

Find Your Fuel at Boston Landing

Healthy food options curated by
Christine at NB Fitness Club

- 1 American Flatbread**
Evolution Salad with Chicken



- 2 Rail Stop**
Warm Buddha Bowl
with Chicken or Tofu



- 3 Mainely Burgers**
MB Classic on a Bed of Lettuce
Side of Brussels Sprouts



- 4 Kohi Coffee**
Kohi Balance Bowl



- 5 Broken Records**
Southwest Rice Bowl



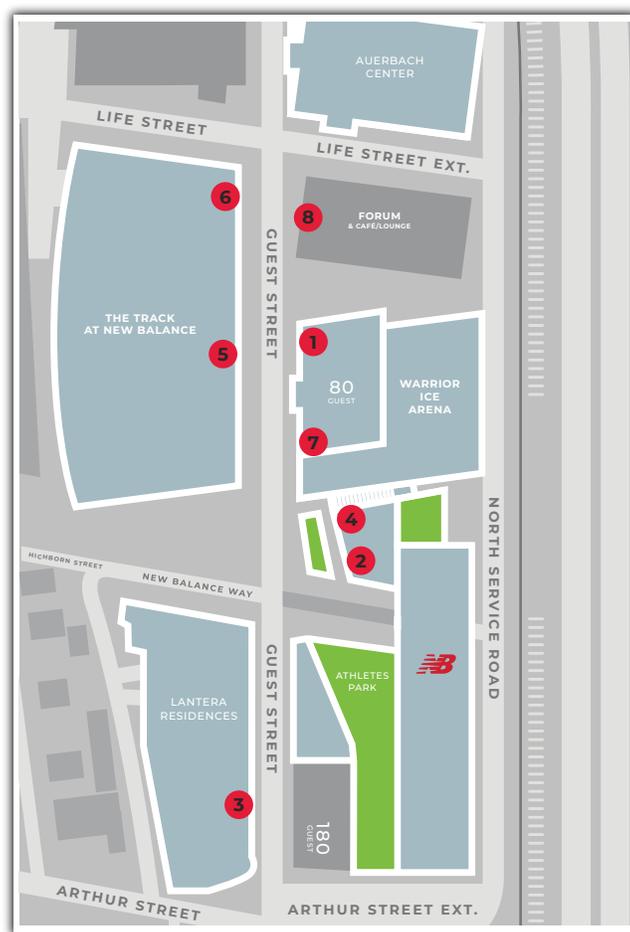
- 6 The Pearl**
Seared Salmon



- 7 The Bagel Table**
Smoothies



- 8 Tradesman**
Chopped Buffalo Chicken
Caesar Salad



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watch all our
nutrition series
episodes!

Want to learn more?

Christine is a Precision Nutrition Certified Coach and is here to help you calculate macros, assist with tracking and give nutrition guidance.

\$50 per session for 1/2 hour sessions.

Schedule a consultation today!

Email Christine@nbfitnessclub.com.