

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

Fruit Bowl

C 62.1g / Fiber 12.4 / NC 49.3 / P 6.3 / F 21.3 / Kcal 440

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

Chopped Chicken Salad

C 31 / Fiber 8.7 / NC 22.2 / P 69.4 / F 28.5 / Kcal 613.4

Caramelized Pumpkin Salad

C 67.9 / Fiber 16.8 / NC 50.9 / P 25 / F 25.2 / Kcal 563.4

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

DRESSINGS

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 Streak (Australian) 250g

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

Premium Imported Rib Eye Streak (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

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

Matcha Chia Pudding (V)

C 58.1 / Fiber 17,4 / NC 40.9 / P 8.1 / F 13.4 / Kcal 365

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