

## HEALTHY MEAL PREP MENU CONT'D

Custom designed nutrition and/or training programs are available.  
Contact Teresa directly via cell 973-214-8438 or email [flyingfitchick@yahoo.com](mailto:flyingfitchick@yahoo.com)

### SALADS:

DRESSING CHOICES: HOUSE BALSAMIC, CAESAR, HONEY MUSTARD, RANCH.

- CAESAR SALAD** -Crisp Romaine lettuce with thinly shaved Parmesan cheese. Choice of homemade Caesar dressing or house balsamic... 6.95 Add Grilled chicken 3.00
- TERESA'S TRICOLOR SALAD** -Arugula, Belgian endive and radicchio with thinly shaved Parmesan cheese... 6.95 Add grilled chicken for 3.00 (Light & Lean Menu- made without cheese)
- GARDEN SALAD** -Crisp Romaine, cherry tomatoes, cucumbers, red onion & hard boiled eggs... 6.95 Add grilled chicken 3.00 extra (Light & Lean Menu Item)
- LEAN CHEF SALAD** -Low sodium Turkey (4oz), fat free Swiss (Lifetime cheese) over crisp romaine with cucumbers & cherry tomatoes... 8.95
- MEDITERRANEAN CHICKEN SALAD** Crisp -Romaine lettuce topped with homemade roasted peppers, Grilled chicken breast and choice of mozzarella or Fat Free Swiss (Lifetime Cheese)... 8.95 Light & Lean Menu selection... salad will be prepared without cheese.
- MEDITERRANEAN BALSAMIC CHICKEN SALAD** -Crisp Romaine lettuce topped with homemade roasted peppers, Grilled chicken breast and choice of mozzarella or Fat Free Swiss (Lifetime Cheese)... 10.95
- LIGHT & LEAN MEDITERRANEAN CHICKEN SALAD** -Crisp romaine topped with homemade roasted peppers & grilled chicken (NO CHEESE) 8.95
- MEDITERRANEAN STEAK SALAD** Crisp -Romaine lettuce topped with homemade roasted peppers, 4oz grilled hangar steak and Fat Free Swiss (Lifetime Cheese)... 13.95

### WRAPS (WHOLE GRAIN WRAPS)

- GRILLED MILANESE WRAP** -Choice of Grilled Chicken breast OR Turkey breast, arugula, tomato, red onion and thinly shaved Parmesan cheese... 7.50
- LEAN TURKEY WRAP** -Low sodium Turkey, Swiss, lettuce tomato, red onion, low fat mayo & mustard... 7.50
- ELLA WRAP** -grilled chicken breast, mozzarella cheese & homemade basil pesto... 7.50
- MEDITERRANEAN WRAP** -Grilled chicken, homemade roasted peppers, and mozzarella... 7.50



### BREAKFAST/ SIDES

- EGG WHITE FRITTATA** (6 egg whites) with seasonal vegetables... 7.99
- TERESA'S "FRENCH TOAST"** EGG WHITE & OATS... 6 egg whites sweetened with Stevia, cinnamon & Vanilla, topped with Sugar free Maple Syrup and a side of old fashioned oats 9.99
- PROTEIN MUFFIN** -2.99
- PROTEIN PEANUT BUTTER CUP Oats** - (chocolate protein powder & organic Peanut butter- tbs) 16g protein... 6.99
- PEANUT BUTTER DREAM Oats** - (Peanut butter protein, organic creamy peanut butter, cinnamon) 15g protein 6.99
- PROTEIN SNICKERDOODLE** -Oats (Vanilla Protein Powder & cinnamon) 15g protein
- PROTEIN CHOCOLATE CHIP COOKIE**... 3.99
- GLUTEN FREE PROTEIN CHOCOLATE CHIP COOKIE**... 3.99
- SIDE YAM** 2.00
- SIDE BROWN RICE** -2.00
- SIDE ORGANIC QUINOA** -2.00
- SIDE BROCCOLI** -2.00 (steamed)
- SIDE SPINACH** -4.00 (steamed)
- SIDE ESCAROLE** -2.00 (steamed)
- SIDE ASPARAGUS** -4.00 (steamed)
- PLAIN OLD FASHIONED OATS** -1.99

