FEELINGS

OUR RECOMMENDATIONS

Nourish / Nourish+

FOCUS

SCRAMBLED EGGS SALMON & SPINACH

Cal 380
Pro 28g
Carbs 3g
Fat 28g

UNSWEETENED YOGURT BLUEBERRIES, STRAWBERRIES, WALNUTS

Cal 280 / 370
Pro 10g / 13g
Carbs 16g / 22g
Fat 20g / 27g

MEDITERRANEAN BOWL SALMON CAULIFLOWER RICE

Cal 290 / 340
Pro 22g / 26g
Carbs 7g / 8g
Fat 19g / 22g

MEDITERRANEAN BOWL TOFU CAULIFLOWER RICE

Cal 165 / 200
Pro 10g / 12g
Carbs 7g / 8g
Fat 9g / 11g

MATCHA LATTE

Cal 135
Pro 7g
Carbs 11g
Fat 8g

THE MEGAN

Cal 30
Pro 1.5g
Carbs 7g
Fat 0g

STRENGTH

OVERNIGHT OATS BANANA PEANUT BUTTER, PUMPKIN

Cal 530 / 720
Pro 19g / 26g
Carbs 63g / 82g
Fat 24g / 33g

OMLETTE WITH SPINACH COTTAGE CHEESE

2 vegetables of your choice

Cal 440
Pro 33g
Carbs 6g
Fat 31g

LOUISIANA CAJUN STEAK, QUINOA, SPINACH

Cal 360 / 430
Pro 26g / 31g
Carbs 23g / 28g
Fat 18g / 21g

LOUISIANA CAJUN HALLOUMI, QUINOA, SPINACH

Cal 370 / 470
Pro 21g / 28g
Carbs 22g / 27g
Fat 23g /30g

CARROT BEETROOT 200ML

Cal 80
Pro 2g
Carbs 18g
Fat 0g

FEELINGS

OUR RECOMMENDATIONS

Nourish / Nourish+

RESTORE

GODLEN SCRAMBLED EGGS AVOCADO

Cal 325
Pro 16g
Carbs 7g
Fat 27g

OVERNIGHT OATS APPLE, CINNAMON, WALNUTS

Cal 440 / 600
Pro 13g / 18g
Carbs 62g / 80g
Fat 18g / 26g

THAI PEANUT SHRIMP, SWEET POTATO

Cal 470 / 679
Pro 26.1g / 35.6g
Carbs 49g / 71.9g
Fat 17.8g / 27.3g

THAI PEANUT TOFU, SWEET POTATO

Cal 428 / 674
Pro 15.1g / 21.8g
Carbs 46.5g / 67.8g
Fat 20.1g / 30.2g

NAVEL ORANGE CARROT 200ML

Cal 80
Pro 2g
Carbs 8g
Fat 0g

CALM

UNSWEETENDED YOGURT BOWL BANANA, PUMPKIN SEEDS, WALNUTS

Cal 310 / 440
Pro 14g / 19g
Carbs 24g / 33g
Fat 18g / 26g

OVERNIGHT OATS STRAWBERRIES, WALNUTS

Cal 360 / 460
Pro 12g / 16g
Carbs 45g / 58g
Fat 17g / 24g

MEXICANO BOWL BASMATI & CHICKEN & SPINACH

Cal 330 / 410
Pro 26g / 33g
Carbs 24g / 30g
Fat 6g /7g

MEXICANO BOWL PANEER, BASMATI RICE, SPINACH

Cal 415 / 570
Pro 22g / 31g
Carbs 26g / 33g
Fat 25g /37g

GENTLE GREEN

Cal 50
Pro 1.5g
Carbs 12g
Fat 0g

BREAKFAST
ALL DAY – HOT

ONE SIZE

BASIL PESTO OMELETTE

Cal 581
Pro 34.4g
Carbs 6.2g
Fat 46.5g

3 EGG SUNNY SIDE UP

Cal 490
Pro 27.1g
Carbs 30.8g
Fat 28.0g

SCRAMBLED EGGS AVOCADO BUTTERED TOAST

Cal 478
Pro 22.2g
Carbs 35.8g
Fat 27.9g

SCRAMBLED EGGS SALMON BUTTERED TOAST

Cal 507
Pro 33.0g
Carbs 30.4g
Fat 26.7g

SCRAMBLED EGGS BUTTERED TOAST

Cal 418
Pro 21.1g
Carbs 30.4g
Fat 23.0g

SCRAMBLED EGGS TURKEY BACON & BUTTERED TOAST

Cal 393
Pro 21.9g
Carbs 30.6g
Fat 19.7g

SCRAMBLED EGGS, TURKEY BACON, MUSHROOM & TOAST

Cal 406
Pro 23.8g
Carbs 32.6g
Fat 19.9g

CRACK-A-LACKIN SANDWICH

Cal 472
Pro 21.7g
Carbs 31.5g
Fat 28.4g

BACON, EGG & CHEESE SANDWICH

Cal 460
Pro 21.7g
Carbs 34.8g
Fat 25.8g

HALLOUMI & EGG SANDWICH

Cal 620
Pro 29.2g
Carbs 32.9g
Fat 40.8g

VEGETARIAN OMELETTE SANDWICH

Cal 547
Pro 28.1g
Carbs 38.6g
Fat 30.7g

BREAKFAST
ALL DAY – COLD

Nourish / Nourish+

OVERNIGHT OATS PEANUT BUTTER & BANANA

