

NATURAL  
**FITNESS  
FOOD**

APRIL - 2021

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## 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

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## FUEL

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

### 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

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## LEAN

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

### BAVETTE STEAK

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

### GINGER CHILLI SALMON

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

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## CLEAN

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

### SATAY CHICKEN

with jasmine rice, sesame roast broccoli & satay saue

### SATAY CHICKEN

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

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## VEGETARIAN

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

## FUEL

### GOAT'S CHEESE FRITTATA

with kale slaw, sweet potato & a chunky tomato sauce

## LEAN

### GOAT'S CHEESE FRITTATA

with kale slaw, roast squash & a chunky tomato sauce

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## 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

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# NATURAL FITNESS FOOD

## BREAKFAST & SNACKS

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### EGG WRAPS

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Peri peri chicken  
Satay chicken  
Spinach, halloumi & sweet chilli

### SNACK POTS

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Coronation chicken  
Salt & pepper tofu & satay sauce

### EGG MUFFINS

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Leek & mushroom  
Chicken, broccoli & parmesan

### BOTTLED SHAKES

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Snickers  
Oreo  
Superman  
Popeye

### GRANOLA POT

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Cherry & strawberry  
compote, Greek yogurt

### OVERNIGHT OATS

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Blueberry almond

### CRUDITE POTS

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Carrots & houmous  
Apple & peanut butter

### HEALTHY COOKIE'S

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Breakfast Cookie  
Dark chocolate & almond

### WAFFLES

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Vanilla waffles  
& blueberry compote

### PROTEIN BARS

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Snickers  
Almond Snickers

### ENERGY BALLS

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Oat & macadamia  
Chocolate & hazelnut

### NUTS

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Cacao walnuts

**BUILD YOUR OWN**

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**1. PICK YOUR BASE**

**ALKALIME**

Avocado, kale, cashew nuts, lime juice, banana

**BREAKFAST BEAT**

Gluten free oats, banana, mulberries, peanut butter

**BERRY BLAST**

Raspberries, blueberries, blackberries, cherries, currants

**CHOCOLATE CHIEF**

Raw cacao, dates, Himalayan pink salt, banana

**BLUEBERRY ALMOND**

Blueberries, almond butter

**NUTTER BUTTER**

Banana, almond butter

**BANANA BREAD**

Banana, gluten free oats, dates, cinnamon

**PB & J**

Peanut butter, strawberry, cherry compote

**NUTTER BUTTER**

Banana, almond butter

**SNICKERS**

Vegan chocolate, dates, peanut butter

**RASPBERRY CASHEW**

Raspberries, cashew butter

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**2. PICK YOUR PROTEIN**

**WHEY**

Vanilla, chocolate, coconut

**VEGAN**

Vanilla, chocolate, coconut

**3. PICK YOUR LIQUID**

Almond milk  
Coconut milk  
Coconut water  
Cow's milk  
*Whole & Semi skimmed*  
Oat milk

**ADD ONS?**

Protein scoop  
Almond butter  
Cashew butter  
Peanut butter  
Espresso Shot  
Carb Boost  
Creatine  
Glutamine  
Oats

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**SIGNATURE SHAKES**

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**CLEAN**

**MOCHA**

Chocolate protein, espresso shot, almond milk

**REVENGE BOD**

Vanilla protein, almond milk, cinnamon

**LEAN**

**PINA COLADA**

Coconut protein, coconut milk, pineapple, lime juice

**OREO**

Vanilla protein, almond milk, NFF oreo

**FUEL**

**SUPERMAN**

Vanilla protein, coconut milk, berries, banana, almond butter

**BEAST**

Chocolate protein, NFF cookie, creatine, oat milk, carb boost

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