

OUR STORY

Founded in 1995, Muscle Maker Grill provides its guests healthier versions of mainstream-favorite dishes that taste great, making it convenient, affordable and enjoyable to eat healthy. Muscle Maker Grill's diverse menu was created for everyone – fitness enthusiasts, those starting their journey to a healthier lifestyle, and people trying to eat better while on-the-go. Providing "Great Food with Your Health in Mind," Muscle Maker Grill's menu features items with grass-fed steak and all-natural chicken, as well as options that satisfy all dietary preferences – from the carb free consumer to guests following a gluten-free and vegetarian diet. Muscle Maker Grill does not sacrifice taste to serve healthy options. Now, guests can have delicious, nutritionally balanced food without the regret.

SHOW SOME LOVE TO
THE MOST IMPORTANT MUSCLE IN YOUR BODY



HEALTHY
CATERING
580.591.0349



Note: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have a medical condition.

SMOOTHIES & SHAKES

calorie range 208-416

Fruit Smoothies - 100% Fruit

Strawberry
Mango Tropics

Four Berry
Pineapple

Organic Smoothies

Strawberry Banana
Carrot Apple



Small	4.99	Organic	+1.00
Large	6.99	Organic	+2.00

Protein Shakes

calorie range 140-392

Chocolate Peanut Butter
Banana Berry Blast
Vanilla
Chocolate
Strawberry

Small	4.99
Large	6.99

Add-Ins

Peanut Butter, Banana, Baby Kale, Spinach	+1.00
Extra Protein	+2.00

Boosters ADD TO ANY SHAKE OR SMOOTHIE!

Fat Burner, High Energy

All Boosters	0.99
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HEALTHY MEAL PLANS

5 Meals - \$34.99

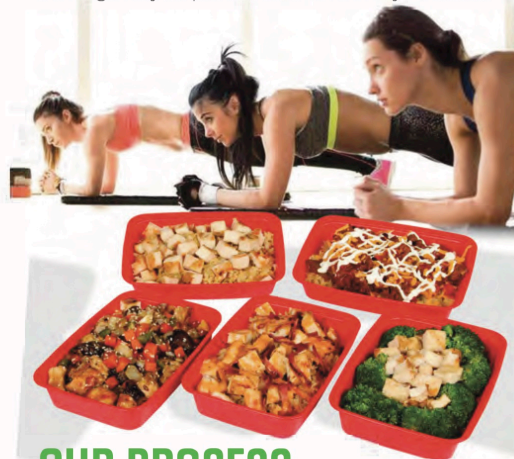
10 Meals - \$69.99

15 Meals - \$104.99

20 Meals - \$139.99

Whether you're bulking up, slimming down, saving time or you just love the MMG menu, we've got the right option for you.

The best bit? You can customize your daily meals and the length of your plan, for total control of your health.



OUR PROCESS

- 01 Pick your plan
- 02 Let us take care of the preparation
- 03 Pick up or have it delivered to your home or office



KIM K.

"THE MMG MEAL PLAN CHANGED MY LIFE."

I've never felt better, eating the food I want to eat and living the life I want to live.



WE CATER | WE DELIVER | MEAL PLANS

1718 Macomb Rd
Fort Sill, OK 73503

580.591.0349



ORDER ONLINE: ORDERMMG.COM

“GREAT FOOD WITH YOUR HEALTH IN MIND”®

MOST MENU ITEMS CAN BE MADE VEGETARIAN!

GRASS-FED BEEF

ALL NATURAL CHICKEN

SKINNY FLATBREADS 8.99

Whole Grain calorie range 580-750

MMG Margherita *Vegetarian*

Red ripe tomatoes with part skim mozzarella, basil and parmesan

Classic White *Vegetarian*

Part skim mozzarella, parmesan, spinach and roasted garlic

BBQ Chicken

Chicken, fat free BBQ sauce, reduced fat cheddar and red onion

The Works

Turkey meatballs, turkey bacon, turkey pepperoni, part skim mozzarella, red onions, green peppers, mushrooms and fat free marinara

LITE SANDWICHES 8.99

calorie range 500-570

Includes choice of any Lower Carb or Power Side.

Grilled Chicken

Chicken, turkey bacon, reduced fat cheddar, romaine, tomatoes and red onions, with our zero carb signature sauce, served on a whole wheat bun

Grass-Fed Burger

Grass-fed beef burger, turkey bacon, reduced fat cheddar, romaine, tomatoes and red onions with our zero carb signature sauce served on a whole wheat bun



LOWER CARB SIDES

calorie range 23-325

Baby Kale	2.99	Steamed Broccoli	2.99
Quinoa	2.99	Caesar Salad	2.99
Cucumber Salad	2.99	Vegetable Medley	2.99
Savory Spinach	2.99	Edamame	2.99

HEALTHY WRAPS 7.99

calorie range 500-730

Includes choice of any Lower Carb or Power Side.