Cal 709 / 1,019
Pro 24.2g / 34.2g
Carbs 77.7g / 110.7g
Fat 37.2g / 54.2g

OVERNIGHT OATS APPLE CINNAMON

Cal 534 / 790
Pro 17.2g / 24.7g
Carbs 65.9g / 98.3g
Fat 24.6g / 36.5g

OVERNIGHT OATS STRAWBERRY

Cal 520 / 766
Pro 17.6g / 25.2g
Carbs 61.2g / 90.7g
Fat 24.7g / 36.7g

BERRY YOGURT BOWL

Cal 344 / 541
Pro 15.9g / 26.4g
Carbs 53.3g / 80.7g
Fat 7.4g / 12.4g

APPLE CINNAMON YOGURT

Cal 334 / 527
Pro 15.3g / 25.6g
Carbs 51.9g / 78.6g
Fat 7.4g / 12.2g

ACAI BERRY YOGURT

Cal 372 / 594
Pro 16.3g / 27.4g
Carbs 54.3g / 83.9g
Fat 9.5g / 15.9g

MATCHA BERRY YOGURT

Cal 309 / 495
Pro 16.2g / 27.1g
Carbs 42.9g / 66.5g
Fat 7.4g / 12.4g

Mexicano Bowl

BASE

Nourish / Nourish+

PROTEIN

	CAULIFLOWER RICE	QUINOA	SWEET POTATO	TOMATO RICE	BASMATI RICE
STEAK	Cal 506 / 689 Pro 26g / 33.8g Carbs 24.8g / 36.1g Fat 34.6g / 47g	Cal 577 / 778 Pro 28g / 36.3g Carbs 38.8g / 53.6g Fat 35.1g / 47.6g	Cal 553 / 748 Pro 25.9g / 33.6g Carbs 38.6g / 53.3g Fat 33.7g / 45.8g	Cal 577 / 778 Pro 26.5g / 34.4g Carbs 40.2g / 55.3g Fat 35.2g / 47.7g	 Cal 585 / 788 Pro 26.7g / 34.6g Carbs 44.2g / 60.3g Fat 33.8g / 46g
CHICKEN	Cal 512 / 697 Pro 39.9g / 50.1g Carbs 29.1g / 41.8g Fat 26.2g / 36.8g	Cal 588 / 792 Pro 41.8g / 52.5g Carbs 42.1g / 58.1g Fat 27.5g / 38.4g	Cal 564 / 762 Pro 39.9g / 50.1g Carbs 41.7g / 57.5g Fat 26.1g / 36.6g	 Cal 653 / 838 Pro 32.8g / 42.5g Carbs 37.4g / 50g Fat 43.1g / 57.7g	Cal 589 / 793 Pro 40.3g / 50.6g Carbs 45.3g / 62.0g Fat 26.3g / 36.9g
SALMON	 Cal 534 / 719 Pro 29g / 37g Carbs 24.8g / 36.1g Fat 38.8g / 53.6g	Cal 605 / 808 Pro 31g / 39.5g Carbs 38.8g / 53.6g Fat 36.1g / 48.6g	Cal 581 / 778 Pro 28.9g / 36.8g Carbs 38.6g / 53.3g Fat 34.7g / 46.8g	Cal 605 / 808 Pro 29.5g / 37.6g Carbs 40.2g / 55.3g Fat 36.2g / 48.7g	Cal 613 / 818 Pro 29.7g / 37.8g Carbs 44.2g / 60.3g Fat 34.8g / 47g
SHRIMP	Cal 402 / 560 Pro 16g / 21.4g Carbs 26.3g / 37.9g Fat 27.1g / 37.8g	Cal 473 / 649 Pro 18g / 23.9g Carbs 40.3g / 55.4g Fat 27.6g / 38.4g	 Cal 449 / 619 Pro 15.9g / 21.2g Carbs 40.1g / 55.1g Fat 26.2g / 36.6g	Cal 473 / 649 Pro 16.5g / 22g Carbs 41.7g / 57.1g Fat 27.7g / 38.5g	Cal 481 / 659 Pro 16.7g / 22.2g Carbs 45.7g / 62.1g Fat 26.3g / 36.8g
TOFU	Cal 402 / 560 Pro 16g / 21.4g Carbs 26.3g / 37.9g Fat 27.1g / 37.8g	Cal 473 / 649 Pro 18g / 23.9g Carbs 40.3g / 55.4g Fat 27.6g / 38.4g	Cal 449 / 619 Pro 18g / 23.9g Carbs 40.1g / 55.1g Fat 26.2g / 36.6g	Cal 473 / 649 Pro 16.5g / 22g Carbs 41.7g / 57.1g Fat 27.7g / 38.5g	 Cal 481 / 659 Pro 16.7g / 22.2g Carbs 45.7g / 62.1g Fat 26.3g / 36.8g
HALLOUMI CHEESE	Cal 641 / 847 Pro 29g / 37g Carbs 25.3g / 36.7g Fat 48.6g / 63.6g	Cal 712 / 936 Pro 31g / 39.5g Carbs 39.3g / 54.2g Fat 49.1g / 64.2g	Cal 688 / 906 Pro 28.9g / 36.8g Carbs 39.1g / 53.9g Fat 47.7g / 62.4g	Cal 712 / 936 Pro 29.5g / 37.6g Carbs 40.7g / 55.9g Fat 49.2g / 64.3g	Cal 720 / 946 Pro 29.7g / 37.8g Carbs 44.7g / 60.9g Fat 47.8g / 62.6g

