

# MOTION FITNESS FOODS

## MACROS

### BREAKFAST

#### Avocado & Eggs I

C 11.7g / Fiber 7g / NC 4.7g / P 17.6g / F 32.6g / Kcal 400  
(without bread)

#### Avocado & Eggs II

C 14.1g / Fiber 8.3g / NC 6.1g / P 19.5g / F 37.6g / Kcal 461.2  
(without bread)

#### Avocado – Pesto Bread (V)

C 25.4g / Fiber 15.7g / NC 9.3g / P 11g / F 51.3g / Kcal 570

#### Turkish Breakfast (Non-GF)

C 69g / Fiber 5.8g / NC 63.1g / P 33.3g / F 44.1g / Kcal 804.4  
(without bread)

#### Big Surfer Breakfast

C 22.9g / Fiber 1.6g / NC 21g / P 32.8g / F 40.7g / Kcal 588.5  
(without bread)

#### Protein Bagel Plate

C 73.7g / Fiber 23.2g / NC 50.3g / P 47.9g / F 40.8g / Kcal 791.9

#### Paleo Plate

C 71.7g / Fiber 12.4g / NC 59g / P 19.6g / F 19.1g / Kcal 518.8

#### Paleo Fit & Slim I

C 5.8g / Fiber 2.6g / NC 3.2g / P 17.2g / F 5.3g / Kcal 139.3

#### Paleo Fit & Slim II

C 18.8g / Fiber 8.5g / NC 9.6g / P 15g / F 10.4g / Kcal 205.8

#### Mega Omelet

C 23.4g / Fiber 4.5g / NC 18.4g / P 22.9g / F 28.6g / Kcal 476.6  
(without bread)

#### Turkish Omelet

C 5.7g / Fiber 0.8g / NC 4.9g / P 25.1g / F 27.1g / Kcal 368.5

#### Keto Ham-Zucchini Muffin Plate (GF)

C 19.1g / Fiber 8.2g / NC 4.5g / P 19.6g / F 42.3g / Kcal 573.9

#### Protein Buzz (GF)

C 37.4g / Fiber 6.4g / NC 30.9g / P 22.6g / F 41.9g / Kcal 610

**Protein Kick (V, GF)**

C 110g / Fiber 33.6g / NC 76g / P 35.2g / F 49g / Kcal 948.8

**Banana-Oat Pancakes (non-GF, GFO)**

C 139.5g / Fiber 21.3g / NC 118.1g / P 26.6g / F 20.5g / Kcal 813  
(without maple syrup)

**Paleo Apple – Cinnamon Pancakes**

C 67.3g / Fiber 17.8g / NC 48.7g / P 14.6g / F 51.3g / Kcal 744.9  
(without maple syrup)

