Menu Order Form

ABSOLUTE FITFOOD

Need a Break / Going Away?
Let us know if you need to drop your delivery

Effective Date: _____
Date to resume delivery: _____

NAME: _____

Program:
__ FIT: 3 Mains 1 Appetiser
__ HEALTH: 2 Mains 1 Appetiser
__ DELIGHT: 1 Main 1 Appetiser
__ FIT MEN: 3 Mains 2 Appetiser
__ HEALTH MEN: 2 Mains 2 App.
__ FLEXI: 10/20/30 boxes per week (min. 2 boxes/delivery)

1) Please circle the dishes you wish to receive, according to your program.
2) Where indicate - RICE/VEG, please circle your preference.
3) Green highlighted dishes are new items of the week, yellow highlights are public holidays
4) Fax 02-0418988, Email: orders@absolutefitfood.com or LINE: Absolutefitfood ... back to us before Monday

Breakfast, Mains and Appetisers

Day	Daily Superfood Breakfast (Main)				Mains					Appetisers	
	Quinoa	Yoghurt Breakfast	Breakfast (1)	Breakfast (2)	3	4	5	6	7 (Vegetarian)	1	2
Mon 5/12/16	Slim Quinoa Porridge w Goji Berries (mango & papaya)	Superfood Muesli with Organic Yoghurt and Blueberry Compote	Baked Quinoa with Apples	Chicken Chia Quinoa Congee	Grilled Chicken w Spinach Chia Pesto	Organic Chia Omelette w Chicken	Grilled Snapper w Turmeric and Spicy Lime Sauce RICE/VEG	Spicy Prawn Salad with Thai Chilli Paste	Absolute Green Curry served with Jasberry Rice (vegetarian)	Horiatiki Salata Watermelon	Japanese Salad with Wasabi Yoghurt Dressing (prawns + fish)
(kcal)	235	305	324	366	317	385	298/233	207	298	182	244
Tues 6/12/16	Slim Quinoa Porridge w Goji Berries (mango & papaya)	Banana in Filo with Blueberry Yoghurt	Zucchini and Herb Tart	Snapper Kao Tom	Larb Surf & Turf	Teriyaki Chicken Served w Soba	Nam Prik Salmon	Sea Bass and Oriental Vegetables in Broth w Goji Berries RICE/VEG	Spirulina Linguine with Chickpeas and Feta in Teriyaki Balsamic Dressing	Air-dried Salmon Salad	Japanese Seaweed Tofu Salad
(kcal)	235	224	286	342	364	276	254	317/256	382	203	238
Wed 7/12/16	Slim Quinoa Porridge w Goji Berries (mango & papaya)	Passion Fruit Yoghurt	Spelt Charcoal Bun W Blueberry Compote	Prawns Congee	Kra Prao Chicken served with Jasberry RICE/VEG	Chilled Soba in Chinese Style (chicken)	Hot & Sour Curry with Prawns and Melon	Teriyaki Salmon RICE/VEG	Shirataki Pad Se-ew (Vegetarian)	Sweet Potato Salad	Mini Salad Wrap
(kcal)	235	281	219	374	285/220	348	284	336/277	279	237	211
Thurs 8/12/16	Slim Quinoa Porridge w Goji Berries (mango & papaya)	Superfood Granola with Homemade Marmalade Yoghurt	Absolute Skinny Omelette	Chicken Kao Tom	Spirulina Linguine w Chicken in Arrabbiata	Nam Prik Ong (chicken)	Steamed Salmon with Spicy Teriyaki Sauce RICE/VEG	Spelt Charcoal Burger with Salmon	Greek Quinoa Dinner Omelette w Feta and Tzatsiki	Absolute Pumpkin Soup	Kale Salad with Prawns and Chicken
(kcal)	235	250	282	323	329	311	315/258	380	289	227	282
Fri 9/12/16	Slim Quinoa Porridge w Goji Berries (mango & papaya)	Strawberry Yoghurt with Granola & Fruit Salad	High Fibre Breakfast Muffins with Blueberry Yoghurt	Chicken Chia Quinoa Congee	Shirataki Noodles in Tom Yum (chicken + prawns)	Grilled Chicken with Diable Sauce	Quinoa Sushi Chirashi (fish)	Kang Tai-Pla Salmon	Toasted Quinoa Brown Rice Larb Salad (Vegetarian)	Absolute Fresh Salad Roll	Roasted Pumpkin Hummus
(kcal)	235	305	252	366	294	180	398	320	307	164	384
Sat 10/12/16	Slim Quinoa Porridge w Goji Berries (mango & papaya)	Bircher Muesli	Japanese Wakame Omelette	Snapper Kao Tom	Japanese Style Chicken Burger RICE/VEG	Baked Chicken in Hong Kong Style	Oven-roasted Salmon with Red Curry RICE/VEG	Shirataki Noodle Pad Thai (prawns)	Veggie Medley in Creamy Peanut Sauce	Thousand Island Chicken Salad	Sanctuary Spring Roll
(kcal)	235	297	253	342	342/290	298	374/325	267	285	217	327
Sun 11/12/16	Slim Quinoa Porridge w Goji Berries (mango & papaya)	Omega Fruit Salad	Chia Scrambled Eggs with Mini Muffins	Prawns Kao Tom	Chicken Caesar Salad	Tandoori Chicken w Quinoa Couscous	Organic Spaghetti Kee-Mao (fish & prawns)	Salmon Spinach Bake	Absolute Veggie Kra Pao Delight w Quinoa & Jasberry Rice	Larb Salmon	Thai Garden Roll with Spicy Cashew Sauce
(kcal)	235	286	284	266	383	260	326	268	306	193	238

