

NATURAL
**FITNESS
FOOD**

BREAKFAST & SNACKS

EGG WRAPS

Fajita chicken
Satay chicken
Halloumi & sweet chilli

SNACK POTS

Coronation chicken
Chilli prawns
Cauliflower, chickpea & tahini
Cauliflower falafel & tahini

EGG MUFFINS

Harissa chicken & sweetcorn
Chicken, broccoli & parmesan
Mushroom & leek

BOTTLED SHAKES

Snickers
Oreo
PB & J

GRANOLA POT

Cherry & strawberry compote,
Greek or Coconut yogurt
Blueberry compote,
Greek yogurt

OVERNIGHT OATS

Cherry coconut
Blueberry almond
Chocolate & salted peanut

CRUDITE POTS

Carrots & houmous
Apple & peanut butter

HEALTHY COOKIE'S

Breakfast
Dark chocolate & almond
White chocolate & macadamia

PROTEIN PANCAKES

Vanilla & blueberry
Banana & chocolate chip

PROTEIN BARS

Snickers
Almond Snickers

ENERGY BALLS

Oat & macadamia
Apple & pecan

NUTS

Cacao walnuts
Pepper cashews
Roast almonds