



ESSENTIAL FITNESS

A PERSONAL TRAINING STUDIO

Essential Choices Menu

Appetizers

Edemame – skip the chipotle lime cream dipping sauce for a nutrient-packed starter \$5.95

Ceviche Cocktail- seafood and anti-oxidant rich vegetables and herbs! \$9.95

Soups and Salads

Lime Green Chile, Black Bean Soup, and Chicken Tortilla Soup – Save calories and fat by omitting the tortilla strips and cheese. Request one or two steamed corn tortillas for dipping instead.

Cup: \$3.50 bowl: \$4.95

Ensalada Del Sol – Greens, lean chicken breast with salsa, avocado and citrus fruit. \$9.95

Entrees

Carne Asada – Share the tamale with a friend for a lighter entrée. The tamale, although made primarily with fresh ingredients, do contain vegetable shortening – a potential source of partially hydrogenated oil (ie. Trans fatty acids) \$17.95

Margarita Chicken – Made with high quality lean chicken breast, grilled and served with pico de gallo and guacamole \$11.95

Margarita Mahi Mahi – Fresh fish marinated, grilled and served with a fruit-based salsa and guacamole \$12.95

Lime Fajitas – Choose chicken breast or veggies for the lightest choice. Ask for steamed veggies and corn tortillas to add fiber and decrease fat content. Skip the cheese &/or sour cream.

Veggie- \$9.95, Chicken- \$11.95, Shrimp- \$14.95, Steak- \$12.95

Tacos – Choose any of the main protein sources, corn tortillas and a half portion of cheese. Again, skip the sour cream and you have a good choice. Carnitas- \$9.95, Grilled margarita chicken- \$10.95, Grilled red chile recado steak- \$11.95, Grilled chimayo chile ahi tuna- \$12.95

Tips:

Watch the salt- Marinades, carnitas, green chile and some salsas/pico de gallo can contain a large amount of sodium.

Skip the high fat condiments such as sour cream, chipotle lime cream dipping sauce, cheese and guacamole to save additional fat and calories. Although guacamole is packed with heart-healthy monounsaturated fats, it still contains 240 calories and 22 grams of total fat per cup.

Munch on greens- not chips! Ask for a greens-only salad with a light dressing (on the side) for a starter instead of digging into the basket of chips.

Choose corn tortillas instead of flour. Two 7” yellow corn tortillas contain 140 calories, 2 gm fat and 4 gm fiber. One 10” flour tortilla contains 210 calories, 6 gm fat and only 2 gm fiber.

*All selections have been picked by Essential Fitness Dietician Traci Thompson.

To schedule a consultation with Traci please contact Essential Fitness.

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