**Apple Granola Bowl (VO, non-GF, GFO)**

C 59.7g / Fiber 8.9g / NC 51.4g / P 18.4g / F 30g / Kcal 563.5

**Vanilla Granola Bowl (V, non-GF, GFO)**

C 47.9g / Fiber 8.9g / NC 38.8g / P 15.7g / F 42.6g / Kcal 611.4

**Bircher Muesli (VO, non-GF)**

C 84.3g / Fiber 10.1g / NC 73.5g / P 13.3g / F 10.1g / Kcal 459

**Chia Seed Coconut Pudding (V, GF)**

C 67.7g / Fiber 16.7g / NC 46.6g / P 15.2g / F 55.4g / Kcal 793

**Blueberry-Banana Bowl (V, non-GF, GFO)**

C 92.5g / Fiber 16.6g / NC 67.6g / P 19.5g / F 46.7g / Kcal 826

**Acai-Banana Bowl (V, non-GF, GFO)**

C 86.4g / Fiber 21.2g / NC 64.9g / P 17.5g / F 46.7g / Kcal 801.9

**Pure Acai Bowl**

C 42g / Fiber 16.3g / NC 25.4g / P 16.4g / F 50.2g / Kcal 536.9

**Pure Blueberry Bowl**

C 70.5g / Fiber 18.4g / NC 51.8g / P 15.7g / F 42.1g / Kcal 689.9

**Protein Waffle**

C 107.2g / Fiber 12.2g / NC 95.1g / P 35.9g / F 14.3g / Kcal 703.8

**Protein Waffle Medium**

C 70.4g / Fiber 7.9g / NC 62.6g / P 24.2g / F 8.4g / Kcal 451

**Protein Waffle Baby**

C 24.1g / Fiber 2.3g / NC 21.7g / P 10.6g / F 4.3g / Kcal 176.7

**Protein Waffle (GF, V)**

C 117.3g / Fiber 9.2g / NC 105g / P 29.2g / F 4.9g / Kcal 607.2

**Protein Waffle Medium (GF, V)**

C 75.7g / Fiber 6.2g / NC 69.3g / P 19.3g / F 2.7g / Kcal 393

**Protein Waffle Baby (GF, V)**

C 25.2g / Fiber 3.4g / NC 23.4g / P 9.2g / F 1.1g / Kcal 144

**Keto Choco Waffle (GF)**

C 35.3g / Fiber 22.5g / NC 12.7g / P 24.4g / F 86.5g / Kcal 963.8

**Keto Choco Waffle Medium (GF)**

C 23.5g / Fiber 15.3g / NC 8.2g / P 13.9g / F 59.5g / Kcal 646.9

**Keto Choco Waffle Baby (GF)**

C 10.1g / Fiber 6.4g / NC 3.7g / P 6.9g / F 22.6g / Kcal 255.3

**Toppings for Original Protein Waffle:****Coconut yogurt**

C 4.8g / Fiber 0g / NC 4.8g / P 0.6g / F 8.5g / Kcal 99

**Peanut Butter**

C 14.9g / Fiber 5.9g / NC 8.9g / P 17g / F 34.8g / Kcal 411

**Chocolate spread**

C 31.8g / Fiber 1.9g / NC 29.9g / P 4.7g / F 19.3g / Kcal 322.8

**Banana**

C 18.3g / Fiber 2.1g / NC 16.2g / P 0.9g / F 0.3g / Kcal 71

**Strawberries/Blueberries**

C 13g / Fiber 3.2g / NC 9.7g / P 0.8g / F 0.6g / Kcal 54

**Apple-Cinnamon Sauce**

C 21.9g / Fiber 2.6g / NC 18.4g / P 0g / F 0g / Kcal 83.5

**Toppings for Medium Protein Waffle:****Coconut Yogurt**

C 3.1g / Fiber 0g / NC 3.1g / P 0.4g / F 5.4g / Kcal 64

**Peanut Butter**

C 9.6g / Fiber 3.8g / NC 5.7g / P 11g / F 22.3g / Kcal 264

**Chocolate spread**

C 23.8g / Fiber 1.4g / NC 22.4g / P 3.5g / F 14.4g / Kcal 242.1

**Banana**

C 16g / Fiber 1.8g / NC 14.2g / P 0.8g / F 0.2g / Kcal 62

**Strawberries/Blueberries**

C 9.6g / Fiber 2.3g / NC 7.2g / P 0.6g / F 0.4g / Kcal 40

**Apple-Cinnamon Sauce**

C 16.5g / Fiber 2g / NC 13.9g / P 0g / F 0g / Kcal 63.3

## Toppings for Baby Protein Waffle:

### Coconut Yogurt

C 1.4g / Fiber 0g / NC 1.4g / P 0.2g / F 2.4g / Kcal 144

### Peanut Butter

C 4.3g / Fiber 1.7g / NC 2.5g / P 4.9g / F 9.9g / Kcal 117

### Chocolate spread

C 10.6g / Fiber 0.6g / NC 10g / P 1.6g / F 6.4g / Kcal 107.6

### Banana

C 6.9g / Fiber 0.8g / NC 6.1g / P 0.3g / F 0.1g / Kcal 27

### Strawberries/Blueberries

C 7.3g / Fiber 1.7g / NC 5.5g / P 0.4g / F 0.3g / Kcal 31

### Apple-Cinnamon Sauce

C 8.6g / Fiber 1g / NC 7.6g / P 0g / F 0g / Kcal 32.9

### Sweet Potato Waffle + Smoked Salmon

C 129.2g / Fiber 20.3g / NC 108.7g / P 18.7g / F 28.4g / Kcal 826.4

### Sweet Potato Waffle + Chocolate

C 214.7g / Fiber 24.2g / NC 190.4g / P 17g / F 30.2g / Kcal 1165.5

### Sweet Potato Waffle + Peanut Butter (V)

C 188g / Fiber 26.5g / NC 161.2g / P 27g / F 38.3g / Kcal 1147.2

## SALADS

### Mega Chicken Salad

C 23.3g / Fiber 4.8g / NC 18.2g / P 59.3g / F 17.3g / Kcal 615.5

### Mega Mahi Mahi Salad

C 23.3g / Fiber 4.8g / NC 18.2g / P 44.8g / F 13.1g / Kcal 513

### Tropical Vegan Salad (V)

C 38.1g / Fiber 12g / NC 25.7g / P 33.5g / F 26.7g / Kcal 495.5

### Paleo Beef & Avocado Salad

C 15.9g / Fiber 7.2g / NC 8.6g / P 76.7g / F 70.2g / Kcal 988

### Smoked Salmon Salad

C 26.2g / Fiber 8.1g / NC 17.9g / P 23.9g / F 32.3g / Kcal 462

### Fitness Plate (V)

C 94.8g / Fiber 27.8g / NC 65.5g / P 23.9g / F 35.3g / Kcal 736.8

### Salmon-Quinoa Bowl (GF)

C 43.6g / Fiber 6.9g / NC 36.5g / P 37.1g / F 38.8g / Kcal 649

**Keto Chicken Salad (GF)**

C 15.9g / Fiber 4.7 / NC 11.1g / P 39,1g / F 51.9g / Kcal 667.2

**Keto Smoked Salmon Salad (GF)**

C 20g / Fiber 9.8g / NC 11g / P 25.6g / F 58.8g / Kcal 697.2

**VEGGIES, PASTA & GRAINS****Low Carb Mie Goreng (GF, V)**

C 35.2g / Fiber 12.5g / NC 21.9g / P 9.5g / F 14.6g / Kcal 291

**Salmon Brown Rice Wok (GF)**

C 49.5g / Fiber 6.7g / NC 42.3g / P 27.1g / F 12.8g / Kcal 421

**Veggie Wok (V, GF)**

C 48.9g / Fiber 12.2g / NC 36.2g / P 27g / F 26.1g / Kcal 509  
(without dressing)

