

NATURAL
**FITNESS
FOOD**

JUNE - 2021

FUEL+

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

SATAY CHICKEN

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

FUEL

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

GRILLED TURKEY

with a beetroot & pea salad, sweet potato rosti, broccoli & black garlic chimuchurri

BAVETTE STEAK

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

GINGER CHILLI SALMON

with turmeric & peanut sushi rice, savoy cabbage, peppers & broccoli & a miso sauce

LEAN

Lean is lower in calories, lower in carbohydrates & includes an additional serving of vegetables while more substantial than Clean.

GRILLED TURKEY

with a beetroot & pea salad, celeriac rosti, broccoli & black garlic chimuchurri

BAVETTE STEAK

with roast celeriac, roast broccoli, grilled tomato & salsa verde

GINGER CHILLI SALMON

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

CLEAN

Smaller than Lean or Fuel with carb options to suit your preference & all under 300 calories

TUNA & SWEETCORN BURGERS

with roast sweet potato, grilled asparagus, & tzatziiki

TUNA & SWEETCORN BURGERS

with grilled asparagus, pickled red cabbage & tzatziiki

VEGETARIAN

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

FUEL

SQUASH, SPINACH & FETA FRITTATA

with a rainbow slaw, preserved lemon cous cous salad & lemon miso dressing

LEAN

SQUASH, SPINACH & FETA FRITTATA

with a rainbow slaw, roast broccoli & pepper salad & lemon miso dressing

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

CAULIFLOWER FALAFEL

with a red pepper & cabbage slaw, preserved lemon cous cous & a red pepper houmous

LEAN

CAULIFLOWER FALAFEL

with a red pepper & cabbage slaw, broccoli & sweetcorn tabouleh & a red pepper houmous

NATURAL FITNESS FOOD

BREAKFAST & SNACKS

EGG WRAPS

Peri peri chicken
Satay chicken
Spinach, halloumi & sweet chilli

SNACK POTS

Coronation chicken
Haddock goujons & verde yogurt
Salt & pepper tofu & satay sauce
Chicken strips & sweet chilli sauce

EGG MUFFINS

Chicken & red pepper
Asparagus & sundried tomato
Goat's cheese & red pepper

BOTTLED SHAKES

Snickers
Oreo
Superman
Popeye

GRANOLA POT

Cherry & strawberry
compote, Greek yogurt

OVERNIGHT OATS

Blueberry almond

CRUDITE POTS

Carrots & houmous
Apple & peanut butter

FRESH FRUIT

Watermelon & red grape
Mango & blueberry

WAFFLES

Vanilla waffles
& blueberry compote

PROTEIN BARS

Snickers
Almond Snickers

ENERGY BALLS

Oat & macadamia
Chocolate & hazelnut

HEALTHY COOKIE'S

Breakfast Cookie
Dark chocolate & almond