

# NATURAL FITNESS FOOD

JANUARY — 2020

FRESHLY  
MADE  
EVERYDAY

## FUEL

Higher protein and carbohydrates with quality nutrients to provide energy and support lean muscle growth

**PERI PERI CHICKEN**  
with mixed vegetable rice, macho peas, slaw & peri peri yogurt

**BAVETTE STEAK**  
with curried sweet potato, roast broccoli, tomato & salsa verde

**GINGER & CHILLI SALMON**  
with peanut sticky rice & Savoy cabbage & mange-tout salad

## LEAN

High protein, low carbohydrate and calories to replenish and protect muscle

**PERI PERI CHICKEN**  
with macho peas, spiced red pepper slaw & peri peri yogurt

**BAVETTE STEAK**  
with roast broccoli, herb roast tomato, & salsa verde

**GINGER & CHILLI SALMON**  
with peanut cauliflower rice & Savoy cabbage & mange-tout salad

## CLEAN

Keep it simple.  
High protein, low fat,  
all under 300 calories

**SATAY CHICKEN**  
Grilled chicken, sesame broccoli, jasmine rice & satay sauce

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**TUNA BURGERS**  
with pickled red cabbage, sweet potato & tzatziki

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with pickled red cabbage, roast broccoli & tzatziki

## VEGETARIAN

Support body and planet with delicious, sustainable, meat-free nutrition

**Goat's cheese frittata**  
with a kale slaw, roast sweet potato & a chunky tomato sauce

## PLANT-BASED

Tasty vegan dishes with complex carbs, healthy fats packed with nutrients to supports your lifestyle

**SATAY TOFU**  
Salt & pepper tofu with a pea & ginger salad, sesame broccoli, rice & almond satay sauce