

AT LEAST

*what's on the
menu this week?*

IS ONE LESS THING TO WORRY ABOUT





FITNESS OPTIMISER

According to your eating plan, your average macro-nutrient intake per day is:

Calories
2000

KJ
8200

Protein
25%

Fat
35%

Carbs
40%

STORAGE OF MEALS ON ARRIVAL:

PRODUCT MUST BE STORED IN THE FRIDGE IMMEDIATELY.

AMBIENT PRODUCT TO BE STORED IN THE GROCERY CUPBOARD.

SOUPS/ STEWS TO BE STORED IN THE FREEZER UNLESS YOU ARE GOING TO USE IT IN THE NEXT 3 DAYS.

YOUR WEEKLY MENU

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MONDAY	MEDITERRANEAN SCRAMBLE	VITAMIN SEE SMOOTHIE 250 ml	CHICKEN BURRITO BOWL	DROEWORS	ROAST TOMATO & RED PEPPER SOUP
TUESDAY	ROASTED VEG FRITTATA	PEANUT BUTTER COCOA NIB GRANOLA BAR ALL THE GREENS SMOOTHIES 250 ml	BEEF FILLET WITH PESTO ROASTED VEG QUINOA & BROWN RICE	BERRY SMOOTHIE 250 ml BERRY GRANOLA BAR	HERB ROAST CHICKEN WITH ROOT MASH
WEDNESDAY	CHICKEN SAUSAGE WITH MEXI BLACK BEANS & MUSHROOMS	PEANUT BUTTER COCOA NIB GRANOLA BAR	SALMON WITH QUINOA, GINGER MISO GLAZE AND SPRING VEG	ALL THE GREENS + VEGAN PROTEIN SMOOTHIE 250 ml	ROAST CHICKEN BREAST WITH MUSHROOM & SWEET POTATO
THURSDAY	GRANOLA WITH PROTEIN, ALMONDS & CRANBERRIES	COLLAGEN APPLE GRANOLA BAR	CHICKEN BREAST WITH ROAST RED PEPPER SAUCE & SPRING VEGETABLES	VEGAN COCOA CASHEW BAR	THAI RED CURRY CHICKEN WITH BASMATI RICE & BROCCOLI
FRIDAY	GRANOLA WITH PROTEIN, ALMONDS & CRANBERRY	PEANUT BUTTER COCOA NIB GRANOLA BAR	CHICKEN GREEN CURRY BOWL	ALL THE GREENS SMOOTHIE 250 ml BERRY GRANOLA BAR	BEEF FILLET WITH HARISSA, GRAIN MIX & STEAMED VEG
SATURDAY	OATS WITH CRANBERRY & ALMOND BUTTER	TREE NUTS	SPICY CAJUN CHICKEN WITH SAUTÉED PEPPERS & BASMATI	VITAMIN SEE SMOOTHIE 250 ml	MEXI CHICKEN WITH TACO SAUCE & ROASTED CAULIFLOWER
SUNDAY	SAUSAGE & MUSHROOM OMELETTE	DROEWORS	HARISSA CHICKEN WITH QUINOA & ROASTED BUTTERNUT	ALL THE GREENS SMOOTHIE 250 ml	THAI CURRY WITH CHICKEN & BASMATI RICE

MENU ITEMS CAN BE SUBSTITUTED IF NOT AVAILABLE.

SEE BACK OF MEAL FOR NUTRITIONAL INFORMATION AND WARMING INSTRUCTIONS.

CAUTION: TRAY HOT ONCE WARMED.