



## **Fitlife Foods Launches March Menu Expansion with High Protein Offerings**

*March 19, 2026*

TAMPA, FL - March 19, 2026 - PRESSADVANTAGE -

Fitlife Foods has expanded its meal lineup this March with two new additions designed to meet growing demand for convenient, nutritionally balanced options. The Tampa-based meal preparation company has introduced Pork Ramen Fried Rice and a refreshed Chicken Caesar Salad to its roster of chef-prepared offerings available across Florida and Georgia retail locations and through home delivery services.

The expansion addresses increasing consumer interest in carb-smart, high-protein meals that support active lifestyles without requiring extensive meal preparation time. Both new offerings maintain the company's commitment to using fresh ingredients without artificial additives while delivering restaurant-quality flavors in perfectly portioned servings.

The Pork Ramen Fried Rice combines honey garlic pork loin with basmati rice, fresh vegetables, and protein ramen noodles in what the company describes as a unique interpretation of the classic dish. The dairy-free, high-protein meal features a savory honey-garlic glaze and incorporates colorful vegetables for added nutritional balance. Available in three serving sizes ranging from 290 to 490 grams, the dish provides between 23 and 38 grams of protein per serving.

"These additions reflect our ongoing commitment to innovation while maintaining the nutritional integrity our customers expect," said Executive Chef Chris Austin. "The combination of familiar flavors with enhanced protein content addresses what we're hearing from both fitness enthusiasts and busy professionals who want satisfying meals that align with their health goals."

The Chicken Caesar Salad, available exclusively in retail locations, features romaine lettuce topped with seasoned chicken breast, shaved Parmesan cheese, and Parmesan crisps, accompanied by a creamy Caesar dressing. The gluten-free, high-protein salad contains 33 grams of protein per 250-gram serving while maintaining the classic Caesar flavor profile that consumers recognize.

Both menu additions align with current dietary trends emphasizing protein intake and carbohydrate management. The meals join an extensive menu of prepared options that includes breakfast items, snacks, and desserts, all following the company's philosophy of providing well-balanced, properly portioned meals free from artificial ingredients.

The March menu expansion comes as prepared meal services continue to experience growth nationwide, driven by consumers seeking convenient alternatives to traditional meal preparation without compromising nutritional goals. Industry data suggests that the prepared meal sector has seen consistent expansion as more consumers prioritize both health and time management in their food choices.

Founded in 2011 in Tampa, Florida, Fitlife Foods specializes in fresh, chef-prepared meals that serve busy professionals, fitness enthusiasts, families, and wellness-focused customers through retail locations across Florida and Georgia. The company also provides eco-friendly home delivery services and corporate meal programs as employee benefits. Beyond its core business of 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.

###

For more information about Fitlife Foods, contact the company here: [Fitlife\\_Foods@eatfitlifefoods.com](mailto:Fitlife_Foods@eatfitlifefoods.com) 813-540-4072  
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.*

Website: <http://www.eatfitlifefoods.com>

Email: [flinfo@eatfitlifefoods.com](mailto:flinfo@eatfitlifefoods.com)

Phone: 813-540-4072

**fitlife  foods.**  
**powerfully good.**

*Powered by [PressAdvantage.com](http://PressAdvantage.com)*