

NATURAL  
**FITNESS  
 FOOD**

THIS WEEK'S MEALS

CLEAN

LEAN

PERFORMANCE

MUSCLE GAIN

VEGAN

MONDAY

Satay chicken,  
 jasmine rice  
 Satay chicken,  
 pea & ginger salad  
 Tuna burger, sweet  
 potato, tzatziki  
 Tuna burgers, red  
 cabbage, tzatziki

Grilled chicken  
 Caesar, cauliflower &  
 kale, chilli tomato  
 Steak, roast  
 tomatoes, broccoli  
 & salsa verde  
 Malay chicken,  
 spring greens,  
 ginger tomatoes

Steak, sweet  
 potato, broccoli  
 & salsa verde

Grilled chicken  
 Caesar, pasta  
 & kale salad  
 Steak, sweet  
 potato, broccoli  
 & salsa verde  
 Malay chicken,  
 coconut rice,  
 ginger tomatoes

Souvlaki tofu,  
 sweet potato,  
 pickled red cabbage,  
 coconut tzatziki

TUESDAY

Satay chicken,  
 jasmine rice  
 Satay chicken,  
 pea & ginger salad  
 Tuna burger, sweet  
 potato, tzatziki  
 Tuna burgers, red  
 cabbage, tzatziki

Grilled chicken  
 Caesar, cauliflower &  
 kale, chilli tomato  
 Ginger & chilli  
 salmon, peanut rice,  
 greens stir-fry  
 Malay chicken,  
 spring greens,  
 ginger tomatoes

Malay chicken,  
 coconut rice,  
 ginger tomatoes

Grilled chicken  
 Caesar, pasta  
 & kale salad  
 Ginger & chilli  
 salmon, cauliflower,  
 greens stir-fry,  
 Malay chicken,  
 coconut rice,  
 ginger tomatoes

Ginger & chilli  
 tofu, peanut sticky  
 rice, spring greens  
 & mange-tout,  
 coconut miso yogurt

WEDNESDAY

Satay chicken,  
 jasmine rice  
 Satay chicken,  
 pea & ginger salad  
 Tuna burger, sweet  
 potato, tzatziki  
 Tuna burgers, red  
 cabbage, tzatziki

Grilled chicken  
 Caesar, cauliflower &  
 kale, chilli tomato  
 Tuna steak, free-  
 range egg, tomato,  
 salsa verde  
 Malay chicken,  
 spring greens,  
 ginger tomatoes

Souvlaki chicken,  
 sweet potato,  
 peppers & chipotle

Grilled chicken  
 Caesar, pasta  
 & kale salad  
 Tuna steak, sweet  
 potato, tomato,  
 salsa verde  
 Malay chicken,  
 coconut rice,  
 ginger tomatoes

Ginger & chilli  
 tofu, peanut sticky  
 rice, spring greens  
 & mange-tout,  
 coconut miso yogurt

THURSDAY

Satay chicken,  
 jasmine rice  
 Satay chicken,  
 pea & ginger salad  
 Tuna burger, sweet  
 potato, tzatziki  
 Tuna burgers, red  
 cabbage, tzatziki

Grilled chicken  
 Caesar, cauliflower &  
 kale, chilli tomato  
 Mirin salmon,  
 sesame broccoli,  
 roast cabbage  
 Malay chicken,  
 spring greens,  
 ginger tomatoes

Malay chicken,  
 coconut rice,  
 ginger tomatoes

Grilled chicken  
 Caesar, pasta  
 & kale salad  
 Mirin salmon,  
 rice, broccoli,  
 roast cabbage  
 Malay chicken,  
 coconut rice,  
 ginger tomatoes

Nut & mushroom  
 kofta, couscous,  
 roast vegetables,  
 coconut harissa  
 yogurt

FRIDAY

Satay chicken,  
 jasmine rice  
 Satay chicken,  
 pea & ginger salad  
 Tuna burger, sweet  
 potato, tzatziki  
 Tuna burgers, red  
 cabbage, tzatziki

Grilled chicken  
 Caesar, cauliflower &  
 kale, chilli tomato  
 Steak, vegetable  
 rice, spring greens  
 & miso yogurt  
 Malay chicken,  
 spring greens,  
 ginger tomatoes

Steak, vegetable  
 rice, spring greens  
 & miso yogurt

Grilled chicken  
 Caesar, pasta  
 & kale salad  
 Steak, cauliflower  
 rice, spring greens  
 & miso yogurt  
 Malay chicken,  
 coconut rice,  
 ginger tomatoes

Nut & mushroom  
 kofta, couscous,  
 roast vegetables,  
 coconut harissa  
 yogurt



#naturalfitnessfood