

Fit & Easy

**DELICIOUS, HEALTHY AND CONVENIENT
PRODUCTS
FULL OF VEGETABLES**

Salad Mixes

Fit&Easy helps maintain health and well-being by offering vegetable-based products. Salad mixes, single products, and ready-to-eat meals are convenient, well-composed, delicious, and perfect for various occasions. For lunch, as a side dish for dinner, or as a quick snack, Fit&Easy products inspire you to eat healthy meals that are either a ready-to-eat option or require minimal effort in preparation. They help you save time and enjoy moments spent with loved ones.

The Fit&Easy graphic design is modern, minimalistic and transparent, ensuring excellent brand recognition on the shelf. A distinct color code and easy to read names of salad types will make it easier to quickly find your favorite type.

Large logo for better visibility in the shelf

A clear „already washed” icon

Information about the flavor profile



Inspirations for combining ingredients

Description of the salad flavor

„Easy moments” ideas on how to improve your health and well-being



QR Code leading to the recipes section of the brand's website



Salad Mixes

Fit&Easy Ready-to-Eat Salad has all the ingredients you need to quickly and conveniently prepare a delicious salad in one package! To a diverse mix of salads and vegetables, we have added two packets: one with yogurt dressing and one with roasted broad beans.



Fit&Easy Ready-to-Eat Salad

Salad mix with packets of yogurt dressing and roasted broad beans.



Ingredients: escarole, frisee, radicchio, white cabbage, yellow carrot, beetroot, orange carrot, packet with yogurt dressing, packet of roasted broad beans.

Weight: 205 g

Number of pcs. per carton: 5

Number of pcs. per pallet: 480



Salad Mixes

Fit&Easy salad mixes are compositions of various leafy vegetables, diverse in taste and appearance. Their secret lies in carefully selected, chopped, washed, and then dried leaves. Just add the dressing and the salad is ready to eat.



Fit&Easy Active salad mix with arugula

Ingredients: escarole, frisee,
radicchio, arugula.
Weight: 150 g
Number of pcs. per carton: 8
Number of pcs. per pallet: 576



Fit&Easy Active DUOPACK salad mix with arugula

Ingredients: escarole, frisee,
radicchio, arugula.
Weight: 100 g (2 x 50 g)
Number of pcs. per carton: 10
Number of pcs. per pallet: 720



Salad Mixes



Fit&Easy Weekend salad mix with lamb's lettuce



Ingredients: escarole, frisee,
lamb's lettuce, radicchio.
Weight: 150 g
Number of pcs. per carton: 8
Number of pcs. per pallet: 576



Fit&Easy Intense salad mix with beetroot leaves



Ingredients: escarole, frisee,
radicchio, beetroot leaves, arugula.
Weight: 150 g
Number of pcs. per carton: 8
Number of pcs. per pallet: 576



Salad Mixes



Fit&Easy Family salad mix with carrot

Ingredients: iceberg lettuce, frisee, radicchio, carrot.

Weight: 200 g

Number of pcs. per carton: 8

Number of pcs. per pallet: 576



Fit&Easy Party salad mix

Ingredients: escarole, frisee, radicchio.

Weight: 150 g

Number of pcs. per carton: 8

Number of pcs. per pallet: 576



Salad Mixes



Fit&Easy Romantica mix of baby leaves

Ingredients: spinach, beetroot
leaves, arugula.
Weight: 75 g
Number of pcs. per carton: 5
Number of pcs. per pallet: 980



Mono Products

Everything with the customer's convenience in mind. Now all you have to do is place the contents of the package onto a platter, mix with your favorite additions, add some delicate dressing and a delicious meal is ready.



Fit&Easy Arugula

Weight: 100 g
Number of pcs. per carton: 8
Number of pcs. per pallet: 608



Mono Products



Fit&Easy Lamb's Lettuce

Weight: 100 g
Number of pcs. per carton: 8
Number of pcs. per pallet: 608



Mono Products



Fit&Easy Spinach for salads, dishes and smoothies

Weight: 150 g
Number of pcs. per carton: 10
Number of pcs. per pallet: 540



Fit&Easy Spinach for salads, dishes and smoothies

Weight: 200 g
Number of pcs. per carton: 10
Number of pcs. per pallet: 540



Fit&Easy Spinach for salads, dishes and smoothies

Weight: 80 g
Number of pcs. per carton: 5
Number of pcs. per pallet: 560



Mono Products



Fit&Easy Kale for salads, dishes and smoothies

Weight: 150 g
Number of pcs. per carton: 8
Number of pcs. per pallet: 576



Fit&Easy Kale for salads, dishes and smoothies

Weight: 200 g
Number of pcs. per carton: 6
Number of pcs. per pallet: 336



Mono Products

Like other products in this line, the green leaves of arugula, corn salad, spinach and kale come exclusively from certified suppliers. They have been carefully selected, then thoroughly washed and dried, making them suitable for direct consumption.



