

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!

**GOCHUJANG SALMON**  
with gochujang pasta & a tenderstem & roast mushroom salad

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

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

**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

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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

**GOCHUJANG CHICKEN**  
with gochujang pasta & a tenderstem & roast mushroom salad

**HOT SMOKED SALMON**  
with roast peppers & baby potatoes, pickled courgettes & a dill & lemon yogurt

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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

**GOCHUJANG CHICKEN**  
with gochujang roast aubergine & a tenderstem & roast mushroom salad

**HOT SMOKED SALMON**  
with roast peppers, roast chick peas & soy beans, pickled courgettes & a dill yogurt

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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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**FUEL**

Finish strong, heat up fast. You take care of your workout, we'll take care of refuelling.

**RED THAI PRAWN CURRY**  
with a citrus jasmine rice & sesame & nori edamame beans

**TERIYAKI CHICKEN**  
with jasmine rice, bok choy & pickled chilli & roasted wild mushrooms

**PULLED BEEF BRISKET**  
with vegetable orzo, roast broccoli & cavolo nero & pickled red chilli

# NATURAL FITNESS FOOD

## BREAKFAST & SNACKS

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### EGG WRAPS

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Sriracha Chicken  
Satay Chicken  
Peri Peri Halloumi  
Hot Smoked Salmon

### WRAPS & BAGELS

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Smoked Salmon &  
Cream Cheese  
Chicken Caesar Wrap  
Bang Bang Chicken  
Steak, Spinach & Red Pepper

### SNACK POTS

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Chicken Strips  
& Sriracha  
Smoked Salmon  
& Boiled Egg

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### BOTTLED SHAKES

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Snickers  
Blueberry Almond  
Oreo  
Strawberry & Banana  
Pistachio Greens  
Mango Sunrise

### SALAD BOXES

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Bang Bang Chicken  
Chicken Caesar  
Greek Salad  
Hot Smoked Salmon  
& Pearl Barley

### GRANOLA & OATS

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Strawberry Compote,  
Greek Yogurt & NFF Granola  
Chocolate & Banana Oats  
with Cacao Peanuts  
Vanilla & Almond Oats with  
Blueberry Compote & Flaked Almonds

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### PROTEIN BARS

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Snickers  
Almond Snickers  
Raw Brownie

### POTS

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Gochujang Pasta  
Grilled Chicken Breast  
Grilled Steak  
Hot Smoked Salmon  
Chilli & Garlic Prawns

### HEALTHY TREATS

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Chocolate Hazelnut Cookie  
Classic Breakfast Cookie

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#naturalfitnessfood

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