

NATURAL
FITNESS
FOOD

SEPTEMBER - 2022

FUEL+

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

CURRIED SALMON

with lemon rice, squash & lime pickle, roast cauliflower & kale & curry sauce

MISO & CHILLI CHICKEN

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

CURRIED CHICKEN

with lemon rice, squash & lime pickle, roast cauliflower & kale & curry sauce

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

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

CURRIED CHICKEN

with roast cauliflower & kale , squash & lime pickle, coconut cabbage & curry sauce

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

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

CURRIED TOFU

with lemon rice, squash & lime pickle, roast cauliflower & kale & curry sauce

LEAN

CURRIED TOFU

with roast cauliflower & kale , squash & lime pickle, coconut cabbage & curry 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

Pesto pasta & sundried tomato

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