



Dynacore Fitness Menu

Tate and Tate Catering is proud to partner with Dynacore Fitness to present meals for the Fitness Challenge!

- We will offer Grab & Go Meals with 24 Hour Pre-Order, Please order by 3PM the day prior
- Other options available on a 24 Hour Pre-Order Basis
- Customized Meals are available for Breakfast, Lunch & Dinner from our Pre-Selected items
- Menu proteins are scalable on a per ounce basis (proteins are weighed after cooking) and priced accordingly
- Please note caloric level when ordering to allow proper portioning
- All items are available for pick up and ready to heat

Breakfast Entrees

Egg White Frittata

Egg White Omelet

Egg White Scramble

Sample Menu (1,300 – 1,400 Calories):

\$7.00 (Additional Egg Whites \$0.50 Each)

- Egg White Frittata (3 Egg Whites)
- Sautéed with 1 Serving of Tofu (¼ C 2oz.)
- 1 Serving Avocado (1oz.)
- 1 Serving Steamed Sweet Potato (½ C 2oz.)
- Apple, Grapefruit, **OR** Diced Pineapple (4oz.) (Please Choose One)

Create Your Own Menu:

1. Choose Your Protein and Your Preferred Preparation
2. Choose Your Whole Grain
3. Choose Your Dark Green Vegetable and Your Red / Orange Vegetable
4. Designate Your Desired Caloric Level and Place Your Order

Whole Grain Options

Brown Rice

Quinoa

Whole Wheat Bread

Quick Oats

Red / Orange Vegetables

Beets

Carrots

Red / Orange Bell Pepper (Seasonal)

Sweet Potato (Twice Per Week)

Tomato

Vegetable Proteins (Subject to Availability)

Black Beans

Navy Beans

Lentils

Cottage Cheese, 2%

Plain Non-Fat Greek Yogurt

Fruit

Apple (6oz.)

Banana (4oz.)

Pineapple (4oz.)

Berries (Seasonal)

Grapefruit (Medium)

Mango (Seasonal, Medium)

Pears (Seasonal, Medium)



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the day prior

Lunch: \$9.25 (Additional Protein \$0.75 / Ounce)

Dinner: \$9.75 (Additional Protein \$0.75 / Ounce)

Salmon, Beef, or Chicken

NW: Broiled with Fresh Lemon, Black Pepper and Rosemary

Santa Fe: Broiled with Cumin, Lime and Cholula

Thai: Dry Sautee with Garlic, Ginger, Fresh Basil and Lemon

Harissa: Broiled with Curry, Garlic, Smoked Paprika and Cayenne

Sample Dinner Menu #1 (1,200 – 1,300 Calories):

- Santa Fe Salmon, Broiled (4oz.)
- 1 Serving of Brown Rice (¼ C 2oz.)
- 1 Serving Spinach (1 Cup) as Salad with Red Pepper (4oz.) and Shredded Carrot (4oz.) and Balsamic Vinegar as Dressing

Sample Dinner Menu #2 (1,200 – 1,300 Calories):

- Santa Fe Tri-Tip, Broiled (4oz.)
- 1 Serving of Brown Rice (¼ C 2oz.)
- 1 Serving of Garlic Kale (½ C) Sautéed with 1 Serving Tomato (8oz.)

Sample Dinner Menu #3 (1,200 – 1,300 Calories):

- Santa Fe Chicken, Broiled (4oz.)
- 1 Serving of Brown Rice (¼ C 2oz.)
- 1 Serving Spinach (1 Cup) as Salad with Red Pepper (4oz.) and Shredded Carrot (4oz.) and Balsamic Vinegar as Dressing

Create Your Own Menu:

1. Choose Your Protein and Your Preferred Preparation
2. Choose Your Whole Grain
3. Choose Your Dark Green Vegetable and Your Red / Orange Vegetable
4. Designate Your Desired Caloric Level and Place Your Order

Whole Grain Options

Brown Rice

Quinoa

Whole Wheat Bread

Red / Orange Vegetables

Beets

Carrots

Red / Orange Bell Pepper (Seasonal)

Sweet Potato (Twice Per Week)

Tomato

Dark Green Vegetable

Broccoli

Cucumber

Green Bell Pepper

Kale

Spinach