

NATURAL  
FITNESS  
FOOD

MEALS

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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!

**CAJUN SALMON**

with cavolo nero pesto pasta, roast cabbage & tenderstem broccoli

**GRILLED STEAK**

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

**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

**SATAY PRAWNS**

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

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**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

**GRILLED STEAK**

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

**SATAY CHICKEN**

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

**CAJUN CHICKEN**

with cavolo nero pesto pasta, roast cabbage, peppers & tenderstem broccoli

**LEMON HERB CHICKEN**

with tenderstem broccoli slaw, romesco sauce & a pearl barley & pea salad

**MISO & CHILLI SALMON**

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

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**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

**GRILLED STEAK**

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

**SATAY CHICKEN**

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

**CAJUN CHICKEN**

with cavolo nero pesto grilled courgettes, roast cabbage, peppers & tenderstem broccoli

**LEMON HERB CHICKEN**

with tenderstem broccoli slaw, romesco sauce & an asparagus & pea salad

**MISO & CHILLI SALMON**

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

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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**

**GOATS CHEESE FRITTATA**

with sweet potato, tenderstem & radish slaw & siracha yogurt

**LEAN**

**GOATS CHEESE FRITTATA**

with asparagus & pea salad, tenderstem & radish slaw & siracha yogurt

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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**

**CAJUN MUSHROOM SLIDERS**

with cavolo nero pesto pasta, roast cabbage, peppers & tenderstem broccoli

**LEAN**

**CAJUN MUSHROOM SLIDERS**

with cavolo nero pesto grilled courgettes, roast cabbage, peppers & tenderstem broccoli

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# NATURAL FITNESS FOOD

## BREAKFAST & SNACKS

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### EGG WRAPS

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#### LEAN

Siracha chicken

Satay chicken

Peri peri halloumi

### EGG WRAPS

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#### FUEL

Ginger chilli salmon

Peri peri chicken

### SNACK POTS

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Chicken strips  
& siracha yogurt

Spiced chicken  
& romesco sauce

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### BOTTLED SHAKES

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Snickers

Blueberry Almond

Oreo

Strawberry & Banana

Pistachio Greens

Tahini, Date & Banana

### GRANOLA POT

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Strawberry compote,  
Greek yogurt  
& NFF Granola

### OVERNIGHT OATS

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Chocolate & banana oats  
topped with cacao peanuts

Vanilla & almond oats topped with  
blueberry compote & flaked almonds

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### PROTEIN BARS

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Snickers

Almond Snickers

### ENERGY BALLS

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Ferrero Rocher

Biscoff

### HEALTHY TREATS

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Chocolate Hazelnut Cookie

Classic Breakfast Cookie

Protein Rice Krispie Bar

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#naturalfitnessfood

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