



Fitlife Foods Expands Carb Smart High Protein Meals to Fuel Busy Days

February 27, 2026

TAMPA, FL - February 27, 2026 - PRESSADVANTAGE -

Fitlife Foods, the Tampa-based prepared meals company known for fresh, chef-prepared options, announces the expansion of its carb-smart, high-protein meal offerings across Florida and Georgia retail locations and home delivery services. The company has enhanced its menu with nutrient-dense options designed to support busy professionals and fitness enthusiasts seeking convenient, balanced nutrition without compromising on taste or quality.

The expansion features signature dishes, including the Chicken Protein Potato Skins, a high-protein twist on the classic comfort food loaded with taco-seasoned ground chicken, melted cheeses, and crispy chicken bacon. The meal transforms a traditional indulgence into a carb-smart option that delivers bold Tex-Mex flavors while maintaining the nutritional profile that health-conscious consumers demand. Each serving provides substantial protein content while keeping carbohydrates in check, making it suitable for various dietary approaches.

"The modern consumer needs meals that work as hard as they do," said Penny Primus, Chief Operating Officer at Fitlife Foods. "These new offerings represent our commitment to providing convenient nutrition that

doesn't sacrifice flavor or quality. We're seeing increased demand for meals that support active lifestyles while fitting seamlessly into busy schedules."

Another standout addition is the Chicken Cheddar Scramble, featuring fluffy eggs whipped with cottage cheese for added protein, combined with grilled chicken, cheddar cheese, spinach, red peppers, and bacon bits. This hearty breakfast option pairs with savory breakfast potatoes and demonstrates how traditional morning favorites can be reimagined to support sustained energy throughout demanding days.

The expanded menu addresses growing consumer interest in protein-forward, lower-carbohydrate options that support various wellness goals. Each meal undergoes careful preparation in Fitlife Foods' kitchens, where Executive Chef Chris Austin focuses on using real ingredients without artificial additives. The meals arrive fresh, clearly labeled with nutritional information, and ready to heat and eat, eliminating the time burden of meal planning, shopping, and preparation.

Fitlife Foods has strategically positioned these offerings across its retail footprint, which spans major Florida markets including Tampa, Orlando, Miami, and Fort Lauderdale, as well as Atlanta, Georgia. The company's eco-friendly cooler bag home delivery service extends within a 50-mile radius of store locations, bringing fresh meals directly to customers' doors in sustainable packaging.

The timing of this expansion aligns with increased consumer focus on convenient wellness solutions as professionals return to busier schedules and seek ways to maintain healthy eating habits without sacrificing time or energy. The company reports strong demand across its customer base, which includes busy professionals, fitness enthusiasts, and families seeking nutritious meal solutions.

Founded in 2011, Fitlife Foods specializes in fresh, chef-prepared meals that are well-balanced, perfectly portioned, and free from artificial ingredients. The company serves customers through retail locations across Florida and Georgia, home delivery services, and corporate wellness programs. Beyond providing healthy meal solutions, the company actively supports local organizations and initiatives that promote health, wellness, and access to nutritious food throughout the communities it serves.

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For more information about Fitlife Foods, contact the company here: Fitlife_Foods@Fitlife_Foods.com 813-540-4072 info@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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