

NATURAL
**FITNESS
 FOOD**

THIS WEEK'S MEALS

CLEAN

LEAN

PERFORMANCE

MUSCLE GAIN

VEGAN

MONDAY

Satay chicken,
 sesame broccoli,
 jasmine rice
 Satay chicken,
 sesame broccoli,
 pea & ginger salad

Chicken, frittata,
 green beans,
 tomato sauce
 Steak, roast
 tomatoes, broccoli
 & salsa verde
 Peri peri chicken,
 slaw, peas

Steak, sweet
 potato, broccoli
 & salsa verde

Chicken, frittata,
 sweet potato
 green beans
 Steak, sweet
 potato, broccoli
 & salsa verde
 Peri peri chicken,
 spicy rice,
 slaw, peas

Satay coconut
 tofu, broccoli
 & jasmine rice

TUESDAY

Satay chicken,
 sesame broccoli,
 jasmine rice
 Satay chicken,
 sesame broccoli,
 pea & ginger salad

Chicken, frittata,
 green beans,
 tomato sauce
 Mirin salmon,
 sesame broccoli,
 roast cabbage
 Peri peri chicken,
 slaw, peas

Peri peri chicken,
 peas, spicy rice
 & coleslaw

Chicken, frittata,
 sweet potato
 green beans
 Mirin salmon,
 rice, broccoli,
 roast cabbage
 Peri peri chicken,
 spicy rice,
 slaw, peas

Ginger & chilli tofu
 Pad Thai with
 mixed vegetables

WEDNESDAY

Satay chicken,
 sesame broccoli,
 jasmine rice
 Satay chicken,
 sesame broccoli,
 pea & ginger salad

Chicken, frittata,
 green beans,
 tomato sauce
 Tuna steak, free-
 range egg, tomato,
 salsa verde
 Peri peri chicken,
 slaw, peas

Chicken, frittata,
 sweet potato
 green beans

Chicken, frittata,
 sweet potato
 green beans
 Tuna steak, sweet
 potato, tomato,
 salsa verde
 Peri peri chicken,
 spicy rice,
 slaw, peas

Ginger & chilli tofu
 Pad Thai with
 mixed vegetables

THURSDAY

Satay chicken,
 sesame broccoli,
 jasmine rice
 Satay chicken,
 sesame broccoli,
 pea & ginger salad

Chicken, frittata,
 green beans,
 tomato sauce
 Turmeric salmon,
 edamame tabouleh,
 beetroot slaw
 Peri peri chicken,
 slaw, peas

Peri peri chicken,
 peas, spicy rice
 & coleslaw

Chicken, frittata,
 sweet potato
 green beans
 Turmeric salmon,
 cumin rice,
 tabouleh, slaw
 Peri peri chicken,
 spicy rice,
 slaw, peas

Christmas
 Special

FRIDAY

Satay chicken,
 sesame broccoli,
 jasmine rice
 Satay chicken,
 sesame broccoli,
 pea & ginger salad

Shredded turkey
 Christmas Special
 Steak, vegetable
 stir-fry, sprouts
 & harissa yogurt
 Peri peri chicken,
 slaw, peas

Steak, basmati
 rice, roast sprouts
 & harissa yogurt

Shredded turkey
 Christmas Special
 Steak, basmati
 rice, roast sprouts
 & harissa yogurt
 Peri peri chicken,
 spicy rice,
 slaw, peas

Christmas
 Special



#naturalfitnessfood