

FitRat Paleo Food Options, Pricing & Ordering

As with most things in life worth doing, mastering your nutrition isn't easy and takes practice. If you're behind the curve on nutrition, get the health and performance benefits here as you learn.

It's important to plan your meals on your own for lasting benefit. Move up to the subscription plan after you feel more confident. Eventually, you'll be a master of planning and cooking paleo and you can pass the wisdom on to others.

How it works...

- See schedule below, order using on MindBody account
- Pick-up your food from CFSB
- Check out the FAQ notes on containers [here](#)

	Sun	Mon	Tue	Wed	Thur	Fri	Sat
Orders		Batch 2 orders by 10pm		Batch 1 Menu posted		Batch 1 orders by 10pm	Batch 2 Menu posted
Pickup	Batch 1 p/up & Drop-off Containers 6-9p Sun or 6-9a Mon			Batch 2 p/up & Drop-off Containers 6-9pm Wed or 6-9am Thu			



Meals

Learning healthy ways to buy and cook meats, using the right fats, and getting the right vegetables is a learning process.

1 Meal = two svgs of a delicious 4-5 block meal
= 2 x (meat+2 veg) = ½ for dinner + ½ lunch next day

Veg Packs

The most challenging part of living paleo/zone is getting your carbohydrate from a variety of vegetables that taste good.

Veg Packs = two svgs of two unique vegetable dishes
= 2 x (2 veg) = ½ for dinner + ½ lunch next day

Breakfasts

Changing your morning routine is challenging. Start here.

Breakfast Quiches: a really convenient source of morning protein; they're baked egg dishes with marinated veggies/meat baked in. They are excellent with salsa.

Scramble kits: premade marinated/cooked veggies/meat that you add your own egg to and cook (for those that prefer the fluffy fresh scramble texture).

1 Breakfast Egg Quiche = 2 svgs (4 blocks) of baked delicious veg+herb and egg (meat optional)

1 Breakfast Scramble Kit = 2 svgs of delicious veg+herb mixture (meat optional)

Dessert

Eating paleo doesn't mean not enjoying the most delicious ingredients you could find in nature.

These treats fall closer to Paleo on the cheating scale, but usually pretty far from Zone. These treats push the Zone-envelope at times with sweeteners, but remain paleo in the use of nut-meal, unrefined sweeteners and oils. Think lemon bars, cacao nibs, coconut clouds, fruit fritters...

Info & Pricing	Svgs	Price	Zone Blocks/svg	Includes	Eat Within	Container (Approx)	Suggestion
Quiche (1)	2	\$15-20	4P : 2C : 4F	Baked vevs, herbs in egg (meat option)	3 rd day	(1) 4c ramekin/baking dish or	Heat up. Leaves 2 blocks for fruit.
Scramble kit (1)	2	\$8-10	1-2P : 2C : 0F	Vevs, herbs (meat option)	3 rd day	1 large jar or 2 small jars	Heat 1-2t oil, scramble 4 eggs, add mix (+meat).
Meal (1)	2	\$30-35	4P : 4C : 4F	Meat + 2 diff. veg sides	3 rd day (fish: 2 nd day)	(3) 4c ramekin/ baking dish/ plastic container	Heat up in pan/oven
2Veg Packs (1)	2	\$20	0P : 4C : 2F	2 diff. veg sides	3 rd day	(2) 4c ramekin/ baking dish/ plastic container	Heat up in pan/oven
Treats (1)	4	\$15	1-2P : 4C : 4F	Paleo dessert	2 nd day	(1) 4c ramekin/ baking dish/ plastic container	Varies