Fit&Easy BIO Arugula

Weight: 80 g
Number of pcs. per carton: 8
Number of pcs. per pallet: 608

BIO

FROM CERTIFIED
ORGANIC CROPS



Fit&Easy BIO Lamb's Lettuce

Weight: 80 g
Number of pcs. per carton: 8
Number of pcs. per pallet: 608

BIO

FROM CERTIFIED
ORGANIC CROPS



Fit&Easy BIO Spinach

Weight: 150 g
Number of pcs. per carton: 10
Number of pcs. per pallet: 540

BIO

FROM CERTIFIED
ORGANIC CROPS



Mix for Coleslaw salad

It's hard to imagine Polish cuisine without Coleslaw. It works great as an addition to many dishes, and its preparation takes only a moment. Fried and stewed meats, nuggets, burgers, and even vegetarian cutlets – Fit&Easy mix for Coleslaw salad goes with everything. A classic taste, always delicious!



Mix for Coleslaw salad with white cabbage

Ingredients: white cabbage, orange carrot, leek.

Weight: 250 g

Number of pcs. per carton: 6

Number of pcs. per pallet: 336



Mix for Coleslaw salad with red cabbage

Ingredients: red cabbage, orange carrot, yellow carrot, leek.

Weight: 250 g

Number of pcs. per carton: 6

Number of pcs. per pallet: 336



Vegetables for the pan **new**

A vegetable mix for a frying pan can be a ready-made dish, an addition to dinner or a vegetable base for a dish with meat, pasta, etc. It is a carefully selected blend of fresh vegetables, full of flavor and color, inspired by the cuisines of the world.



Vegetables for the pan - Italian style

Ingredients: savoy cabbage, carrots, spinach, red onion, olives and a composition of Italian spices.

Weight: 408 g

Number of pcs. per carton: 5

Number of pcs. per pallet: 480



Vegetables for the pan - Mexican-style

Ingredients: pepper, red onion, carrot, corn, savoy cabbage, chili pepper and Mexican spice

Weight: 410 g

Number of pcs. per carton: 5

Number of pcs. per pallet: 480



Vegetables for WOK

Ingredients: Chinese cabbage, red cabbage, onion, carrot, leek, bamboo shoots, soy sauce.

Weight: 430 g

Number of pcs. per carton: 5

Number of pcs. per pallet: 480



Ready-to-eat salads

Fit&Easy salads contain compositions of various leafy vegetables, cherry tomatoes, crunchy croutons, delicious dressing, and optional additions: feta cheese, tuna, grilled chicken fillet. A fork is included in the package.



Fit&Easy American Caesar Salad with roasted chicken and caesar dressing

Weight: 178 g
Number of pcs. per carton: 4
Number of pcs. per pallet: 432



Fit&Easy Niçoise Salad with tuna, green olives and caper dressing

Weight: 161 g
Number of pcs. per carton: 4
Number of pcs. per pallet: 432



Fit&Easy Greek Salad with Balkan cheese, olives and olive oil

Weight: 200 g
Number of pcs. per carton: 4
Number of pcs. per pallet: 432



Salads with egg

new

The new Fit&Easy salads with eggs are a ready-to-eat proposition for a delicious and healthy breakfast, as well as for any other light and nutritious meal during a day.



Fit&Easy Salad with egg and pineapple

Ingredients: egg, pineapple, canned corn, gouda cheese, escarola salad mix, frisee, radicchio, yogurt dressing.

Weight: 235 g

Number of pcs. per carton: 4

Number of pcs. per pallet: 432



Fit&Easy Salad with egg and bacon

Ingredients: egg, bacon, gouda cheese, spinach, chicory, romaine lettuce mix, escarola and frisee, mayonnaise-tomato dressing.

Weight: 155 g

Number of pcs. per carton: 4

Number of pcs. per pallet: 432



Fit&Easy Salad with egg and tuna

Ingredients: egg, tuna, olives, corn, lettuce mix (escarola, frisee, romaine lettuce, radicchio), dressing.

