

NATURAL FITNESS FOOD

THIS WEEK'S MEALS

MUSCLE GAIN

LEAN

PERFORMANCE

VEGAN

MONDAY

Coconut chicken, ginger tomatoes & coconut rice

Mexican chicken with sweet potato & peppers

Coconut chicken, ginger tomatoes & squash

Mexican chicken salad with guacamole

Coconut chicken, ginger tomatoes & coconut rice

Mexican chicken with sweet potato & peppers

Cauliflower fritters, greens & a tomato sauce

TUESDAY

Coconut chicken, ginger tomatoes & coconut rice

Spiced tuna burgers with a broccoli salad

Coconut chicken, ginger tomatoes & squash

Spiced tuna burgers with a broccoli salad

Coconut chicken, ginger tomatoes & coconut rice

Spiced tuna burgers, roast squash & broccoli

Curried tofu, coriander yogurt & cauliflower rice

WEDNESDAY

Coconut chicken, ginger tomatoes & coconut rice

Steak, curried sweet potato & broccoli

Coconut chicken, ginger tomatoes & squash

Steak, roast tomato & salsa verde

Coconut chicken, ginger tomatoes & coconut rice

Steak, curried sweet potato & broccoli

Miso & harissa aubergine, pumpkin noodles & slaw

THURSDAY

Coconut chicken, ginger tomatoes & coconut rice

Teriyaki salmon, pickled vegetables, noodles & black beans

Coconut chicken, ginger tomatoes & squash

Teriyaki salmon & pickled vegetables

Coconut chicken, ginger tomatoes & coconut rice

Teriyaki salmon, pickled vegetables, noodles & black beans

Souvlaki tofu with a pepper cous cous

FRIDAY

Coconut chicken, ginger tomatoes & coconut rice

King prawns, cod, sushi rice and a carrot slaw

Coconut chicken, ginger tomatoes & squash

Miso cod & carrot slaw with chilli sauce

Coconut chicken, ginger tomatoes & coconut rice

Chilli miso cod, sushi rice and a carrot slaw

Root vegetable fritters



#naturalfitnessfood