## FAQ's & Ordering Information:

### HOW DO I PLACE MY ORDER:

Simply visit our website ([www.flyingmeatballsmarket.com](http://www.flyingmeatballsmarket.com)), fill out our online form our order form and submit. You will then receive a confirmation email (if you do not receive a confirmation, your order has not been received. In the rare event that this happens text Teresa 973-214-8438). All orders must be made with 1 week's prior notice. Order pick up/ deliveries will be on Mondays, Wednesdays & Fridays. Saturdays are available for pick up only. Therefore, if you would like meals for a Monday, please place your order the week before This ensures that all of the food is made fresh and in a timely and efficient manner.

### PAYMENT:

Credit Card information is securely stored in your file and we will bill the card when your meals have been expedited. You have the choice to pay in cash upon pick up of your order, however, we still require credit card information in order to accept all orders.

### ORDER MINIMUM, PICK UP AND DELIVERY TIMES:

Deliveries require a 5 meal minimum. There is no charge to local areas (East Hanover, Whippany). There is a flat rate delivery fee of 20.00. For long distances, please speak with Teresa in the event that there are additional costs. All orders will be ready after 2pm and until 6pm on the day of your scheduled pick up. Deliveries will be made between 1pm-5:30pm. Please make sure that someone is home to receive your order. In the event that someone is not home, you may leave a cooler outside and we will carefully place your meals inside (we are not responsible if any items are removed or missing).

### HOW OFTEN SHOULD I ORDER:

Meal frequency & ordering is entirely up to you. Our meals are guaranteed to stay fresh for 4 days from the day that you receive them in proper refrigeration and up to one month in you freeze them. Standing orders are also available, contact Teresa directly at [flyingfitchick@yahoo.com](mailto:flyingfitchick@yahoo.com) for more information.

### DO YOU OFFER GLUTEN FREE, DAIRY FREE, VEGETARIAN/ VEGAN OPTIONS?

We certainly do! Please contact Teresa directly for your very special order [flyingfitchick@yahoo.com](mailto:flyingfitchick@yahoo.com).

### CANCELLATION POLICY:

We require 3 notice preceding your scheduled order date when cancelling your order. Please email your cancellation request to Teresa at [flyingfitchick@yahoo.com](mailto:flyingfitchick@yahoo.com), await your confirmation email within 24 hours to approve your request. In the event that you do not cancel your order in that allotted time frame, you will be billed for your order.

Do you have a nutritionist/ wellness consultant on staff? We work directly with physicians, nutritionists, fitness trainers, yoga instructors, chiropractors and various health care professionals. Please contact Teresa for more information ([flyingfitchick@yahoo.com](mailto:flyingfitchick@yahoo.com)).

## Heating Instructions & Food Storage

(these are suggested cooking times. Oven & microwave strengths vary from appliance to appliance)

**MICROWAVE:** Follow your microwave's suggested cooking time for thawing frozen food (if you purchased a frozen entrée), then in a microwave safe dish, cover the entrée with plastic wrap or paper towel, heat on high 5-7 minutes.

**OVEN:** If you purchased a frozen entrée (thaw according to your microwave's instructions). In an oven pre-heated to 375 degrees, place food in an oven safe dish and cover with tin foil. Heat 20-30 minutes.

**STOVE TOP:** Place food in a heavy bottomed sauce pan over medium heat for 10-15 minutes.

**FOOD STORAGE:** Our meals are guaranteed to stay fresh for 4 days from the day that you receive them in proper refrigeration and up to one month in you freeze them.

If you have any specific questions/ concerns... please contact Teresa directly 973-214-8438 via text or email [flyingfitchick@yahoo.com](mailto:flyingfitchick@yahoo.com).



A unique Italian inspired specialty Market that brings you the best foods, products and services.

