**250
THB**



CALORIES	420	PROTEIN	35g
FAT	15g	FIBER	12g
CARBS	35g	SUGAR	2g



**230
THB**

BEEF & LENTIL STEW

CALORIES	320	PROTEIN	35g
FAT	8g	FIBER	10g
CARBS	30g	SUGAR	5g

SALMON & COD



SALMON TERIYAKI & BROCCOLI

240
THB

CALORIES	430	PROTEIN	35g
FAT	10g	FIBER	4g
CARBS	45g	SUGAR	8g

LEMON PEPPER COD & BROCCOLI RICE

210
THB

CALORIES	380	PROTEIN	32g
FAT	12g	FIBER	8g
CARBS	30g	SUGAR	3g



SALMON & COD



**260
THB**

BAKED SALMON QUINOA & VEGGIES

CALORIES 480
FAT 18g
CARBS 35g

PROTEIN 49g
FIBER 8g
SUGAR 5g

BAKED SALMON SWEET POTATO MASH & ASPARAGUS

**260
THB**



CALORIES 490
FAT 20g
CARBS 44g

PROTEIN 39g
FIBER 10g
SUGAR 9g



**220
THB**

ALMOND CRUST COD & ROASTED VEGGIES

CALORIES 400
FAT 14g
CARBS 35g

PROTEIN 32g
FIBER 6g
SUGAR 5g

KETO-FRIENDLY

BEEF STIR-FRIED BELL PEPPERS & ZUCCHINI

240
THB

CALORIES	450	PROTEIN	36g
FAT	28g	FIBER	3g
CARBS	9g	SUGAR	4g



190
THB

STIR-FRIED SHRIMPS & VEGGIES

CALORIES	280	PROTEIN	28g
FAT	16g	FIBER	4g
CARBS	8g	SUGAR	4g

PORK LOIN & ASPARAGUS

180
THB

CALORIES	430	PROTEIN	35g
FAT	19g	FIBER	6g
CARBS	12g	SUGAR	4g



KETO-FRIENDLY



**150
THB**

CHICKEN CAULIFLOWER & BROCCOLI RICE

CALORIES	350	PROTEIN	38g
FAT	18g	FIBER	4g
CARBS	10g	SUGAR	3g

BAKED SALMON ASPARAGUS

**240
THB**



CALORIES	400	PROTEIN	30g
FAT	18g	FIBER	8g
CARBS	12g	SUGAR	2g



**190
THB**

CHICKEN MEATBALLS

CALORIES	350	PROTEIN	25g
FAT	18g	FIBER	5g
CARBS	12g	SUGAR	3g

PLANT-BASED GOODNESS

RICEBERRY TOFU KRAPOW

150 THB

CALORIES	330	PROTEIN	20g
FAT	8g	FIBER	4g
CARBS	38g	SUGAR	4g



200 THB

SPICY FALAFEL MARINARA WHOLE WHEAT PASTA

CALORIES	520	PROTEIN	25g
FAT	12g	FIBER	12g
CARBS	59g	SUGAR	7g

ROASTED PAPRIKA VEGGIES

120 THB

CALORIES	280	PROTEIN	8g
FAT	10g	FIBER	12g
CARBS	38g	SUGAR	11g



PLANT-BASED GOODNESS



**180
THB**

SWEET & SOUR TOFU CASHEW NUTS & RICE

CALORIES	540	PROTEIN	20g
FAT	19g	FIBER	6g
CARBS	62g	SUGAR	12g

CHICKPEAS & VEGGIES CURRY WITH QUINOA

**160
THB**



CALORIES	380	PROTEIN	15g
FAT	15g	FIBER	10g
CARBS	46g	SUGAR	4g



**180
THB**

LENTIL BOLOGNESE WHOLE WHEAT PASTA

CALORIES	390	PROTEIN	21g
FAT	7g	FIBER	15g
CARBS	62g	SUGAR	7g



FITFIX

MEAL PREP
SUPPLEMENTS

DISCOVER **FITFIX MEAL PREP HUA HIN**

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SCAN ME  

