

NATURAL  
**FITNESS  
FOOD**

JULY - 2021

---

## FUEL+

A larger version of our popular dishes incorporating a larger portion of protein, carbohydrates as well as an extra portion of veg!

**SATAY CHICKEN**  
with jasmine rice, edamame bean & ginger salad, sesame roast broccoli & satay sauce

**CHILLI GINGER SALMON**  
with turmeric & peanut sushi rice, savoy cabbage, peppers & broccoli & a miso sauce

---

## FUEL

Higher in protein & carbohydrates with delicious flavour combinations & interesting ingredients; Fuel is the category to support your lifestyle.

**GRILLED TURKEY**  
with a beetroot & pea salad, sweet potato rosti, broccoli & black garlic chimichurri

**BAVETTE STEAK**  
with curried sweet potato, roast broccoli, grilled tomato & salsa verde

**SESAME TUNA FILLET**  
with a vermicelli noodle stir-fry, papaya slaw, grilled lime & a tamari & sesame dressing

---

## LEAN

Lean is lower in calories, lower in carbohydrates & includes an additional serving of vegetables while more substantial than Clean.

**GRILLED TURKEY**  
with a beetroot & pea salad, celeriac rosti, broccoli & black garlic chimichurri

**BAVETTE STEAK**  
with roast celeriac, roast broccoli, grilled tomato & salsa verde

**SESAME TUNA FILLET**  
with a roast vegetable stir-fry, papaya slaw, grilled lime & a tamari & sesame dressing

---

## CLEAN

Smaller than Lean or Fuel with carb options to suit your preference & all under 300 calories

**TUNA & SWEETCORN BURGERS**  
with roast sweet potato, grilled asparagus, & tzatziki

**TUNA & SWEETCORN BURGERS**  
with grilled asparagus, pickled red cabbage & tzatziki

---

## VEGETARIAN

Using eggs & dairy allow our chefs to be creative with their dishes & a great introduction to meat-free meals.

**FUEL**  
**SQUASH, SPINACH & FETA FRITTATA**  
with a rainbow slaw, preserved lemon cous cous salad & lemon miso dressing

**LEAN**  
**SQUASH, SPINACH & FETA FRITTATA**  
with a rainbow slaw, roast broccoli & pepper salad & lemon miso dressing

---

## PLANT-BASED

Our vegan range of products now offering a Fuel & Lean version of each dish showing that dishes can be delicious & fulfill your needs

**FUEL**  
**CAULIFLOWER FALAFEL**  
with a red pepper & cabbage slaw, preserved lemon cous cous & a red pepper houmous

**LEAN**  
**CAULIFLOWER FALAFEL**  
with a red pepper & cabbage slaw, broccoli & sweetcorn tabouleh & a red pepper houmous