**Quinoa Pasta Pesto (V, GF)**

C 113.6g / Fiber 9g / NC 104.6g / P 18g / F 55.8g / Kcal 658

**Pesto Zoodles (V, GF)**

C 34.6g / Fiber 10.7g / NC 23.9g / P 14.3g / F 24.1g / Kcal 389

**BURGERS****Lentil Burger (V)**

C 52.7g / Fiber 17.4g / NC 35.1g / P 19.3g / F 32g / Kcal 539.5  
(without bun and side dish)

**Chicken Burger**

C 11.9g / Fiber 6g / NC 5.7g / P 41.9g / F 20.3g / Kcal  
(without bun and side dish)

**Cheese Beef Burger**

C 16g / Fiber 4.7g / NC 11.1g / P 26.8g / F 22.8g / Kcal 326.5  
(without bun and side dish)

**Regular Bun**

C 31.4g / Fiber 4.3g / NC 27g / P 5.7g / F 2.9g / Kcal 157

**GF Bun**

C 58.4g / Fiber 4.6g / NC 53.8g / P 8.4g / F 10.2g / Kcal 357

**Keto Bun**

C 13.3g / Fiber 6.1g / NC 7g / P 27.4g / F 47.5g / Kcal 566

## DRESSING VEGAN

### Olive Oil with Balsamic / Lemon

C 3.4g / Fiber 0g / NC 3.4g / P 0.1g / F 36g / Kcal 336

### Vinaigrette

C 0.9g / Fiber 0.2g / NC 0.7g / P 0.4g / F 3.2g / Kcal 34.6

### Orange - Basil

C 4.3g / Fiber 0.1g / NC 4.1g / P 0.3g / F 7.6g / Kcal 87

### Vegan Ranch

C / Fiber / NC / P / F / Kcal

## DRESSING

### Yogurt - Herb

C 3g / Fiber 0.1g / NC 2.9g / P 2g / F 5.6g / Kcal 69.9

### Paleo Ranch

C 2.2g / Fiber 0.3g / NC 1.9g / P 1.6g / F 13.5g / Kcal 131.3

### Honey-Mustard

C 42g / Fiber 0.1g / NC 41.6g / P 0.2g / F 1.2g / Kcal 166.5

## KETO LETTUCE WRAPS (GF)

### Keto Chicken Tacos

C 15.1g / Fiber 4.9g / NC 10.2g / P 50.2g / F 64.8g / Kcal 838

### Keto Mahi Mahi Tacos

C 15.1g / Fiber 4.9g / NC 10.2g / P 41.3g / F 60.5g / Kcal 761

## CURRY & SOUPS

### Chickpea Curry (V, GF)

C 75.9g / Fiber 21.8g / NC 53.5g / P 18.8g / F 4.4g / Kcal 394.7

### Chicken – Cashew Curry (GF)

C 33.5g / Fiber 11.7g / NC 21.8g / P 47.3g / F 7.9g / Kcal 384.2

### Lentil Soup (V, GF)

C 67.5g / Fiber 14.3g / NC 53.2g / P 28.9g / F 4.6g / Kcal 482.6

### Magic Soup (V, GF)

C 41.5g / Fiber 11g / NC 30.5g / P 6.3g / F 0.7g / Kcal 182.1

### Pumpkin Soup (V, GF)

C 66g / Fiber 8g / NC 58g / P 9.8g / F 10g / Kcal 346,6

## CREATE YOUR PLATE

### BASE

#### **Coconut Yogurt 120g**

C 8.2g / Fiber 0g / NC 8.2g / P 1.1g / F 14.5g / Kcal 170

#### **Coconut Milk**

C 3g / Fiber 0g / NC 3g / P 1.5g / F 21g / Kcal 213

#### **Organic Soy Milk**

C 0.5g / Fiber 0g / NC 0.5g / P 2.3g / F 2.8g / Kcal 38.4

#### **Almond Milk**

C 1.9g / Fiber 0.9g / NC 1g / P 1.9g / F 4.8g / Kcal 56.4

#### **Oat Milk**

C 6.6g / Fiber 1g / NC 5.6g / P 1.2g / F 0.6g / Kcal 36.6

#### **Chia Seed Pudding with Coconut Milk**

C 21g / Fiber 11g / NC 10g / P 9.8g / F 60.9g / Kcal 662

#### **Green Smoothie Bowl**

C 41.2g / Fiber 9.7g / NC 32.3g / P 6.5g / F 5.3g / Kcal 222

#### **Acai Smoothie Bowl**

C 58.7g / Fiber 13.5g / NC 45.1g / P 7.3g / F 16.6g / Kcal 392.5

#### **Blueberry Smoothie Bowl**

C 47.9g / Fiber 8.2g / NC 39.6g / P 2.8g / F 3.4g / Kcal 212.5

#### **Pure Acai Bowl**

C 42g / Fiber 16.3g / NC 25.4g / P 16.4g / F 50.2g / Kcal 536.9

#### **Pure Blueberry Bowl**

C 70.5g / Fiber 18.4g / NC 51.8g / P 15.7g / F 42.1g / Kcal 689.9

