



Chef Theo

Personal. Professional. Passionate.



THE FITNESS ACADEMY CAFÉ

MACRO MEAL PREP LUNCH OPTIONS

£6.00 EACH

or

3 for £16.00 / 5 for £25.00!!

Soups

Chicken Noodle Soup

Kcal: 380 Pro: 37.5g Carbs: 48g (Sugars: 6g) Fat: 9g (Sat. Fat: 1.5g) Fibre: 6g

Beef & Soya Bean Broth

Kcal: 350 Pro: 36g Carbs: 22g (Sugars: 5g) Fat: 14g (Sat. Fat: 4g) Fibre: 8g

Salads

All with Crisp Salad Leaves, Soft Boiled Egg, Sweet Cherry Tomato, Cucumber, Red Onion, Salad Peppers and Balsamic Vinegar

Seared BBQ Chicken Salad

Kcal: 348 Pro: 39g Carbs: 17g (Sugars: 10g) Fat: 13g (Sat. Fat: 3g) Fibre: 3g

Prawn & Edamame (Soya Bean)

Kcal: 280 Pro: 37g Carbs: 15g (Sugars: 9g) Fat: 8g (Sat. Fat: 1.5g) Fibre: 3g

Grilled Chicken & Baby Beets

Kcal: 310 Pro: 42g Carbs: 19g (Sugars: 11g) Fat: 9g (Sat. Fat: 2g) Fibre: 4g

Wraps

All with Crunchy Lettuce, Diced Tomato & Red Onion on Protein Wrap with Small Side Salad

Salt 'n' Pepper Chicken

Kcal: 340 Pro: 34g Carbs: 27g (Sugars: 3g) Fat: 13g (Sat. Fat: 3g) Fibre: 9g

Sesame & Soy Glazed Salmon

Kcal: 420 Pro: 45.5g Carbs: 22g (Sugars: 6g) Fat: 18.5g (Sat. Fat: 3g) Fibre: 5g

Slow Roast Ham & Egg

Kcal: 350 Pro: 28g Carbs: 28g (Sugars: 5g) Fat: 12g (Sat. Fat: 3g) Fibre: 6g

Thank You for Your Custom!!

Please Make Us Aware of Any Food Allergies and/or Intolerances You Have!!



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MACRO MEAL PREP DINNER OPTIONS

£8.00 EACH

or

3 for £22.50 / 5 for £35.00!!

Stir-Frys

All made with Shredded Pak Choi, Baby Corn, Beansprouts and Vermicelli

Soy & Ginger Glazed Beef

Kcal: 662 **Pro:** 32.5g **Carbs:** 85g (Sugars: 12g) **Fat:** 20g (Sat. Fat: 4g) **Fibre:** 5g

Salt 'n' Pepper Chicken Strips

Kcal: 520 **Pro:** 36g **Carbs:** 52g (Sugars: 3.5g) **Fat:** 19g (Sat. Fat: 3g) **Fibre:** 4.5g

King Prawn with Sesame

Kcal: 525 **Pro:** 33g **Carbs:** 51g (Sugars: 3g) **Fat:** 21g (Sat. Fat: 3g) **Fibre:** 4.5g

Curries

*All made with Low-Fat Coconut Milk, Onions, Peppers and Wholegrain Rice
(M=medium, H=hot)*

Thai Green Cod & Baby Corn (H)

Kcal: 470 **Pro:** 36g **Carbs:** 49g (Sugars: 8g) **Fat:** 15g (Sat. Fat: 7g) **Fibre:** 4g

Chicken in Katsu Sauce (M)

Kcal: 475 **Pro:** 33g **Carbs:** 47g (Sugars: 6g) **Fat:** 17g (Sat. Fat: 7.5g) **Fibre:** 3g

Classic Meals

Chicken Pesto & Tomato Penne

Italian Herbed Tomato Sauce and Basil Pesto Chicken Strips tossed with Wholegrain Penne Pasta

Kcal: 513 **Pro:** 37g **Carbs:** 50g (Sugars: 7g) **Fat:** 21g (Sat. Fat: 6g) **Fibre:** 6.5g

Citrus Steamed Salmon

With Baby Potatoes and Grilled Asparagus

Kcal: 490 **Pro:** 34g **Carbs:** 22.5g (Sugars: 3g) **Fat:** 30g (Sat. Fat: 5g) **Fibre:** 5g

Nandos® Peri Peri Seasoned Chicken Breast

Seasoned and Seared Chicken Breast, Tenderstem Broccoli and Spicy Rice

Kcal: 405 **Pro:** 35g **Carbs:** 39g (Sugars: 4g) **Fat:** 5g (Sat. Fat: 1g) **Fibre:** 6g

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