

NATURAL
**FITNESS
FOOD**

BREAKFAST & SNACKS

EGG WRAPS

Fajita chicken
Satay chicken
Chicken Caesar
Peppers & chipotle houmous

SNACK POTS

Shredded chicken & tabouleh
Sesame king prawn &
pickled vegetables
Cauliflower, chickpea & tahini

EGG MUFFINS

Harissa chicken & sweetcorn
Chicken, broccoli & parmesan
Goat's cheese & red pepper

BREAKFAST BOX

Mushroom omelette,
roast cherry tomatoes,
apple & grape fruit salad

GRANOLA POT

Cherry & strawberry compote,
Greek yogurt
Blueberry compote,
Greek yogurt

OVERNIGHT OATS

Cherry coconut
Blueberry almond
Chocolate & salted peanut

CRUDITE POTS

Carrots & houmous
Apple & peanut butter

HEALTHY TREAT

Salted caramel chocolate
protein brownie

PROTEIN PANCAKES

Vanilla & blueberry
Banana & choc chip

PROTEIN BARS

Snickers
Vegan almond Snickers

ENERGY BALLS

Oat & macadamia
Vegan apple & pecan

NUTS

Cacao walnuts
Pepper cashews
Roast almonds

#naturalfitnessfood