#### **Yogurt 150g**

C 7g / Fiber 0g / NC 7g / P 5.2g / F 4.9g / Kcal 92

#### **Fresh Milk**

C 5.8g / Fiber 0g / NC 5.8g / P 3.8g / F 4.3g / Kcal 76.8

#### **Skim Milk**

C 5.8g / Fiber 0g / NC 5.8g / P 3.8g / F 0g / Kcal 38.4

## GRANOLAS & PORRIDGE

### Apple Granola 60g

C 29.7g / Fiber 5g / NC 25.5g / P 7.9g / F 14.9g / Kcal 273.8

### Vanilla Granola 60g

C 24.2g / Fiber 4.1g / NC 19.9g / P 7.2g / F 13.9g / Kcal 241.6

### Low Carb Nut Free Granola 60g

C 22g / Fiber 5.2g / NC 16.9g / P 8.5g / F 16.6g / Kcal 260.1

### Oatmeal-Vanilla & Coconut Water

C 76.6g / Fiber 12.7g / NC 63.9g / P 14.9g / F 7g / Kcal 425

## TOPPINGS: FRUIT, NUTS AND SEEDS

### Walnuts 40g

C 5.5g / Fiber 2.7g / NC 2.8g / P 6.1g / F 26.1g / Kcal 262

### Almonds 40g

C 8.6g / Fiber 5g / NC 3.6g / P 8.5g / F 20g / Kcal 232

### Cashews 40g

C 12.1g / Fiber 1.3g / NC 10.7g / P 7.3g / F 17.5g / Kcal 221

### Mixed 40g

C 9.1g / Fiber 3g / NC 6g / P 7.4g / F 20.6g / Kcal 235

### Pumpkin Seeds 20g

C 2.9g / Fiber 1.3g / NC 1.6g / P 6g / F 9.8g / Kcal 115

### Sunflower Seeds 20g

C 4g / Fiber 1.7g / NC 2.3g / P 4.2g / F 10.3g / Kcal 117

### Sesame Seeds 20g

C 5.2g / Fiber 3.4g / NC 1.8g / P 3.4g / F 9.6g / Kcal 113

### Flax Seeds 20g

C 5.8g / Fiber 5.5g / NC 0.3g / P 3.7g / F 8.4g / Kcal 107

### Mixed Seeds 20g

C 5.3g / Fiber 2.7g / NC 2.6g / P 4.5g / F 8.2g / Kcal 108.6

### Peanut Butter 1 tbsp

C 3.1g / Fiber 1.3g / NC 1.9g / P 3.6g / F 13.4g / Kcal 141.6

### Protein Peanut Butter 1 tbsp

C 2.8g / Fiber 1.3g / NC 1.5g / P 4.7g / F 8.3g / Kcal 98.4

### Spiced Choco Peanut Butter 1 tbsp

C 3.1g / Fiber 1.3g / NC 1.9g / P 3.6g / F 13.4g / Kcal 141.6



## FRUITS

### **Mixed Fruit salad S**

C 27.9g / Fiber 4.3g / NC 23.5g / P 1.3g / F 0.5g / Kcal 113

### **Mixed Fruit Salad L**

C 48.3g / Fiber 7.4g / NC 40.8g / P 2.3g / F 0.8g / Kcal 195

### **Banana**

C 34.3g / Fiber 3.9g / NC 30.3g / P 1.6g / F 0.5g / Kcal 134

### **Blueberry**

C 12.2g / Fiber 2.7g / NC 9.5g / P 0.4g / F 0.6g / Kcal 51

### **Papaya**

C 16.2g / Fiber 2.6g / NC 13.7g / P 0.7g / F 0.4g / Kcal 65

### **Pineapple**

C 19.7g / Fiber 2.1g / NC 17.5g / P 0.8g / F 0.2g / Kcal 75

### **Dragon Fruit**

C 11.4g / Fiber 1.2g / NC 9.8g / P 1.5g / F 0.2g / Kcal 65

### **Apple**

C 20.7g / Fiber 3.6g / NC 15.9g / P 0.4g / F 0.3g / Kcal 78

### **Pear**

C 22.8g / Fiber 4.7g / NC 14.8g / P 0.5g / F 0.2g / Kcal 86

### **Orange**

C 17.6g / Fiber 3.5g / NC 13.6g / P 1.4g / F 0.2g / Kcal 71

### **Strawberry**

C 11.5g / Fiber 3g / NC 8.2g / P 1g / F 0.5g / Kcal 48

### **Mango**

C 22.5g / Fiber 2.4g / NC 19.8g / P 1.2g / F 0.6g / Kcal 90

### **Cinnamon – Apple Cubes**

C 21.9g / Fiber 2.6g / NC 18.4g / P 0g / F 0g / Kcal 83.5

## BREADS & BAGELS

### **Fitness Bread**

C 13.1g / Fiber 4.9g / NC 8.2g / P 7.1g / F 14.5g / Kcal 197

### **Stone Age Bread**

C 8.2g / Fiber 6.8g / NC 1.4g / P 4.5g / F 9.7g / Kcal 123.8

### **Keto Bread**

C 6.9g / Fiber 6.1g / NC 0.8g / P 6.6g / F 13.6g / Kcal 169.1

**Buckwheat Bread**

C 21.5g / Fiber 4g / NC 17.4g / P 5.4g / F 7.7g / Kcal 166.1

