



FitnessFeedz

BREAKFAST

Egg-White Omelette

- Plain with Spring Onion (3 or 5 whites)
- With Beef Bacon and chilli)
- With Mixed bell pepper, onion
- With Sweet Chilli Chicken, Mixed Peppers

Omelette

- Plain With Spring Onion 2 or 4 eggs
- With Beef Bacon and chilli)
- With Mixed bell pepper, onion
- With Sweet Chilli chicken, mixed peppers

Steak & Egg's

- 2-egg + 50g South-African Steak Tenderloin
- 4-egg + 100g South-African Steak Tenderloin
- 4-egg + 50g South-African Steak Tenderloin

Protein Pancakes

- Banana & Honey (2, 3 or 4)
- Chocolate Orange (2, 3 or 4)
- Apple, Sultana & Cinnamon (2, 3 or 4)
- Raspberry (2, 3 or 4)
- Carrot Cake (2, 3 or 4)

Protein Oat Pudding

- Banana & Raw Cocoa (125g/250g)
- Raspberry (125g/250g)
- Hazelnut & Raw Cocoa (125g/250g)
- Apple, Cinnamon, Sultana & Nut (125g/250g)
- Pineapple, Mango & Coconut (125g/250g)

Chia-seed pudding

- Fresh blueberry & Sunflower seeds (125g/250g)



PROTEINS

Lemon & Herb Chicken

100g/200g/300g

Italian Chicken

100g/200g/300g

Mexican Chilli Chicken)

100g/200g/300g

Moroccan Spiced Chicken

100g/200g/300g

Steak – Tenderloin

100g/200g/300g

Salmon

100g/200g/300g

White Fish

100g/200g/300g

Spicy White Fish)

100g/200g/300g

Turkey Chilli Con Carne)

100g/200g/300g

Turkey Meatballs

100g/200g/300g

Ground-Beef Meatloaf

150g/300g

Garlic Prawns

100g/200g/300g

Chilli Prawns)

100g/200g/300g

Thai Chilli Beef)

100g/200g/300g

Chickpea & Lentil Coconut Curry)

Vegan

Red Lentil Curry)

Vegan

Tofu Green Thai Curry)

Vegan

Chilli Con Carne)

Vegan

CARBOHYDRATES

White Rice

100g/150g

Brown Rice

100g/150g

Gluten-free Pasta

100g/150g

Edamame & Vegetable Rice

100g/150g

Sweet Potato Wedges

100g/150g

Coconut Chilli Rice

100g/150g

Sweet Potato Chilli Mash

100g/150g

Herbed White Potato Mash

100g/150g

Cauliflower Rice

100g/150g

Indian Potatoes

100g/150g

Rosemary White Roast Potato – cubed

100g/150g

SALADS

Grilled Chicken Salad

Sesame Tuna Salad

Tahini Minced Beef Salad

Quinoa & Grilled Vegetable Salad

Chickpea & Edamame Salad

Roasted Cauliflower & Spiced Pumpkin-Seed Salad

VEGETABLES

Asparagus

100g/ 150g

Green Beans

100g/150g

Broccoli

100g/150g

Cauliflower

100g/150g

Mushrooms

100g/150g

Carrots

100g/150g

Sugarsnap Peas

100g/150g

Spinach

100g/150g

Mixed Vegetables

100g/150g

SAUCES

Salsa 45g

Salsa Verde 45g (Ideal with fish)

Arribiatta 45g

Sweet Chilli 45g

BBQ 45g

Peppercorn 45g

Sour Cream & Chive 45g

Dijon Mustard 45g

Devils Chutney 45g

SNACKS

Dreamy Oaty Bites

Double-Chocolate Dreamy Oaty Bites

Chocolate & Berry Protein Truffles

Coffee & Macadamia Nut Protein Bites

Peanut Butter Protein Truffles

Almond Butter Protein Truffles

Full Salad Range (Snack-size)