

WELCOME TO

FITFOOD



OUR FITFOOD MEALS ARE DESIGNED TO GIVE YOU A DELICIOUS AND OPTIMAL MIX OF PROTEINS, FATS AND CARBOHYDRATES FOR A HEALTHY LEAN BODY WHEN COMBINED WITH REGULAR EXERCISE. THEY HAVE A CALCULATED AMOUNT OF CALORIES TO HELP YOU LOSE WEIGHT AND MAINTAIN OR BUILD LEAN MUSCLE FOR BOTH MEN AND WOMEN DEPENDING ON YOUR GOAL.



FITFOOD MEALS ARE AVAILABLE IN DAY PACKS, LUNCH PACKS, DINNER PACKS AND WEEK PACKS FOR A LEAN BODY



WE DO THE HEAVY LIFTING. CALORIE COUNTED. FRESH AND CONVENIENT



BREAKFAST, LUNCH AND DINNER MEALS SIZES FOR MEN AND WOMEN

we do the heavy lifting!

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BF
THE BODYFACTORY


















FITFOOD BITE SIZED TIPS

- FRITTATA AND OVERNIGHT OATS ARE HIGH PROTEIN OPTIONS THAT WILL KEEP YOU FULLER FOR LONGER.
- THE FRITTATA IS GREAT EITHER HOT OR COLD. 60 TO 90 SECONDS IN THE MICROWAVE IS PLENTY IF HEATING. IT'S ALSO LACTOSE AND GLUTEN FREE!
- THAI CHICKEN IS FULL OF FLAVOUR AND CAN BE EATEN AT ROOM TEMPERATURE, NO HEATING REQUIRED. IT'S LOW IN FAT AND CONTAINS THE SUPER FOOD QUINOA - PACKED FULL OF SUSTAINED ENERGY AND IS LOW GI
- TUNA TO GO CONTAINS CHICKPEAS WITH A LEMON DRESSING FOR FLAVOUR. THIS IS A GREAT OPTION ON THE GO, WITH CHICKPEAS CONTAINING A GOOD MIX OF FIBRE AND PROTEIN.
- LEAN CHICKEN IS YOUR LOW CALORIE, HIGH PROTEIN MEAL WITH A GOOD SOURCE OF CARBOHYDRATE FOR ENERGY. THIS IS A GO TO MEAL! WE USE BASMATI RICE, AND IF YOU WANT ADD GOOD FATS A TEASPOON OF COCONUT OIL OR PEANUT BUTTER CAN BE MIXED INTO THE RICE. THE GREENS IN THIS MEAL WILL MEET HALF OF YOUR DAILY NEEDS OF VEGETABLES.

BREAKFAST IS YOUR POWER MEAL TO START THE DAY. DO NOT SKIP IT! EATING BREAKFAST WILL STIMULATE YOUR METABOLISM, PROVIDE YOU WITH ENERGY, LUNCH AND DINNER ARE YOUR POWER AND RECOVERY MEALS - LUNCH TO GET YOU THROUGH TO EVENING TRAINING AND DINNER SO YOUR BODY RECOVERS. OUR FITFOOD CHOICES CONTAIN LEAN PROTEINS, GOOD CARBOHYDRATES AND VEGETABLES.

