

Burning Bites

MEAL PREP

HOW IT WORKS:

1. Select your meals & place your order online at BurningBites.com by Wednesday at midnight.
2. Meals are cooked & prepared by Chef Steve on Saturdays with our fresh, quality ingredients.
3. Pick up your order from the fridge at 1048 Niagara St. on Sunday from 3pm-5pm. OR on Monday during normal Burning Fitness business hours.

Calorie/Macros Meal Size Recommendations*

LARGE Avg. Men in a bulk phase.*

MEDIUM Avg. Men in a maintenance or weight cut phase.*
Avg. Women in a bulk phase.*

SMALL Avg. Women in a maintenance or weight cut phase.*

**Appropriate meal sizes vary depending on your height, weight, sex, activity-level and body goals. We recommend consulting with a nutrition expert to determine which calories & macros are appropriate for you.*

MENU

 MILD SPICY

 VEGETARIAN

 GREAT FOR BREAKFAST

Beef Burger

(Bunless) Grilled beef burger topped with cheese with oven roasted red potatoes and asparagus.

CONTAINS: DAIRY

		CALORIES	PROTEIN	FAT	CARBS
\$12.00	LARGE	901	64	31	93
\$10.00	MED	642	49	24	59
\$9.00	SMALL	464	37	18	43

Turkey Burger

(Bunless) Grilled turkey burger topped with cheese with oven roasted red potatoes and asparagus.

CONTAINS: DAIRY

		CALORIES	PROTEIN	FAT	CARBS
\$12.00	LARGE	850	71	27	93
\$10.00	MED	626	57	22	59
\$9.00	SMALL	446	43	16	43

Cottage Pie

Sautéed beef with garlic and mixed vegetables simmered in a rich gravy, topped with creamy mashed potatoes.

CONTAINS: DAIRY

		CALORIES	PROTEIN	FAT	CARBS
\$12.00	LARGE	938	68	30	97
\$10.00	MED	617	46	20	63
\$9.00	SMALL	519	41	19	47

Grilled Chicken & Mashed

Grilled chicken breast served with creamy mashed potatoes and oven roasted broccoli.

CONTAINS: DAIRY

		CALORIES	PROTEIN	FAT	CARBS
\$11.00	LARGE	847	60	27	94
\$9.00	MED	511	52	13	49
\$8.00	SMALL	466	48	12	44

Jambalaya

Mild Italian chicken sausages sautéed with peppers, onions, and seasoned rice.

		CALORIES	PROTEIN	FAT	CARBS
\$11.00	LARGE	954	66	23	90
\$9.00	MED	587	52	13	62
\$8.00	SMALL	449	40	12	42

Tofu Jambalaya

Firm tofu sautéed with peppers, onions & seasoned rice.

		CALORIES	PROTEIN	FAT	CARBS
\$11.00	LARGE	881	46	24	95
\$9.00	MED/SM	506	42	16	50

Beef Stir Fry

Sautéed beef simmered with broccoli, sugar snap peas, carrots, red peppers, water chestnuts, baby cob corn, mushrooms in an orange, garlic and ginger sauce tossed with brown rice noodles.

CONTAINS: SESAME

		CALORIES	PROTEIN	FAT	CARBS
\$12.00	LARGE	883	66	27	90
\$10.00	MED	572	54	17	47
\$9.00	SMALL	500	42	15	47

Chicken Stir Fry

Sautéed chicken breast simmered with broccoli, sugar snap peas, carrots, red peppers, water chestnuts, baby cob corn, mushrooms in an orange, garlic and ginger sauce tossed with brown rice noodles.

CONTAINS: SESAME

		CALORIES	PROTEIN	FAT	CARBS
\$11.00	LARGE	800	60	22	90
\$9.00	MED	576	52	21	47
\$8.00	SMALL	555	48	20	47

Tofu Stir Fry

Sautéed firm tofu simmered with broccoli, sugar snap peas, carrots, red peppers, water chestnuts, baby cob corn, mushrooms in an orange, garlic and ginger sauce tossed with brown rice noodles.

CONTAINS: SESAME, SOY

		CALORIES	PROTEIN	FAT	CARBS
\$12.00	LARGE	860	47	32	101
\$10.00	MED/SM	537	43	17	58

Southwest Chicken Wraps

Slow-cooked, pulled chicken breast stuffed inside a wrap with peppers, onions, and Mexican cheese. Served with a black bean and corn salad.