MMG Signature

Chicken, turkey bacon, reduced fat cheddar, power blend of romaine, spinach and baby kale, tomatoes, red onions and zero carb signature sauce in a jalapeño wrap

Rocky

Chicken, turkey meatballs, part skim mozzarella and fat free marinara in a garlic herb wrap

Santa Fe

Chicken, turkey bacon, red beans and brown rice, reduced fat cheddar and zero carb signature sauce in a jalapeño wrap

Veggie *Vegetarian*

Original or spicy with sautéed green peppers, onions, mushrooms, red beans, brown rice and reduced fat cheddar in a garlic herb wrap

BBQ Chicken Wrap

Chicken, reduced fat cheddar, brown rice and fat free BBQ sauce in a whole wheat wrap

Turkey Burger Wrap

Lean ground turkey, turkey bacon and reduced fat cheddar and fat free secret sauce in a whole wheat wrap

Tex-Mex Fajita

Chicken, sautéed green peppers and onions, reduced fat cheddar, fat free sour cream and salsa in a jalapeño wrap

Chicken Caesar Wrap

Chicken, power blend of romaine, spinach and baby kale, zero carb Caesar dressing and parmesan in a spinach wrap

ADD-ONS:

Fat Free Sour Cream	0.49
Reduced Fat Cheese	0.79
Turkey Bacon	1.99
Turkey Chili	1.99

EXTRAS:

Grilled Chicken	2.99
Grass-Fed Steak	3.99

POWER SIDES

calorie range 23-325

Brown Rice	2.99	Pasta Salad	2.99
Red Beans & Brown Rice	2.99		

FIT BOWLS 8.99

calorie range 320-450

Arizona GF

Chicken, turkey bacon, tomatoes, scallions and zero carb signature sauce over brown rice

Godfather GF

Chicken, portabella mushrooms, roasted red peppers, part skim mozzarella and fat free balsamic vinaigrette over broccoli

Santa Ana GF

Chicken, turkey bacon, reduced fat cheddar and zero carb signature sauce over red beans and brown rice

El Mexicana GF

Chicken, sautéed green peppers and onions, reduced fat cheddar, salsa, tomatoes and scallions over red beans and brown rice

Teriyaki Stir Fry

Chicken, carrots, sesame seeds and teriyaki sauce over brown rice

Grilled Chicken GF

Chicken, broccoli and brown rice

Turkey Chili Bowl GF

Lean ground turkey chili, red beans, reduced fat cheddar, salsa, fat free sour cream, tomatoes and scallions over brown rice

Pasta calorie range 650-710

Cajun Chicken & Penne

Cajun chicken, tomatoes, scallions and a red wine sauce over whole wheat pasta

Sesame Chicken Teriyaki Penne

Chicken, sesame seeds and teriyaki sauce served over whole wheat pasta

Vodka & Penne with Chicken

Chicken, reduced fat vodka sauce and parmesan over whole wheat pasta



Godfather

UPGRADED SIDES

calorie range 281-325

Turkey Meatballs	3.99	Grass-Fed Steak	5.99
Turkey Chili	3.99	Sweet Potato Fries	3.99
Grilled Chicken	4.99		
Avocado	3.99		

FRESH GREENS 8.99

calorie range 270-400

Chicken Caesar Salad GF

Chicken, parmesan cheese, and zero carb Caesar dressing on a power blend of romaine, spinach and baby kale

Kale and Quinoa Salad

Chicken, quinoa, roasted red peppers, avocado, Asian Sesame Ginger dressing on a power blend of romaine, spinach and baby kale

Lean Turkey Taco Salad GF

Lean ground turkey chili, red beans, reduced fat cheddar, salsa, tomatoes, scallions and fat free sour cream on a power blend of romaine, spinach and baby kale

Mardi Gras GF

Cajun seasoned chicken with turkey bacon, tomatoes, red onions and low carb salsetta dressing on a power blend of romaine, spinach and baby kale

Italiano GF

Chicken, part skim mozzarella, roasted red peppers, fat free balsamic vinaigrette on a power blend of romaine, spinach and baby kale

Cheeseburger Salad

Grass-fed beef burger, reduced fat cheddar, tomatoes, scallions with a blend of fat free BBQ sauce and Caesar dressing on a power blend of romaine, spinach and baby kale

Asian Sesame Ginger

Chicken, tomatoes, cucumbers, red onions, sesame seeds, raisins, avocado, and Asian sesame ginger dressing on a power blend of romaine, spinach, and baby kale

Lower Calorie Dressings

- Fat Free Balsamic Vinaigrette
- Low Fat Asian Sesame Ginger
- Zero Carb Caesar
- Zero Carb MMG Signature



MORE FIT FAVES

calorie range 140-380

Boneless Chicken Bites 5.99

Premium hand cut grilled chicken breast, lightly breaded in whole wheat flour and sautéed to perfection, then tossed in one of our signature sauces. Served with a side of fat free sour cream

- Barbecue
- Buffalo
- Spicy Barbecue
- Teriyaki

Soup du Jour

Cup 2.99 Bowl 5.99

GF - indicates a gluten-free menu item

We have made an effort to provide complete and current nutrition information, but the hand-crafted nature of our menu items and other changes in recipes, ingredients, and kitchen procedures can cause variations from these values to occur. The values shown here should be considered approximations. Guests who have special food sensitivities, allergies or dietary needs should not rely solely on this information as the basis for deciding whether to consume a particular menu item. Dressing that are listed as gluten free will be altered by adding other ingredients such as croutons, etc. Prices subject to change.