**Protein Bread**

C 13g / Fiber 3.2g / NC 9.8g / P 13.6g / F 8.2g / Kcal 183

**Keto Bun**

C 13.3g / Fiber 6.1g / NC 7g / P 27.4g / F 47.5g / Kcal 566

**Protein Bagel**

C 63.8g / Fiber 20.7g / NC 42.8g / P 18.2g / F 26.9g / Kcal 512.5

**Banana – Coconut Bread**

C 36.1g / Fiber 11.2g / NC 24.9g / P 9.2g / F 33.4g / Kcal 450

**Whole Wheat Multigrain Bread**

C 43.9g / Fiber 7.9g / NC 36g / P 12g / F 4.4g / Kcal 252

**Sourdough**

C 51.9g / Fiber 2.2g / NC 49.6g / P 10.8g / F 2.4g / Kcal 272

**Turkish Bread**

C 64.9g / Fiber 2.8g / NC 62.1g / P 12.8g / F 3.7g / Kcal 350

**Seed Cracker**

C 4.6g / Fiber 4.1g / NC 0.5g / P 5.1g / F 11.2g / Kcal 131

**HASH BROWNS****Sweet Potato Hash brown**

C 33.8g / Fiber 5.1g / NC 28.6g / P 8.1g / F 4.8g / Kcal 209

**Potato Hash brown**

C 26.7g / Fiber 2.3g / NC 24.4g / P 8.6g / F 4.8g / Kcal 184

**SPREADS, SAUCES AND RELISHES****Avocado Mayonnaise**

C 7.9g / Fiber 5g / NC 2.9g / P 1.8g / F 11.2g / Kcal 129.5

**Pesto**

C 2.7g / Fiber 1.2g / NC 1.5g / P 2g / F 22.8g / Kcal 217.5

**Tomato Ketchup**

C 5.7g / Fiber 1.5g / NC 4g / P 1.2g / F 0.4g / Kcal 27.9

**Chimichurri**

C 2g / Fiber 0.4g / NC 1.5g / P 0.5g / F 12.4g / Kcal 117.7

**Tomato-Chile**

C 3g / Fiber 0.8g / NC 2.1g / P 0.6g / F 0.2g / Kcal 14.6

**Tahini**

C 10.6g / Fiber 4.7g / NC 5.9g / P 8.5g / F 26.9g / Kcal 298

**Carrot – Capsicum Spread**

C 14.6g / Fiber 4.5g / NC 10.1g / P 1.8g / F 9.6g / Kcal 142.9

**Hummus**

C 31g / Fiber 8.8g / NC 22.1g / P 11.6g / F 17.9g / Kcal 315.7

**Dijon Mustard**

C 2.2g / Fiber 1.1g / NC 1.1g / P 1.5g / F 2g / Kcal 36

**Sambal Matah**

C 12g / Fiber 1.6g / NC 10.4g / P 1.4g / F 9g / Kcal 130

**Ghee**

C 0g / Fiber 0g / NC 0g / P 0g / F 29.3g / Kcal 259

**Extra Butter**

C 0g / Fiber 0g / NC 0g / P 0.3g / F 24.3g / Kcal 215

**Slow cooked Tomato Sauce**

C 5.7g / Fiber 1.5g / NC 4g / P 1.2g / F 0.4g / Kcal 27.9

**PROTEIN VEGAN****Tofu Scramble**

C 6.8g / Fiber 2.2g / NC 4.4g / P 21.6g / F 10g / Kcal 187

**Tofu Slices**

C 7.6g / Fiber 2.4g / NC 4.9g / P 24g / F 11.1g / Kcal 207

**Tempeh S**

C 7.6g / Fiber 3.7g / NC 3.8g / P 20.3g / F 10.8g / Kcal 192

**Tempeh L**

C 13.8g / Fiber 6.6g / NC 6.8g / P 36.5g / F 19.4g / Kcal 346

**Lentil Patty**

C 36.7g / Fiber 9.8g / NC 26.9g / P 13.7g / F 5.4g / Kcal 235.3

**EGGS, POULTRY AND MEAT****1 Egg any style**

C 0.4g / Fiber 0g / NC 0.4g / P 6.3g / F 4.8g / Kcal 72

**4 Egg White Omelet**

C 0.8g / Fiber 0g / NC 0.8g / P 12.8g / F 0g / Kcal 64

**Ham (3 slices)**

C 0g / Fiber 0g / NC 0g / P 13.6g / F 5.4g / Kcal 107

**Chicken Stripes S**

C 0g / Fiber 0g / NC 0g / P 46.2g / F 5.4g / Kcal 247.5

**Chicken Stripes L**

C 0g / Fiber 0g / NC 0g / P 77g / F 9g / Kcal 412.5

**Curried Chicken Breast filled with Feta and Dates**

C 22g / Fiber 9.6g / NC 12.3g / P 54.9g / F 34.6g / Kcal 604

**Curried Chicken Breast filled with Spinach and Tomato Relish**

C 14.3g / Fiber 9.6g / NC 4.7g / P 49.2g / F 24.9g / Kcal 458.4

**Homemade Beef Patty**

C 6g / Fiber 1g / NC 5g / P 24.7g / F 18g / Kcal 242.3

