

NATURAL  
FITNESS  
FOOD

MEALS

**FUEL+**

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

**JERK SALMON**

with crushed sweet potato, calypso slaw, plantain & pineapple ketchup

**MISO & CHILLI CHICKEN**

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

**GOCHUJANG STEAK**

with kimchi rice, raw vegetable salad, grilled pineapple, with a gochujang dressing

**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.

**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

**GOCHUJANG CHICKEN**

with kimchi rice, raw vegetable salad, grilled pineapple, with a gochujang dressing

**JERK CHICKEN**

with crushed sweet potato, calypso slaw, plantain & pineapple ketchup

**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

**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

**GOCHUJANG CHICKEN**

with kimchi cauliflower rice, raw vegetable salad, grilled pineapple, gochujang dressing

**JERK CHICKEN**

with calypso slaw & steamed cabbage, plantain & pineapple ketchup

**MISO & CHILLI SALMON**

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

**JERK TOFU**

with crushed sweet potato, calypso slaw, plantain & pineapple ketchup

**LEAN**

**JERK TOFU**

with calypso slaw & steamed cabbage, plantain & pineapple ketchup

**FUEL**

**GOCHUJANG TEMPEH**

with kimchi rice, raw vegetable salad, grilled pineapple, gochujang dressing

**LEAN**

**GOCHUJANG TEMPEH**

with kimchi cauliflower rice, raw vegetable salad, grilled pineapple, gochujang dressing

# NATURAL FITNESS FOOD

## BREAKFAST & SNACKS

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### EGG WRAPS

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#### LEAN

Jerk 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 &  
sweet chilli sauce

Jerk chicken &  
pineapple ketchup

Symplicity N'duja &  
sundried tomato pasta pot

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### BOTTLED SHAKES

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Snickers

Oreo

Superman

Popeye

Breakfast Beat

Forrero Rocher

### GRANOLA POT

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Strawberry & cherry  
compote, Greek yogurt

### OVERNIGHT OATS

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Raspberry compote with  
vanilla baked oats  
& toasted coconut

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### PROTEIN BARS

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Snickers

Almond Snickers

### ENERGY BALLS

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Ferrero Rocher

Biscoff

### HEALTHY COOKIE'S

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Breakfast Cookie