

PREP MEAL MENU

FUEL YOUR GAINS



£8

GET SHREDDED

Fajita seasoned shredded Chicken with a Salsa Rice, Green Beans and a Lime

Kcal: 696 | Fats: 58.5g
Protein: 58.5g | Carbs: 89g

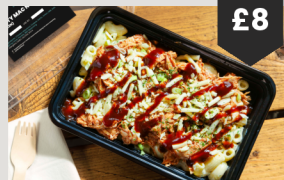


£8

BULKING BEEF

Seasoned Mince Beef, with Black and Red Beans. Served with plain Basmati Rice and Tenderstem Broccoli, topped with Parsley, Spring Onion and Fresh Chilli

Kcal: 823 | Fats: 30.7g
Protein: 51.6g | Carbs: 87g



£8

MAC N' CHEESE

Diced Chicken Breast in a vibrant Sweet and Sour Sauce with Basmati Rice, Spring Onion and Parsley

Kcal: 668 | Fats: 3.5g
Protein: 38.9g | Carbs: 132.7g



£10

GOOD FOR THE HEART (SALMON)

Teriyaki Marinated Salmon, with Garlic, Turmeric and Ginger infused Basmati Rice Tenderstem Broccoli, topped with Parsley, Spring Onion, Fresh Chilli's, Lemon

Kcal: 789 | Fats: 25.8g
Protein: 48.8g | Carbs: 86g



£8

RED THAI CURRY

Chicken Thighs in a vibrant Red Thai sauce, with Basmati Rice, Green Beans, Coriander and Fresh Chilli.

Kcal: 823 | Fats: 46.1g
Protein: 46.6g | Carbs: 64.6g



£8

SPAG BOL

Seasoned Mince Beef, on top of a basil and tomato spaghetti topped with light mature Cheese, spring onion and Parsley

Kcal: 823 | Fats: 46.1g
Protein: 46.6g | Carbs: 64.6g



£8

TONING TUNA

Chicken tenders smothered in Katsu sauce, with Basmati Rice, Green Beans, Spring Onion and Parsley

Kcal: 653 | Fats: 19.3g
Protein: 36.2g | Carbs: 83g



£8

CHAMPION CHICKEN

Seasoned Chicken Mince, with Black and Red Beans. Plain Basmati Rice and Tenderstem Broccoli, topped with Parsley, Spring Onion and Chilli

Kcal: 750 | Fats: 14.5g
Protein: 56.2g | Carbs: 83g



£8

COTTAGE PIE

seasoned Mince Beef with Peas and Carrots, topped with Garlic Mash and Mature Cheddar Cheese

Kcal: 714 | Fats: 46.3
Protein: 53.2g | Carbs: 30.7g



£8

QUEEN OF QUORN

Seasoned Quorn Mince, with Black and Red Beans. Plain Basmati Rice and Tenderstem Broccoli, topped with Parsley, Spring Onion and Chilli

Kcal: 597 | Fats: 5.1g
Protein: 38.2g | Carbs: 91.8g



£8

LIFTING LAMB

Seasoned diced Lamb with Tumeric and Cumin, Red Onion and Peppers, with Garlic Potatoes

Kcal: 679 | Fats: 25g
Protein: 56.4g | Carbs: 54g



£8

BANGERS N MASH

Seasoned Chicken Sausages, with a Garlic Mash, Onion Gravy and Tenderstem Broccoli

Kcal: 615 | Fats: 25.4g
Protein: 46g | Carbs: 50.7g