Kindly note that menu items are subject to change. We thank you in advance for your understanding.

*** Please see overleaf ***

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Guilt-Free Desserts, Energy Bites & Cold Pressed Juice* (*can be ordered additionally for 150bt per item)								***Cold Pressed Juice***	
Day	Dessert	Daily Energy Bites	Daily Granola	Daily Trail mix	Daily Biscotti	Daily Cookies	Superfruit Medley	Daily Juice	Comments/ Feedback
Mon 5/12/16	Thai Tea Pudding	Spirulina Cacao Balls	AbsoluteSuperfood Granola	Absolute Trail Mix	Absolute Spelt Biscotti with Chia Seed	Absolute Skinny Fit Cookie	Superfruit Medley with Goji berry and Flax Seed	Classic Green	
(kcal)	97	171	55 cal/tablespoon	58 cal/tablespoon	25/piece	25/piece	165-200	100-190	
Tues 6/12/16	Guiltless Wheat-free Blueberry Muffin	Walnut and Chia Bliss Balls	AbsoluteSuperfood Granola	Absolute Trail Mix	Absolute Spelt Biscotti with Chia Seed	Absolute Skinny Fit Cookie	Superfruit Medley with Goji berry and Flax Seed	Lemon Detox	
(kcal)	258	274	55 cal/tablespoon	58 cal/tablespoon	25/piece	25/piece	165-200	100-190	
Wed 7/12/16	Spelt Banana Muffin Chocolate Chip	Superfood Cookie Bites	AbsoluteSuperfood Granola	Absolute Trail Mix	Absolute Spelt Biscotti with Chia Seed	Absolute Skinny Fit Cookie	Superfruit Medley with Goji berry and Flax Seed	Beetroot Passion	
(kcal)	255	324	55 cal/tablespoon	58 cal/tablespoon	25/piece	25/piece	165-200	100-190	
Thurs 8/12/16	Apple Tea Cake	Chia Banana Oat Cookie Balls	AbsoluteSuperfood Granola	Absolute Trail Mix	Absolute Spelt Biscotti with Chia Seed	Absolute Skinny Fit Cookie	Superfruit Medley with Goji berry and Flax Seed	Classic Green	
(kcal)	133	256	55 cal/tablespoon	58 cal/tablespoon	25/piece	165-200	165-200	100-190	
Fri 9/12/16	Dara's Apple Strudel	Fit Food Bites	AbsoluteSuperfood Granola	Absolute Trail Mix	Absolute Spelt Biscotti with Chia Seed	Absolute Skinny Fit Cookie	Superfruit Medley with Goji berry and Flax Seed	Lemon Detox	
(kcal)	266	274	55 cal/tablespoon	58 cal/tablespoon	25/piece	25/piece	165-200	100-190	
Sat 10/12/16	Chia Gingko Sweet Soup	Fig and Lime Bites	AbsoluteSuperfood Granola	Absolute Trail Mix	Absolute Spelt Biscotti with Chia Seed	Absolute Skinny Fit Cookie	Superfruit Medley with Goji berry and Flax Seed	Beetroot Passion	
(kcal)	120	241	55 cal/tablespoon	58 cal/tablespoon	25/piece	25/piece	165-200	100-190	
Sun 11/12/16	Walnut Prune Cookies	Pumkin Spice Energy Bites	AbsoluteSuperfood Granola	Absolute Trail Mix	Absolute Spelt Biscotti with Chia Seed	Absolute Skinny Fit Cookie	Superfruit Medley with Goji berry and Flax Seed	Classic Green	
(kcal)	281	349	55 cal/tablespoon	58 cal/tablespoon	25/piece	165-200	165-200	100-190	