Weight: 204 g

Number of pcs. per carton: 4

Number of pcs. per pallet: 432



Lunch boxes

new



Fit&Easy Kebab Salad

The product is perfect for lovers of oriental flavors. It is an alternative for those who love the taste of kebab but want to eat healthy.

Ingredients: chicken meat, lettuce mix, cabbage, onion, carrot, dressing.

Weight: 200 g

Number of pcs. per carton: 4

Number of pcs. per pallet: 432



Fit&Easy Lunch protein box with chicken

The salad provides wholesome protein, fiber and essential minerals, being an ideal choice for both fitness lovers and people who care about a balanced diet.

Ingredients: lettuce mix (frisee, escarola, radicchio), chicken, co-couscous, cheese, edamame beans, roasted broad beans, pumpkin seeds, dressing.

Weight: 270 g

Number of pcs. per carton: 4

Number of pcs. per pallet: 432



Hot Lunch Boxes

new

The first Lunch Boxes on the market in both hot and cold versions. Created in the line of the popular concept of 'World Cuisine'. Two variants fit perfectly into the trend related to a high-protein diet. The third one – with falafel – responds to the needs of vegetarians and all those who limit meat consumption.



Moroccan-style protein lunch box

Ingredients: chicken, couscous, white cabbage, peppers, onions, tomatoes.

Weight: 290 g

Number of pcs. per carton: 6

Number of pcs. per pallet: 576



Mexican-style protein lunch box

Ingredients: chicken, lentils, red beans, corn, carrots, peppers, red cabbage.

Weight: 290 g

Number of pcs. per carton: 6

Number of pcs. per pallet: 576



Vegetarian lunch box in Turkish style

Ingredients: falafel, sweet potatoes, bulgur, carrots, white cabbage, peppers, tomatoes.

Weight: 320 g

Number of pcs. per carton: 6

Number of pcs. per pallet: 576



Tabbouleh

new

Embark on a culinary journey and discover a delicious salad based on traditional Arab cuisine that is gaining popularity among Polish consumers. Fit&Easy Tabbouleh is a healthy and nutritious dish, a delicious and wholesome meal suitable for a second breakfast, lunch, or any other occasion. Served in convenient packaging, it is perfect for eating at home, at work, or on the go.



Fit&Easy Tabbouleh with mint and parsley

Ingredients: couscous, bulgur, onion, tomato, cucumber, parsley, mint, fried onion, canola oil, salt, sugar, mustard, lemon juice.

Weight: 180 g

Number of pcs. per carton: 4

Number of pcs. per pallet: 960



Fit&Easy Tabbouleh with corn and bell pepper

Ingredients: couscous, corn, bell pepper, onion, tomato, cucumber, parsley, canola oil, salt, sugar, mustard, lemon juice.

Weight: 180 g

Number of pcs. per carton: 4

Number of pcs. per pallet: 960



Food Service

For the HoReCa market, Fit&Easy products are also available in larger catering packages. Washed, chopped, and packed salad mixes and single products are perfectly tailored to the needs of professional chefs and restaurateurs who prioritize freshness, quality, and convenience.

Why choose Fit&Easy salads for your kitchen?

Time savings.

Ready-to-use salads save valuable food preparation time, which is crucial in the fast-paced restaurant environment.

Uncompromising quality.

Our salads meet the highest quality standards, making them ideal for use in restaurants, hotels and cafes.

Diverse range.

We offer a wide range of salads to suit a variety of tastes and culinary concepts. This ensures that you will find the perfect product for your menu

Partnership.

As a manufacturer of packaged, washed salads for the HoReCa industry, we are committed to providing the highest quality products, supporting you in creating unique compositions for your customerst.

With our catering products you will discover a new dimension of freshness and convenience in food preparation.



Fit&Easy Active salad mix with arugula

Ingredients: escarole, frisee, radicchio, arugula.

Weight: 500 g

Number of pcs. per carton: 8

Number of pcs. per pallet: 288

Food Service



Fit&Easy Weekend salad mix with lamb's lettuce

Ingredients: escarole, frisee, lamb's lettuce, radicchio.

Weight: 500 g

Number of pcs. per carton: 8

Number of pcs. per pallet: 288



Fit&Easy Family salad mix with carrot

Ingredients: escarole, frisee, lamb's lettuce, radicchio.

Weight: 700 g

Number of pcs. per carton: 8

Number of pcs. per pallet: 288



Fit&Easy Party salad mix

Ingredients: escarole, frisee, radicchio, arugula.