**Premium Imported Beef Stripes**

C 0g / Fiber 0g / NC 0g / P 39g / F 12.1g / Kcal 270

**Premium Imported Tenderloin Steak (Australian) 250g**

C 0.7g / Fiber 0g / NC 0.7g / P 73.2g / F 23.4g / Kcal 505

**Premium Imported Rib Eye Steak (Australian) 150g**

C 0g / Fiber 0g / NC 0g / P 41g / F 18g / Kcal 326

**FISH****Grilled Mahi Mahi Fillet**

C 0g / Fiber 0g / NC 0g / P 31.7g / F 1.2g / Kcal 145

**Grilled Tuna Steak**

C 0g / Fiber 0g / NC 0g / P 46.6g / F 0.9g / Kcal 208

**Grilled Salmon Fillet**

C 0g / Fiber 0g / NC 0g / P 44.6g / F 12.3g / Kcal 302.4

**Smoked Salmon (2 slices)**

C 0g / Fiber 0g / NC 0g / P 10.7g / F 2.5g / Kcal 66

**Grilled Barramundi Fillet**

C 0.8g / Fiber 0.1g / NC 0.7g / P 29.2g / F 15.8g / Kcal 260

## CHEESE

### **Cream Cheese**

C 3g / Fiber 0g / NC 3g / P 3g / F 15g / Kcal 150

### **Feta Cheese**

C 1.7g / Fiber 0g / NC 1.7g / P 6.4g / F 9.7g / Kcal 119

### **Cheddar Cheese**

C 1g / Fiber 0g / NC 1g / P 6.9g / F 10g / Kcal 121

### **Cottage Cheese**

C 1.7g / Fiber 0g / NC 1.7g / P 5.6g / F 2.2g / Kcal 49

### **Ricotta**

C 3.6g / Fiber 0g / NC 3.6g / P 3.8g / F 5.1g / Kcal 75

### **Grated Parmesan**

C 1g / Fiber 0g / NC 1g / P 10.7g / F 7.5g / Kcal 118

## VEGETABLES

### **Cucumber**

C 3.6g / Fiber 0.5g / NC 3.1g / P 0.7g / F 0.1g / Kcal 15

### **Capsicum**

C 6g / Fiber 2.1g / NC 3.9g / P 1g / F 0.3g / Kcal 26

### **Carrots**

C 9.6g / Fiber 2.8g / NC 6.6g / P 0.9g / F 0.2g / Kcal 41

### **Raw Cherry Tomatoes**

C 3.9g / Fiber 1.2g / NC 2.6g / P 0.9g / F 0.2g / Kcal 18

### **Beetroot**

C 9.6g / Fiber 2.8g / NC 6.7g / P 1.6g / F 0.2g / Kcal 43

### **Mashed Avocado**

C 6.8g / Fiber 5.4g / NC 1.5g / P 1.6g / F 11.7g / Kcal 128

### **Kale**

C 6.4g / Fiber 4.8g / NC 1.5g / P 3.5g / F 1.5g / Kcal 43

### **Bok Choy**

C 2.7g / Fiber 1.5g / NC 1.1g / P 2.3g / F 0.2g / Kcal 18

### **Broccoli S**

C 7.2g / Fiber 3.3g / NC 3.9g / P 2.4g / F 0.4g / Kcal 35

### **Broccoli L**

C 14.4g / Fiber 6.6g / NC 7.8g / P 4.8g / F 0.8g / Kcal 70

**Cauliflower S**

C 4.1g / Fiber 2.3g / NC 1.8g / P 1.8g / F 0.5g / Kcal 23

**Cauliflower L**

C 8.2g / Fiber 4.6g / NC 3.5g / P 3.7g / F 0.9g / Kcal 46

**Zoodles**

C 6.9g / Fiber 1.9g / NC 4.8g / P 2.2g / F 0.6g / Kcal 35

**Green Beans**

C 7.9g / Fiber 3.2g / NC 4.6g / P 1.9g / F 0.3g / Kcal 35

**Mushrooms**

C 5.3g / Fiber 2.2g / NC 2.1g / P 2.2g / F 0.5g / Kcal 28

**Spinach**

C 3.8g / Fiber 2.4g / NC 1.3g / P 3g / F 0.3g / Kcal 23

**Caramelized Pumpkin**

C 9.3g / Fiber 1.7g / NC 7.6g / P 1.1g / F 0.1g / Kcal 38

**Corn**

C 10.5g / Fiber 1.2g / NC 9.3g / P 1.7g / F 0.8g / Kcal 48

**Mixed Veggies S**

C 14.2g / Fiber 4.8g / NC 9g / P 3.2g / F 0.5g / Kcal 64

**Mixed Veggies L**

C 20.4g / Fiber 7.4g / NC 12.4g / P 4g / F 0.8g / Kcal 80

**Green Asparagus**

C 4.1g / Fiber 2g / NC 2.1g / P 2.4g / F 0.2g / Kcal 22

**Grilled Onion Rings**

C 10.2g / Fiber 1.4g / NC 8.6g / P 1.4g / F 0.2g / Kcal 44

**Curried Cauliflower Rice**

C 8.2g / Fiber 4.6g / NC 3.5g / P 3.7g / F 0.9g / Kcal 46