- Full service deli, fresh breads, pastries and prepared meals (fresh and frozen)
- Corporate & private catering.
- Imported Italian products, gift baskets and housewares.
- Flying Fit Meals. Fully prepared and custom created meal prep to assist you on your health and wellness lifestyle. (Nutrition Consulting available)
- Cooking demonstrations

The Flying Meatballs is now introducing Flying Fit Meals! We simplify your path to wellness by providing delicious meals that are ready to go! Just heat them up and enjoy! We offer specialized meal plans that can be custom tailored to suit your needs, whether it is fitness, weight loss, a restrictive diet with specific health needs, or you just want to simplify your life and enjoy great food.

\* Visit our website to view daily specials, meal prep specials & upcoming events!

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East Hanover, NJ 07936

[flyingfitchick@yahoo.com](mailto:flyingfitchick@yahoo.com)

973.884.8600

[www.Flyingmeatballsmarket.com](http://www.Flyingmeatballsmarket.com)

## SANDWICHES:

- ITALIANO \$7.95**  
Ham, capocollo, salami, and sharp provolone with arugula, tomato, and red onion with our house vinaigrette dressing
  - CAPRESE \$7.95**  
Prosciutto di Parma, fresh mozzarella, sliced tomatoes, homemade basil pest & extra virgin olive oil
  - LA NONNA \$ 7.95**  
Chilled, stuffed Italian eggplant with chopped tomatoes, garlic, parsley & parmesan cheese shavings
  - SALVATORE'S CAESAR \$7.50**  
Thinly sliced grilled chicken, fresh romaine lettuce, parmesan cheese shavings & our signature Caesar dressing
  - AMERICANO \$7.95**  
Turkey breast, asiago cheese, lettuce, tomato, red onion & mayonnaise
  - MILANESE 7.95**  
Breaded chicken cutlet, arugula, tomato, red onion & parmesan cheese shavings in our house balsamic vinaigrette dressing
  - CALABRESE 8.99**  
Prosciutto di Parma, Columbus Calabrese \*Spicy Salami, hot capocollo, Columbus Soppresata, fresh mozzarella and roasted Italian long hot peppers
- \* GLUTEN FREE SANDWICHES AVAILABLE UPON REQUEST \*
- ELLA 8.99**  
thinly sliced grilled chicken, fresh mozzarella & homemade basil pesto with extra virgin olive oil on a pressed focaccia
  - LA FAMIGLIA 8.99**  
Prosciutto di Parma, fresh mozzarella, arugula, and sun dried tomato pesto on a grilled focaccia
  - MEDITERRANEO 8.99**  
Thinly sliced grilled chicken, roasted peppers & fresh mozzarella on a pressed focaccia
  - CLARA'S FAVORITE 8.99**  
Breaded chicken cutlet, broccoli raab & provolone cheese on hot garlic bread
  - THE FLYING MEATBALL 8.50**  
Our signature meatballs, fresh mozzarella, toasted Prosciutto di Parma & homemade basil pesto on a hot, rustic hero
  - PARMA 8.50**  
Choice of chicken or eggplant Parmesan on a hot, rustic hero
  - NAPOLETANO 6.95**  
sweet Italian sausage & broccoli raab with a hint of hot pepper on a rustic hero
  - SICILIANO 8.50**  
Slow roasted, shredded pork with caramelized onions on a hot, rustic hero
  - VAL D'AOSTA 7.95**  
Homemade veal medallions, fontina cheese & Prosciutto di Parma with demi glaze on a hot, rustic hero

## PASTA:

"GRILLED CHICKEN CAN BE ADDED TO ANY PASTA ENTRÉE FOR 2.00 EXTRA."

- RIGATONI BOLOGNESE 10.95**  
Rigatoni pasta in a Bolognese sauce with mascarpone cheese and green peas
- ORECHIETTE & MEATBALLS / BEEF OR TURKEY 9.95**  
Coin shaped fresh pasta with our Signature Flying Meatballs
- PENNE VODKA 9.95**  
Penne pasta in our famous creamy vodka sauce- Add grilled chicken for 2.00.
- NONNA'S SUNDAY PASTA 10.95**  
Penne with meatballs & sausage in a velvety meatball ragu
- BAKED ZITI 9.95**  
Traditional baked ziti
- LASAGNA BOLOGNESE 11.95**  
Traditional lasagna with meat sauce
- CAVATELLI & BROCCOLI 9.95**
- SOUP OF THE DAY 4.95**

\*\*If you have dietary concerns or allergies, please inform your server and we will do our best to accommodate you.

