

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

Souvlaki tofu,  
 sweet potato,  
 onions & peppers

FRIDAY

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

Chicken, frittata,  
 green beans,  
 tomato sauce  
 Steak, vegetable  
 stir-fry, sprouts  
 & harissa yogurt  
 Peri peri chicken,  
 slaw, peas

Steak, basmati  
 rice, roast sprouts  
 & harissa yogurt

Chicken, frittata,  
 sweet potato  
 green beans  
 Steak, basmati  
 rice, roast sprouts  
 & harissa yogurt  
 Peri peri chicken,  
 spicy rice,  
 slaw, peas

Souvlaki tofu,  
 sweet potato,  
 onions & peppers



#naturalfitnessfood