CONTAINS: WHEAT, DAIRY

		CALORIES	PROTEIN	FAT	CARBS
\$11.00	LARGE	844	68	24	84
\$9.00	MED	680	59	16	61
\$8.00	SMALL	527	43	13	51

Turkey Hash & Potatoes

Maple Bourbon seasoned ground turkey sautéed with peppers, onions, and oven roasted potatoes.

		CALORIES	PROTEIN	FAT	CARBS
\$11.00	LARGE	775	68	21	87
\$9.00	MED	526	52	16	48
\$8.00	SMALL	401	40	12	38

Tofu Hash & Potatoes

Maple Bourbon seasoned tofu sautéed with peppers, onions, and oven roasted potatoes.

CONTAINS: SOY

		CALORIES	PROTEIN	FAT	CARBS
\$12.00	LARGE	707	49	16	98
\$10.00	MED/SM	534	44	16	59

Bfast Sausage & Homefries

Maple Bourbon seasoned turkey sausage patties served with a side of homefries.

		CALORIES	PROTEIN	FAT	CARBS
\$11.00	LARGE	775	68	21	87
\$9.00	MED	526	52	16	48
\$8.00	SMALL	401	40	12	38

Shredded Chicken Pasta

Seasoned Italian shredded chicken breast served with a side of wheat pasta, red sauce and roasted zucchini.

CONTAINS: WHEAT

		CALORIES	PROTEIN	FAT	CARBS
\$11.00	LARGE	895	62	23	102
\$9.00	MED	535	52	14	42
\$8.00	SMALL	493	44	13	44

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Beef Meatballs Pasta

Seasoned Italian beef meatballs served with a side of wheat pasta, red sauce and roasted zucchini.

CONTAINS: WHEAT

		CALORIES	PROTEIN	FAT	CARBS
\$11.00	LARGE	885	57	22	102
\$9.00	MED	585	47	20	42
\$8.00	SMALL	511	38	16	44

Turkey Meatballs Pasta

Seasoned Italian turkey meatballs served with a side of wheat pasta, red sauce and roasted zucchini.

CONTAINS: WHEAT

		CALORIES	PROTEIN	FAT	CARBS
\$11.00	LARGE	869	65	20	102
\$9.00	MED	569	55	18	42
\$8.00	SMALL	493	44	14	44

Beef Chili

Sautéed ground beef, fresh kidney beans, and crushed tomato all simmered with raspberry chipotle seasoning.

CONTAINS: DAIRY

		CALORIES	PROTEIN	FAT	CARBS
\$11.00	LARGE	784	67	22	80
\$9.00	MED	576	54	21	42
\$8.00	SMALL	502	45	17	42

Turkey Chili

Sautéed ground turkey, fresh kidney beans, and crushed tomato all simmered with raspberry chipotle seasoning.

CONTAINS: DAIRY

		CALORIES	PROTEIN	FAT	CARBS
\$11.00	LARGE	719	66	18	80
\$9.00	MED	560	62	19	42
\$8.00	SMALL	484	51	15	42

Big Mac Bowl

Sautéed ground beef served over oven-roasted red potatoes, topped with big mac sauce and sliced pickles.

CONTAINS: DAIRY

		CALORIES	PROTEIN	FAT	CARBS
\$12.00	LARGE	829	56	24	91
\$10.00	MED	582	44	20	52
\$9.00	SMALL	459	34	16	42

Greek Chicken & Potatoes

Greek seasoned chicken with oven roasted red potatoes and zucchini, served with homemade tzatziki sauce.

CONTAINS: DAIRY

		CALORIES	PROTEIN	FAT	CARBS
\$12.00	LARGE	811	66	23	89
\$10.00	MED	536	53	15	50
\$9.00	SMALL	445	43	14	40

Korean Inspired Meatloaf 🍖

Ground beef mixed with ssamjang, miso, egg, green onion, ginger and fried onion, topped with a ssamjang and gochujang glaze, served with Korean rice and baby corn.

CONTAINS: SOY, EGG, SESAME

		CALORIES	PROTEIN	FAT	CARBS
\$12.00	LARGE	855	64	31	80
\$10.00	MED	683	53	26	54
\$9.00	SMALL	610	52	26	35

Overnight Oats (Various Flavors) ☀️

Ready-to-make jars of flavored protein oats with added Greek yogurt, chia seeds, and a little sweetness.

(Just add hot milk or hot water & let sit in fridge overnight!)

CONTAINS: DAIRY

		CALORIES	PROTEIN	FAT	CARBS
\$7.00	LARGE	677	56	15	83
\$6.25	MED	468	51	12	39
\$6.00	SMALL	418	39	11	38

*Limited quantities of READY-TO-EAT oats also available for purchase at Burning Fitness every morning. (+\$1.00)