Weight: 500 g

Number of pcs. per carton: 8

Number of pcs. per pallet: 288

Food Service



Fit&Easy Arugula

Weight: 300 g
Number of pcs. per carton: 10
Number of pcs. per pallet: 300



Fit&Easy Lamb's lettuce

Weight: 300 g
Number of pcs. per carton: 10
Number of pcs. per pallet: 300



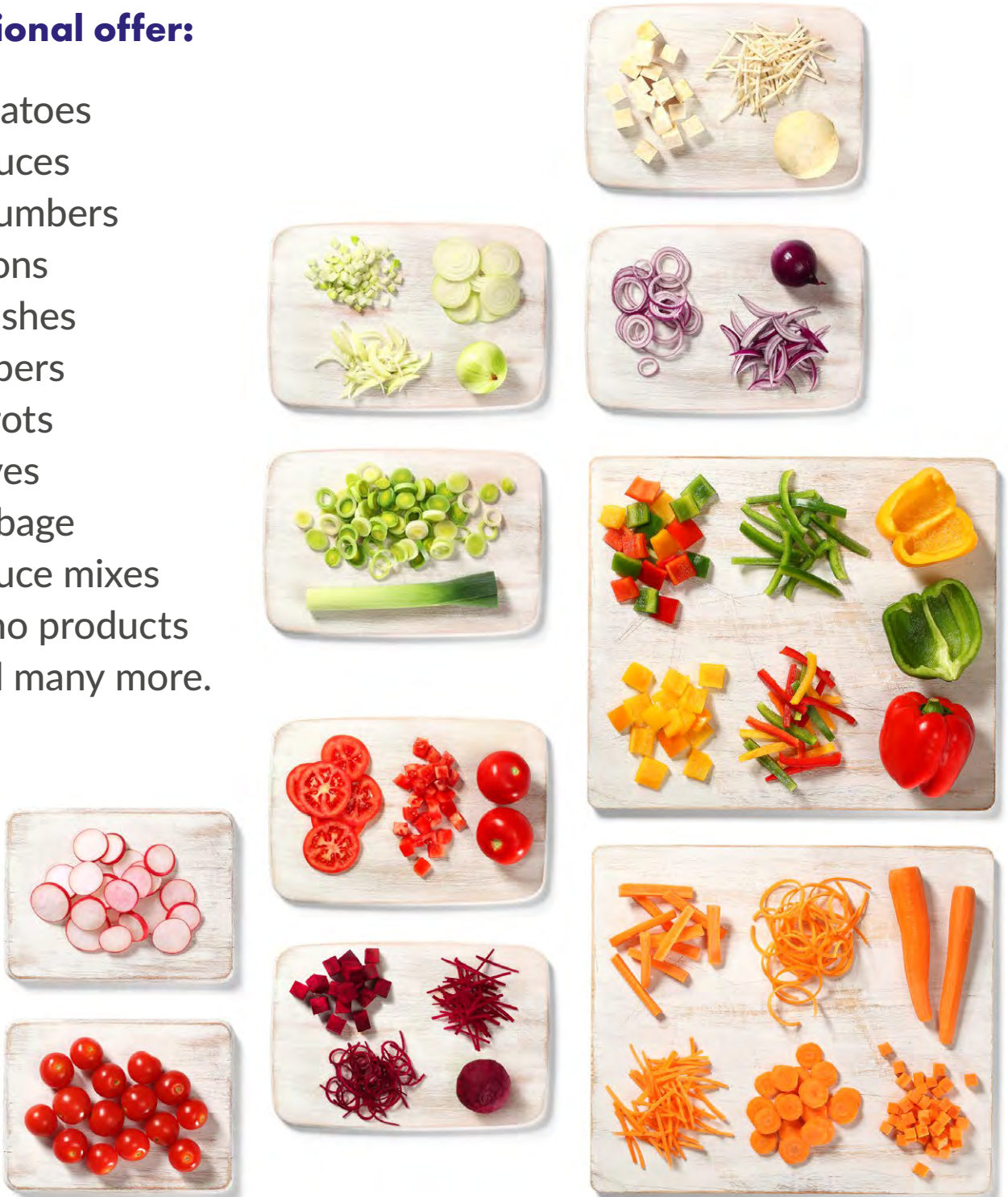
Fit&Easy Spinach

Weight: 500 g
Number of pcs. per carton: 8
Number of pcs. per pallet: 288

Food Service

Additional offer:

- Tomatoes
 - Lettuces
 - Cucumbers
 - Onions
 - Radishes
 - Peppers
 - Carrots
 - Chives
 - Cabbage
 - Lettuce mixes
 - Mono products
- ... And many more.





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