**Potato Grilled/Boiled/Mashed**

C 30g / Fiber 3.1g / NC 26.9g / P 2.6g / F 0.2g / Kcal 129

**Sweet Potato Grilled/Boiled/Mashed**

C 26.6g / Fiber 3.8g / NC 22.8g / P 2.1g / F 0.2g / Kcal 114

**Raw Mixed Colorful Salad**

C 18.9g / Fiber 4g / NC 15g / P 4.3g / F 10.8g / Kcal 179.5

**Raw Green Leaf Salad**

C 2g / Fiber 0.7g / NC 1.3g / P 0.5g / F 0g / Kcal 8

**Homemade Sauerkraut S**

C 8.2g / Fiber 6.7g / NC 12.1g / P 1.3g / F 0.1g / Kcal 33.7g

**Homemade Sauerkraut L**

C 16.4g / Fiber 13.4g / NC 24.2g / P 2.6g / F 0.2g / Kcal 67.4

**Sweet Potato Chips**

C 11.4g / Fiber 1.8g / NC 9.5g / P 1.1g / F 13.6g / Kcal 171

**French Fries**

C 41.5g / Fiber 4.3g / NC 37.3g / P 3.6g / F 37.8g / Kcal 517

**GRAINS & PASTA****Konjak Noodles**

C 3.4g / Fiber 3g / NC 1.4g / P 0.5g / F 0.4g / Kcal 8

**Quinoa Pasta**

C 49.8g / Fiber 5.3g / NC 44.5g / P 5.2g / F 3.3g / Kcal 243

**Buckwheat Noodles**

C 34.3g / Fiber 6g / NC 28.3g / P 8.1g / F 0.2g / Kcal 158

**Quinoa Grain**

C 21.3g / Fiber 2.8g / NC 18.5g / P 4.4g / F 1.9g / Kcal 120

**Buckwheat Grain**

C 19.9g / Fiber 2.7g / NC 17.2g / P 3.4g / F 0.6g / Kcal 92

**Brown/Red Rice**

C 23.5g / Fiber 1.8g / NC 21.7g / P 2.3g / F 0.8g / Kcal 112

**Jasmine Rice**

C 28.2g / Fiber 0.3g / NC 27.8g / P 2.7g / F 0.3g / Kcal 130

**HOMEMADE TREATS SNACKS, BARS & MORE****Oat Cookie (V, non-GF)**

C 27.3g / Fiber 4.3g / NC 22.9g / P 4g / F 14.6g / Kcal 246.9

**Peanut Choco Cookie (V, non-GF)**

C 37.7g / Fiber 4.7g / NC 32.9g / P 7.8g / F 11.4g / Kcal 274.7

**Choco Protein Cookie (GF)**

C 11.1g / Fiber 1.9g / NC 4.6g / P 9g / F 8.1g / Kcal 127.3

**Vegan Keto Bar (V)**

C 22.3g / Fiber 10.5g / NC 11.8g / P 23.1g / F 51.5g / Kcal 603.1

**Raw High Protein Bar (V, non-GF)**

C 51.1g / Fiber 10.2g / NC 40.9g / P 30.6g / F 38g / Kcal 648.7

**Keto Bounty Ball (V)**

C 6.2g / Fiber 3.8g / NC 2.4g / P 2.5g / F 25.8g / Kcal 258.6

**Coconut Energy Ball (V, non-GF)**

C 36.1g / Fiber 7g / NC 29.1g / P 9.3g / F 15.3g / Kcal 307.6

**Spirulina Protein Ball (V, non-GF)**

C 34.3g / Fiber 5.5g / NC 28.8g / P 12.9g / F 19.7g / Kcal 346.9

**TREATS IN A JAR****Keto Chia Seed Pudding (V)**

C 26.8g / Fiber 15.8g / NC 12g / P 17g / F 53.1g / Kcal 616,3

**Keto Choco Coffee Mousse (V)**

C 20g / Fiber 12g / NC 7.9g / P 15.2g / F 54.6g / Kcal 608

**Fruity Chia Seed Pudding (V)**

C 27.2g / Fiber 11.6g / NC 11.9g / P 10.1g / F 60.9g / Kcal 686.9

**HEALTHY CAKES****Tropical Cashew Cheese Cake (V, non-GF)**

C 87.6g / Fiber 9.6g / NC 50.8g / P 11.9g / F 57.3g / Kcal 810

**Triple Chocolate Cake (GF)**

C 9.3g / Fiber 4.6g / NC 4.8g / P 9.5g / F 20.4g / Kcal 278

**Carrot Cake (GF)**

C 27.4g / Fiber 6.8g / NC 20.3g / P 10.9g / F 24.8g / Kcal 354.1

**Blueberry Cashew Cheese Cake (V, non-GF)**

C 51.8g / Fiber 9.3g / NC 42.6g / P 17.8g / F 58.1g / Kcal 755.5

**Paleo Blueberry Crumble (GF, V)**

C 34.7g / Fiber 10.3g / NC 24.2g / P 14g / F 32.7g / Kcal 457

**Apple Banana Walnut Crumble (P, GF)**

C 29.3g / Fiber 5.8g / NC 23.4g / P 11.2g / F 34.6g / Kcal 448.1

