



## Fitlife Foods Introduces High-Protein Menu for Carb-Smart Nutrition Plans

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Fitlife Foods has introduced three new menu items designed to support carb-smart nutrition plans while delivering substantial protein content for health-conscious consumers across Southeast America. The meal preparation and delivery company now offers Memphis Pulled Chicken, Flat Iron Steak Fajitas, and Greek Chicken Kabobs, each created to help busy individuals meet their nutritional goals without compromising on taste or convenience.

The new additions address growing consumer demand for convenient, nutritionally balanced meals that align with various dietary preferences and fitness objectives. Each dish combines carefully selected ingredients with precise macronutrient profiles to support active lifestyles and dietary management needs.

Southern-inspired Memphis Pulled Chicken has been reimagined with a lighter nutritional profile while maintaining authentic flavors. The dish features tender pulled chicken in house-made BBQ sauce, paired with butternut and cheddar mac and cheese alongside BBQ butter vegetables. The meal contains milk, fish, and wheat allergens and provides a balance of protein and reduced carbohydrates in three serving sizes ranging from 242g to 390g compared to traditional Southern preparations.

The low-carb Flat Iron Steak Fajitas entree offers a dairy-free, gluten-free, and high-protein option featuring tender flat iron steak served with cilantro lime rice and roasted fajita vegetables, accompanied by zesty roasted salsa verde. Available in two serving sizes, the dish delivers between 300g and 242g portions with corresponding nutritional values tailored to different dietary requirements.

The Mediterranean-inspired Greek Chicken Kabobs combine tender roasted chicken breast seasoned with traditional spices, lemon potatoes, sautéed onions and peppers, and creamy tahini sauce. The dish provides substantial protein content while incorporating authentic Mediterranean flavors and ingredients. The meal is both high-protein and gluten-free, and is available in three serving sizes ranging from 245g to 410g.

"These new menu additions reflect our commitment to providing diverse, nutritionally balanced options that make healthy eating accessible and enjoyable," said Executive Chef Chris Austin. "We understand that our customers lead busy lives, and these meals are specifically designed to integrate seamlessly into their daily routines while supporting their health and fitness goals."

Each meal undergoes careful preparation in facilities that maintain strict quality standards and provide full disclosure of any allergen exposure. The company utilizes kitchens that handle milk, egg, fish, shellfish, tree nut, peanut, wheat, and soy ingredients, with detailed allergen information provided for each menu item.

The new menu items complement Fitlife Foods' existing offerings, which include various meal options, snacks, and desserts designed to support different nutritional requirements. The company's meal preparation process emphasizes precise macronutrient profiles and ingredient quality to meet the needs of health-conscious consumers.

The new menu items are available through Fitlife Foods' established distribution channels, including home delivery service and pickup locations throughout Florida and Atlanta. Customers can access these meals through the company's ordering platform, with options for both single purchases and recurring delivery schedules.

#### About Fitlife Foods

Based in Tampa, Fitlife Foods specializes in prepared meal delivery, offering an extensive menu of meals, snacks, and desserts designed to support various nutritional goals. The company operates multiple locations across Florida and Atlanta, providing both delivery and pickup options for customers seeking convenient access to nutritionally balanced meals. Through its Fit Rewards program and complementary services, the

company continues to expand its support for individuals pursuing healthier lifestyles through proper nutrition.

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For more information about Fitlife Foods, contact the company here: Fitlife Foods Fitlife Foods 813-540-4072 flfinfo@eatfitlifefoods.com 1810 W Kennedy Blvd. Tampa, FL 33606

## Fitlife Foods

*Fitlife Foods offers fresh, chef-crafted meals made from clean ingredients and balanced macros. Our made-from-scratch dishes deliver bold flavor and real nutrition, helping busy, high-performing people stay consistent without sacrificing taste or time.*

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