BREAKFAST

LUNCH AND DINNER

 <p>FRITTATA 2 whole eggs, 3 egg whites and Roast Vegetables PROTEIN 18.6g • CARB 14.7g FAT 14.3g • CALORIES 280</p> <p>GF LF</p>	 <p>SUPER GRANOLA Granola, berries and Greek yogurt PROTEIN 36.9g • CARB 40.7g FAT 21.9g • CALORIES 554</p>	 <p>OVERNIGHT OATS Oats, berries, peanut butter and Whey Protein Isolate PROTEIN 37.2g • CARB 59.1g FAT 16.8g • CALORIES 582</p>	 <p>THAI CHICKEN Chicken breast, quinoa and steamed greens PROTEIN 68.4g • CARB 92.2g FAT 16.6g • CALORIES 865</p> <p>GF LF</p>	 <p>TUNA TO GO Tuna, chickpeas and steamed greens PROTEIN 31.9g • CARB 26.6g FAT 20.3g • CALORIES 466</p> <p>GF LF</p>	 <p>LEAN CHICKEN Chicken breast, basmati rice and steamed greens PROTEIN 41.6g • CARB 48.3g FAT 15.5g • CALORIES 540</p> <p>GF LF</p>	 <p>KANGAROO BOLOGNESE Kangaroo mince, sweet potato and steamed greens PROTEIN 32.5g • CARB 45.5g FAT 16.7g • CALORIES 518</p> <p>GF LF</p>	 <p>TURKEY MEATBALLS Turkey mince, sweet potato and steamed greens PROTEIN 39.7g • CARB 53.9g FAT 11.7g • CALORIES 533</p>
 <p>MOROCCAN BEEF Lean beef, chickpeas and roast vegetables in Moroccan spice PROTEIN 39.8g • CARB 43.6g FAT 18.6g • CALORIES 565</p> <p>GF LF</p>	 <p>HONEY, SOY & CASHEW CHICKEN Chicken breast, green vegetables, basmati rice with honey, soy and cashew PROTEIN 53g • CARB 50g FAT 9g • CALORIES 509</p> <p>LF</p>	 <p>CHIPOTLE STEAK & MEXICAN RICE Lean beef, green vegetables and Mexican flavoured rice PROTEIN 48g • CARB 59g FAT 5g • CALORIES 473</p> <p>LF</p>	 <p>TURKEY SHEPHERDS PIE Turkey mince, sweet potato mash and green vegetables, for a pastry free and delicious pie PROTEIN 38g • CARB 37g FAT 20g • CALORIES 509</p> <p>LF</p>	 <p>THAI GREEN CHICKEN CURRY Thai Green Curry Paste, Green Beans, Chicken Breast, Basmati Rice PROTEIN 39.5g • CARB 61.5g FAT 21g • CALORIES 603</p> <p>GF LF</p>	 <p>TUNA BURRITO POWER BOWL Black Beans, Basmati Rice, Tuna, Lime Juice, Cheese PROTEIN 43.4g • CARB 46.8g FAT 21.8g • CALORIES 584.2</p> <p>GF LF</p>	 <p>TASTY BEEF STROGANOFF Beef, Button Mushrooms, Garlic, Onion, Fettuccine PROTEIN 44.2g • CARB 51.5g FAT 24.3g • CALORIES 617</p>	<p>MORE AMAZING MEALS COMING SOON!</p>

P:C:F and Calories are for mens portions. For vegetarian meats can be replaced with Tempeh. Ask us.

Please note FitFood Super granola and Overnight oats contain nuts. **Nutrition Key:** GF Gluten Free LF Lactose Free V Vegetarian VV Vegan

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READY TO EAT? LET'S GET YOU STARTED ON FITFOOD



IT'S EASY TO GET STARTED ON FITFOOD AND HAVE ALL YOUR MEALS PREPARED FOR YOU READY TO EAT.

TRY A DAY PACK, OR ORDER THE FULL WEEK PACK AND SAVE 15%!

FITFOOD PACKS

	 SAVE 3% on your first order	 SAVE 15% Every Order			 SAVE 15% Every Order
WHAT'S IN IT!	DAY PACK 1 for breakfast, 1 for lunch and 1 for dinner Total of 3 meals!	FULL WEEK PACK 6 Days of 3 meals (breakfast, lunch, dinner) Total of 18 meals!	5 DAY LUNCH PACK 5 Days of Lunch	5 DAY DINNER PACK 5 Days of Dinner	WEEKLY MUSCLE PACK Men: 6 Days of 4 meals (breakfast, brunch, lunch dinner) total of 24 meals. And 2 protein bars. Women: 6 Days of 3 meals (breakfast, lunch dinner) total of 18 full size meals.
HOW MUCH IS IT TO EAT!	Men \$30.95 Women \$28.95	Men \$157.00 Women \$142.00	Men \$59.75 Women \$54.75	Men \$59.75 Women \$54.75	Men \$199.00 Women \$157.00

PLACE YOUR ORDER, ITS EASY!

Simply leave your order form in the FitFood order box at The Body Factory or email to fitfood@thebodyfactory.com.au and you're all sorted!

Your food will be available for pick up from between 5am and 9am, 5pm and 8pm The Body Factory at 5/21 Resolution Drive, Caringbah on the **Monday** or **Thursday** after your order.

FitFood orders must be placed before 9am on Friday for Monday pick up, and before 9am on Tuesday for Thursday pick up. We will debit your account once ordered, or if you choose you can set-up a weekly order and we will ensure it's ready to go every week!