**Light Chocolate Brownie (GF)**

C 30.9g / Fiber 7.5g / NC 23.4g / P 6.8g / F 24.5g / Kcal 348.6

**Zucchini Chocolate Chip Muffin (GF)**

C 46.4g / Fiber 5.8g / NC 40.4g / P 5.5g / F 22.2g / Kcal 385.9

**Protein Apple Muffin (GF)**

C 52g / Fiber 8.1g / NC 43.5g / P 21.4g / F 21.1g / Kcal 478.2

**Protein Lemon Muffin (GF)**

C 81g / Fiber 4.3g / NC 76.7g / P 20.2g / F 2.4g / Kcal 430

**Creamy Keto Lemon Slice (GF)**

C 14.1g / Fiber 7.3g / NC 6.6g / P 15.7g / F 35.5g / Kcal 417.1



## MOTION DRINKS

### HEAL MEDICINE (v)

C 8.4g / Fiber 0g / NC 8.4g / P 0.5g / F 0.1g / Kcal 25

### HEAL MEDICINE

C 32.9g / Fiber 0g / NC 0g / P 0.5g / F 0.1g / Kcal 116.5

### COCO HYDRATE

C 22.3g / Fiber 6.6g / NC 15.7g / P 4.3g / F 1.2g / Kcal 114

### BURN SHAPE

C 0g / Fiber 0g / NC 0g / P 0g / F 0g / Kcal 0

### PUSH ENERGY

C 3.3g / Fiber 0g / NC 3.3g / P 0.3g / F 0.1g / Kcal 9.7

### FUEL MINERAL

C 0.8g / Fiber 0g / NC 0.8g / P 0.1g / F 0g / Kcal 4

### FLUSH DETOX

C 37.3g / Fiber 1g / NC 36.3g / P 6.7g / F 1.4g / Kcal 128

## PROTEIN SHAKES

### Whey/Soy/Pea Protein Shake with water

C 1.9g / Fiber 0g / NC 1.9g / P 23.9g / F 0.8g / Kcal 116

### Whey/Soy/Pea Protein Shake almond milk

C 11.6g / Fiber 4.6g / NC 7g / P 36.3g / F 20.2g / Kcal 355

### Whey/Soy/Pea Protein Shake with oat milk

C 34.2g / Fiber 4.8g / NC 30g / P 29.5g / F 5.1g / Kcal 299

### Whey/Soy/Pea Protein Shake with coconut water

C 19.7g / Fiber 5.3g / NC 14.4g / P 27.4g / F 1.7g / Kcal 207

### Whey/Soy/Pea Protein Shake with fresh milk

C 20.3g / Fiber 0g / NC 20.3g / P 42.7g / F 18.2g / Kcal 422

### Whey/Soy/Pea Protein Shake with skim milk

C 20.3g / Fiber 0g / NC 20.3g / P / F / Kcal

### Gainer Protein Shake (non-GF)

C 120.9g / Fiber 20.2g / NC 100.5g / P 50.4g / F 34.4g / Kcal 948.5

### Mocha Protein Shake

C 44.6g / Fiber 9.5g / NC 35.1g / P 41.1g / F 37.3g / Kcal 640.5

### The Burner

C 13g / Fiber 7.4g / NC 5.4g / P 29.6g / F 14.7g / Kcal 296.5

**The Power Green**

C 39.6g / Fiber 7.4g / NC 32.1g / P 31.2g / F 12.7g / Kcal 374.5

**Acai Protein Shake**

C 61.1g / Fiber 13.8g / NC 47.2g / P 30.3g / F 19.1g / Kcal 516.5

**Keto Protein Shake**

C 16.5g / Fiber 9.7g / NC 6.8g / P 19.3g / F 59.9g / Kcal 657

**SMOOTHIES****Green**

C 38.8g / Fiber 7.2g / NC 31.6g / P 7.1g / F 7.2g / Kcal 226

**Tropy**

C 43.6g / Fiber 6.8g / NC 36.7g / P 6.1g / F 7.2g / Kcal 241

**Passion**

C 87.2g / Fiber 12.7g / NC 74g / P 4.8g / F 15.8g / Kcal 470

**Berry**

C 58.6g / Fiber 11.3g / NC 47.1g / P 6.5g / F 8g / Kcal 306

**Acai**

C 52.6g / Fiber 12.1g / NC 40.4g / P 7.1g / F 16.2g / Kcal 366.5

**MILKSHAKES****Banana-Peanut-Almond**

C 31.8g / Fiber 10.4g / NC 22.3g / P 26.6g / F 45.8g / Kcal 710

**Avocado-Chocolate**

C 40.9g / Fiber 17.1g / NC 23.9g / P 10.6g / F 46.7g / Kcal 589

**Vanilla Bean**

C 39.9g / Fiber 0g / NC 39.9g / P 6.7g / F 14.3g / Kcal 311

**COFFEE****Bulletproof Coffee Regular**

C 0.4g / Fiber 0g / NC 0.4g / P 0.1g / F 20g / Kcal 173

**Bulletproof Coffee Large**

C 0.4g / Fiber 0g / NC 0.4g / P 0.1g / F 29.9g / Kcal 260

