

NATURAL
**FITNESS
FOOD**

BREAKFAST & SNACKS

EGG WRAPS

Fajita chicken
Satay chicken
Peppers & chipotle houmous

SNACK POTS

Shredded chicken & tabouleh
King prawn & pickled
vegetables

EGG MUFFINS

Chicken & red pepper
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

PROTEIN POTS

Grilled chicken breast
Grilled steak
Boiled eggs
Salt & pepper tofu

DESSERT POT

Cacao & avocado
mousse

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