## SALADS:

GRILLED CHICKEN CAN BE ADDED TO ANY SALAD ENTRÉE FOR 2.00 EXTRA. ADDITIONAL SALADS ARE AVAILABLE ON OUR HEALTHY MEAL PREP MENU.

- CAESAR 5.95**  
Romaine lettuce and parmesan cheese shavings with our signature Caesar dressing Add grilled chicken for 2.00 extra.
- CHEF SALAD 7.95**  
Ham, turkey, salami & provolone over romaine with cherry tomatoes & hard boiled eggs
- CHICKEN BACON RANCH 8.95**  
Breaded chicken, bacon, cheddar cheese, cherry tomatoes & romaine lettuce
- GARDEN SALAD 5.95**  
Romaine, cucumber, cherry tomatoes, cheddar cheese & hard boiled eggs
- ALYSSA'S SALAD 7.95**  
Romaine, cucumber, tomatoes, grilled chicken, feta cheese & hard boiled eggs
- TERESA'S TRICOLOR SALAD 6.95**  
(Radicchio, endive & arugula with shaved parmesan cheese- Add grilled chicken for 2.00
- MEDITERRANEAN SALAD 8.95**  
Fresh roasted peppers, mozzarella & juicy grilled chicken over crisp romaine lettuce
- CHICKEN OREGANATA 12.95**  
Breaded chicken tenders with wild oregano, vinegar, garlic & white wine -No sides
- \*CHICKEN FRANCESE 12.95  
Chicken breast, lemon & white wine
- \*CHICKEN MARSALA 12.95  
Chicken breast in a marsala wine sauce with mushrooms
- \*CHICKEN PARMESAN 12.95  
Classic chicken parmesan
- \*CHICKEN SAGE 12.95  
Chicken breast with fresh sage & white wine
- CHICKEN SAVOY 12.95**  
Savoy boneless chicken tenderloin in a garlic & vinegar sauce with fresh herbs - No sides
- \*CHICKEN PICCATA 12.95  
Chicken breast with lemon, capers & white wine
- \*CHICKEN BALSAMICO 12.95  
Breast of chicken in a balsamic vinegar reduction
- \*CHICKEN PAILLARD 13.95  
Grilled breast of chicken with fresh olive oil & herb dressing

## VEAL:

- \*VEAL FRANCESE 15.95  
Veal tenderloins with lemon & white wine
- \*VEAL MARSALA 15.95  
Veal tenderloins with marsala wine sauce & mushrooms
- \*VEAL PARMESAN 15.95  
Veal tenderloin parmesan
- \*VEAL SALTIMBOCCA 15.95  
veal tenderloins with prosciutto & mozzarella in a white wine sauce

## VEGETARIAN:

EGGPLANT PARMESAN 9.95 EGGPLANT ROLLATINI 9.95 ZUCCHINI PARM 9.95

## MEAT:

- HANGAR STEAK BALSAMICO 15.95**  
Hangar steak in a balsamic vinegar reduction w/ Broccoli
- SWEET SAUSAGE & PEPPERS 9.95**
- SWEET SAUSAGE & BROCCOLI RAAB 9.95**

## SEAFOOD:

- \*TILAPIA GRATINATO 15.95  
Breaded tilapia of sole with fresh lemon & white wine
- \*TILAPIA FRANCESE 15.95  
Filet of sole with lemon & white wine
- \*SHRIMP PARMESAN 14.95
- \*SHRIMP SCAMPI 14.95
- \*GRILLED SALMON FILET WITH STEAMED GREENS 13.99
- \*SALMON ROSEMARY 13.99  
Filet of Salmon with white wine & rosemary)

\*Entrées prepared with chef selection of sides

## HEALTHY MEAL PREP MENU

All Meats are natural, free range, no hormones or antibiotics. Our vegetables are seasonal, fresh and local. Join our mailing list for weekly Special menu selections, upcoming events, discounts and more!

