

NATURAL
**FITNESS
FOOD**

MAY - 2022

FUEL+

A larger version of our popular dishes incorporating a larger portion of protein, carbohydrates as well as an extra portion of veg!

COCONUT CHICKEN

with rice noodles, ginger squash, stir-fried vegetables & a soy vinaigrette

MISO & CHILLI SALMON

with a peanut & turmeric rice, broccoli & red peppers, roast cabbage & miso & ginger sauce

GRILLED STEAK

with curried sweet potato, roast broccoli, a grilled herb tomato & our salsa verde

FUEL

Higher in protein & carbohydrates with delicious flavour combinations & interesting ingredients; Fuel is the category to support your lifestyle.

PERI PERI CHICKEN

with a spiced vegetable rice, macho peas, red pepper slaw & peri peri yogurt

BEEF STIR-FRY

with shitake mushroom & samphire rice noodles, roast vegetables & gochujang sauce

RED THAI PRAWNS

with coconut rice, a spiced 'fresh kimchi' cabbage, green bean salad & red Thai yogurt

PESTO CHICKEN

with a pea & fresh vegetable salad, new potatoes, courgette & tarragon vinaigrette

COCONUT SALMON

with rice noodles, ginger squash, stir-fried vegetables & a soy vinaigrette

MISO & CHILLI CHICKEN

with a peanut & turmeric rice, broccoli & red peppers, roast cabbage & miso & ginger sauce

LEAN

Lean is lower in calories, lower in carbohydrates & includes an additional serving of vegetables

PERI PERI CHICKEN

with macho peas, red pepper slaw & peri peri yogurt

BEEF STIR-FRY

with shitake mushroom & samphire bean sprouts, roast vegetables & gochujang sauce

RED THAI PRAWNS

with a spiced 'fresh kimchi' cabbage, green bean salad & red Thai yogurt

PESTO CHICKEN

with a pea & fresh vegetable salad, grilled courgette & tarragon vinaigrette

COCONUT SALMON

with ginger squash, bean sprout salad, stir-fried veg, & a soy vinaigrette

MISO & CHILLI CHICKEN

with a peanut cauliflower rice, broccoli & red peppers, roast cabbage & miso & ginger sauce

VEGETARIAN

Using eggs & dairy allow our chefs to be creative with their dishes & a great introduction to meat-free meals.

FUEL

HALLOUMI & PEPPER FRITTATA

with a pea & fresh vegetable salad, new potatoes, courgette & tarragon vinaigrette

GOCHUJANG STIR-FRY

with egg whites, shitake mushroom & samphire rice noodles, roast vegetables & gochujang sauce

LEAN

HALLOUMI & PEPPER FRITTATA

with a beetroot slaw, grilled courgette & green bean salad & a red pepper & tomato relish

GOCHUJANG STIR-FRY

with egg whites, shitake mushroom & samphire bean sprouts, roast vegetables & gochujang sauce

PLANT-BASED

Our vegan range of products now offering a Fuel & Lean version of each dish showing that dishes can be delicious & fulfill your needs

FUEL

COCONUT & LIME TOFU

with rice noodles, ginger squash, stir-fried vegetables & a soy vinaigrette

LEAN

COCONUT & LIME TOFU

with ginger squash, bean sprout salad, stir-fried veg, & a soy vinaigrette

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A larger version of our popular dishes incorporating a larger portion of protein, carbohydrates as well as an extra portion of veg!

PERI PERI CHICKEN

with a spiced vegetable rice, macho peas, red pepper slaw & peri peri yogurt

SATAY CHICKEN

with jasmine rice, edamame bean & ginger salad, sesame roast broccoli & satay sauce

FUEL

Higher in protein & carbohydrates with delicious flavour combinations & interesting ingredients; Fuel is the category to support your lifestyle.

SATAY CHICKEN

with jasmine rice, a pea, ginger & edamame bean salad & a peanut & chilli yogurt

GRILLED STEAK

with curried roast sweet potato, roast broccoli & our salsa verde

COCONUT CHICKEN

with rice noodles, ginger squash, stir-fried vegetables & a soy vinaigrette

MISO & CHILLI SALMON

with a peanut & turmeric rice, broccoli & red peppers, roast cabbage & miso & ginger sauce

LEAN

Lean is lower in calories, lower in carbohydrates & includes an additional serving of vegetables

SATAY CHICKEN

with sesame roast broccoli, a pea, ginger & edamame bean salad & a peanut & chilli yogurt

GRILLED STEAK

with roast broccoli, a herb grilled tomato & our salsa verde

COCONUT CHICKEN

with ginger squash, bean sprout salad, stir-fried veg, & a soy vinaigrette

MISO & CHILLI SALMON

with a peanut cauliflower rice, broccoli & red peppers, roast cabbage & miso & ginger sauce

VEGETARIAN

Using eggs & dairy allow our chefs to be creative with their dishes & a great introduction to meat-free meals.

FUEL

GOCHUJANG STIR-FRY

with egg whites, spiced tofu, shitake mushroom & samphire rice noodles, roast vegetables & gochujang sauce

LEAN

GOCHUJANG STIR-FRY

with egg whites, spiced tofu, shitake mushroom & samphire bean sprouts, roast vegetables & gochujang sauce

PLANT-BASED

Our vegan range of products now offering a Fuel & Lean version of each dish showing that dishes can be delicious & fulfill your needs

FUEL

GINGER & CHILLI TOFU

with a peanut & turmeric rice, broccoli & red peppers, roast cabbage & miso & ginger sauce

LEAN

GINGER & CHILLI TOFU

with a peanut cauliflower rice, broccoli & red peppers, roast cabbage & miso & ginger sauce

NATURAL FITNESS FOOD

BREAKFAST & SNACKS

EGG WRAPS

LEAN

Pesto chicken

Satay chicken

Spinach, halloumi
& sweet chilli

EGG WRAPS

FUEL

Hot smoked salmon

Peri peri chicken

SNACK POTS

Chilli & garlic prawns, edamame & nori
salad, rice & pickled red cabbage

Chicken strips
& sweet chilli sauce

BOTTLED SHAKES

Snickers

Oreo

Superman

Popeye

Breakfast Beat

GRANOLA POT

Strawberry & cherry
compote, Greek yogurt

OVERNIGHT OATS

Raspberry compote with
vanilla baked oats
& toasted coconut

PROTEIN BARS

Snickers

Almond Snickers

ENERGY BALLS

Oat & macadamia

Biscoff

HEALTHY COOKIE'S

Breakfast Cookie