

NATURAL FITNESS FOOD

HOT FOOD MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

HOT BREAKFAST

PORRIDGE

Coconut porridge
with mixed seeds &
golden raisins

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EGG-START

Mushroom omlette
& roast tomatoes

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& roast tomatoes

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& roast tomatoes

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& roast tomatoes

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& roast tomatoes

HOT MEALS

HIGH CARB

Chicken meatballs,
tomato & basil,
broccoli & rice

Chicken meatballs,
tomato & basil,
broccoli & rice

Chicken meatballs,
tomato & basil,
broccoli & rice

Chicken meatballs,
tomato & basil,
broccoli & rice

Chicken meatballs,
tomato & basil,
broccoli & rice

LOW CARB

Chicken meatballs,
tomato & basil,
broccoli

Chicken meatballs,
tomato & basil,
broccoli

Chicken meatballs,
tomato & basil,
broccoli

Chicken meatballs,
tomato & basil,
broccoli

Chicken meatballs,
tomato & basil,
broccoli

SOUP

Chicken
& pea

Chicken
& pea

Chicken
& pea

Chicken
& pea

Chicken
& pea



#naturalfitnessfood