This menu is very special. It is ideal for accelerated weight loss, detox, and certainly part of a healthy lifestyle when integrated with other foods. Since we do not use any sauces (selections are gluten free, dairy free and low sodium), it will not overstimulate the palate—which in the case of a detox program is a very efficient method for recalibrating taste buds as well as improving digestion and assimilation of nutrients. When we eat to fuel our bodies, rather than feeding our conditioned response for taste, we tend to eat less, therefore reducing the digestive load. This heart healthy menu is comprised of natural, lean protein sources, small amounts of complex carbohydrates, healthy fats and high in mineral rich vegetables. You will feel lighter, more energetic, mental clarity, sugar & food cravings will disappear. What's there not to love?

## LIGHT & LEAN

- MOIST ROASTED, SLICED BREADST OF CHICKEN (6OZ) IN NATURAL JUICES** with lemon & herb infusion. Served with Organic quinoa & Steamed broccoli... 13.95
- GRILLED CHICKEN PAILLARD (6OZ)**  
Thinly pounded breast of chicken, served with steamed escarole, brown basmati rice and a side of fresh tomato bruschetta... 13.95
- HOMEMADE TURKEY BURGER**  
served with steamed seasonal vegetables and baked yam... 11.95
- GRILLED HANGAR STEAK (6OZ)**  
served with baked yam & steamed broccoli... 13.95
- GRILLED HANGAR STEAK (6OZ)**  
served over shredded zucchini pasta... 15.95
- GRILLED VEAL PAILLARD**  
with steamed asparagus & brown rice with fresh tomato bruschetta 21.95
- ROASTED GROUND BISON**  
with fresh herbs, served with Organic quinoa & Broccoli... 22.95
- SHREDDED ZUCCHINI "PASTA"**  
topped with 6oz thinly sliced grilled chicken in natural juices... 11.95
- POACHED SALMON**  
served with fresh lemon & steamed escarole (oil free)... 13.99
- GRILLED SALMON LIGHTLY DRIZZLED WITH EXTRA VIRGIN OLIVE OIL**  
served with Organic quinoa... 13.99
- FILET OF COD**  
lightly steamed with cherry tomatoes, garlic and fresh herbs, served with steamed broccoli... 13.99

## LEAN & FLAVORFUL:

(GF INDICATES GLUTEN FREE)

We feel that food should be an experience... for the body, and the mind. This unique menu is designed to give you the best of both worlds. Whole, unprocessed foods that are flavorful, nutrient dense and less restrictive than our Light & Lean Menu. The selections allow you to experience the benefits of clean eating while satisfying your desire for flavor and richness with every bite. You will never feel deprived as you reach, sustain & maintain optimal health and vitality

- CLARA'S TURKEY MEATLOAF (6OZ)** - 93% lean ground turkey with fresh tomatoes, bread crumbs, Worcestershire Sauce, onions & extra virgin olive oil. Served with baked yams and steamed broccoli... 12.95
- CHICKEN SAUSAGE & PEPPERS** -served with brown rice... 12.95
- CHICKEN BALSAMICO** -(Breast of chicken in balsamic vinegar reduction) served with brown rice 13.95
- CHICKEN SAGE** - (natural breast of chicken with fresh sage and white wine reduction) served with sautéed broccoli raab 13.95
- HANGAR STEAK IN A BALSAMIC VINEGAR REDUCTION (6OZ)**, served with baked yam & steamed broccoli... 15.95
- BEEF BOLOGNESE over Brown Rice**... 12.95 GF
- TURKEY MEATBALLS over whole wheat pasta** 12.95
- SHREDDED ZUCCHINI "PASTA"** 11.95 (GF) topped with choice of the following:  
1- 6oz thinly sliced grilled chicken and low fat, low sodium Marinara Sauce  
2- 6oz grilled chicken, homemade basil pesto  
3- Beef Bolognese (12.95)

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