



FUEL MADNESS

NUTRITION

HEALTHY BOWLS • COLD PRESSED JUICES • SMOOTHIES • ENERGY BITES

VEGGIES ROTATE OFF OF
SEASON AND
AVAILABILITY FROM THE
LOCAL FARMS

MAIN PREP KITCHEN- OPEN SUNDAYS & MONDAYS 11AM-7PM
147 W PENN AVE WERNERSVILLE PA 19565

COLUMBIA MARKET STAND- OPEN SATURDAYS 7AM-3PM
15 S. THIRD ST COLUMBIA PA 17512

CREATE YOUR OWN FUEL BOWL \$10



1. Base (up to 2) 8oz

Jasmine Rice	Sweet Potato	Sauteed Kale
Brown Rice	Potato	Sauteed Cabbage

2. Protein (Choose 1) 4oz

Chicken Breast	Jack Fruit	Salmon
Turkey	Beef	Shrimp

3. Veggies (Choose 3) 8oz

Fajita Veggies	Broccoli	Green Beans	Kale	Brussel Sprouts
Zuchinni/squash	Cauliflower	Cabbage	Corn	

4. Toppings (Choose 3)

Grilled Jalapeno	Cilantro	Pickled Red Onions	Bacon \$1
Lime	Carrots	Tomatoes	Boiled Egg

5. Sides (Choose 2)

Quinoa Salad	Black Beans
Chickpea Salad	Chili Beans

6. Sauces (Choose 1)

Salsa	Pesto	Chipotle	Ketchup	Curry	Sriracha
Chimichurri	Marinara	Chermoula	BBQ	Sweet Chili	Sour Cream



ENERGY BITES \$4

Fiber Balls

Oatmeal, raisins, crasins, pumpkin seeds, almonds, vanilla, cinnamon, honey, chocolate chips, cacao, chia seeds, flax seeds, Peanut Butter

Warriors partfait

Greek yogurt, Chia, almonds, rasins, crasins, flax, blueberry, strawberry, granola

Super Food

Cookies
Nuts, seeds, raisins, crasins, oat flour, egg, chia, flax, pumpkin seeds, Chocolate Chips, dried blueberry



PROTEIN SMOOTHIES \$7

Peanut Butter Banana

Oatmeal, almond milk, banana, peanut butter, Honey, chia seeds, Plant Protein, Vanilla, Cinnamon

Green Dream

Pineapple, Mango, Banana, Kale, Almond Milk, Chia Seeds, Plant Protein

Chocolate Peanut Butter Banana

Oatmeal, almond milk, banana, peanut butter, Honey, chia seeds, Plant Protein, Vanilla, Cinnamon, Cacao

Cookies & Cream

Oreos, Almond Milk, Plant Based Protein



COLD PRESSED JUICES/DRINKS \$6

Green Giant

Kale, Lime, cucumber, celery, apple, ginger, parsley

Immunity

Orange, Ginger, Turmeric, Apple, Carrot

Detox Water

Lemon, Lime, Orange, Cucumber, Dandelion Root, Parsley

Celery Kick

Celery, Lemon, Lime, Spring Water, Agave, ginger

WRAPS \$7

Veggie

Veggie Bites, Cabbage, black beans, carrots, corn, pickled onions, Fajita Veggies

Southwest

Fajita Veggies, Cheddar Cheese, Rice, Beans, Corn salsa, sc, lime on side. add chicken, turkey or beef \$1



POWER SOUPS \$5

Veggie Chili

You wont miss the Meat in this one!

Chicken & Veggie

Amazing Hearty Fresh Farm Veggies with Chicken. the best chicken soup you will ever taste.

KITCHEN OPEN SUNDAYS & MONDAYS 11AM-7PM

WEEKLY MEAL PREP

ORDER MEAL PREP

Order your Weekly Meal Prep online @fuelmadness.com. Pick up in on Sundays 11am-7pm. If you cannot pick up on Sunday, Monday is available. Delivery is also available.

MENU CHANGES

Chefs Meal of the week is updated every Tuesday Night.

ORDER CATERING

Order your holiday/ office parties, special occasions catering packages online at Fuelmadness.com order by calling 610-750-6430, apply for a quote online @ fuelmadness.com or email fuelmadnessmeals@gmail.com

GLUTEN FREE

Majority of our Menu is Gluten Free

DAIRY FREE

Majority of our Menu is Dairy Free

SERVICE LOCATIONS

Wernersville, Reading, Ephrata, Denver, Brownstown, Lititz, Manheim, Lampeter Strasburg, Lancaster, Willow St, Columbia and all surrounding areas

HIRE A CERTIFIED TRAINER

Hire a fuel madness trainer by visiting fuelmadness.com or calling 610-750-6430. meal plans also available.

HEATING INSTRUCTIONS

Keep your meals for up to 5 days in the coldest area of your refrigerator. We recommend eating the fish or Broccoli with-in the first 3 days. You can freeze your meals, but its not recommended as it will jeopardize the quality. Simply transfer to oven safe container and heat in oven at 350 for roughly 20 minutes. or simply place container in microwave venting the lid for 2-3 minutes or until hot in 1 minute intervals. Don't forget to remove sauce cup and anything else that's meant to stay cold like Avocado.

its a Lifestyle

Thank you For supporting our small Business. Once the demand is there we will open up more days then just Sunday and Monday



Follow us

JOIN US FOR MEAL PREP SUNDAY
Order Online, Over the Phone or In-Store

FUELMADNESS.COM
610-750-6430

147 W PENN AVE WERNERSVILLE PA 19565