Thai Spicy Peanut

BASE

Nourish / Nourish+

PROTEIN

	CAULIFLOWER RICE	QUINOA	SWEET POTATO	TOMATO RICE	BASMATI RICE
STEAK	Cal 452 / 661 Pro 20.8g / 29.9g Carbs 35g / 52.5g Fat 25.2g / 37.3g	 Cal 505 / 732 Pro 22.3g / 31.9g Carbs 45.5g / 66.5g Fat 25.5g / 37.8g	Cal 487 / 708 Pro 20.7g / 29.8g Carbs 45.3g / 66.3g Fat 24.4g / 36.3g	Cal 505 / 732 Pro 21.2g / 30.4g Carbs 46.5g / 67.9g Fat 25.6g / 37.8g	Cal 511 / 740 Pro 21.3g / 30.6g Carbs 49.5g / 71.9g Fat 24.6g / 36.5g
CHICKEN	Cal 439 / 690 Pro 33.2g / 43g Carbs 35.0g / 39g Fat 19.2g / 42g	Cal 496 / 785 Pro 34.6g / 46g Carbs 44.8g / 55g Fat 20.1g / 44g	 Cal 478 / 750g Pro 33.2g / 43g Carbs 44.4g / 54g Fat 19.1g / 42g	Cal 575 / 845 Pro 32.4g / 44g Carbs 36.2g / 59g Fat 43.7g / 50g	Cal 496 / 795 Pro 33.5g / 44g Carbs 47.1g / 59g Fat 19.2g / 42g
SALMON	 Cal 498 / 709 Pro 25.6g / 34.9g Carbs 35g / 52.5g Fat 27.6g / 39.6g	Cal 551 / 780 Pro 27.1g / 36.9g Carbs 45.5g / 66.5g Fat 27.9g / 40.1g	Cal 533 / 756 Pro 25.5g / 34.8g Carbs 45.3g / 66.3g Fat 26.9g / 38.7g	Cal 551 / 780 Pro 26g / 35.4g Carbs 46.5g / 67.9g Fat 28g / 40.2g	Cal 557 / 788 Pro 26.1g / 35.6g Carbs 49.5g / 71.9g Fat 27g / 38.8g
SHRIMP	Cal 411 / 600 Pro 25.6g / 34.9g Carbs 35g / 52.5g Fat 18.4g / 28.1g	Cal 464 / 671 Pro 27.1g / 36.9g Carbs 45.5g / 66.5g Fat 18.7g / 28.6g	Cal 470 / 679 Pro 26.1g / 35.6g Carbs 49.5g / 71.9g Fat 17.8g / 27.3g	Cal 464 / 671 Pro 26g / 35.4g Carbs 46.5g / 67.9g Fat 18.8g / 28.7g	 Cal 470 / 679 Pro 26.1g / 35.6g Carbs 49.5g / 71.9g Fat 17.8g / 27.3g
TOFU	Cal 392 / 577 Pro 15.2g / 21.9g Carbs 36.2g / 54g Fat 20.8g / 31.1g	Cal 446 / 648 Pro 16.7g / 23.9g Carbs 46.7g / 68g Fat 21.1g / 31.6g	Cal 428 / 624 Pro 15.1g / 21.8g Carbs 46.5g / 67.8g Fat 20.1g / 30.2g	Cal 446 / 648 Pro 15.6g / 22.4g Carbs 47.7g / 69.4g Fat 21.2g / 31.7g	Cal 452 / 656 Pro 15.7g / 22.6g Carbs 50.7g / 73.4g Fat 20.2g / 30.3g
HALLOUMI CHEESE	Cal 584 / 816 Pro 25.6g / 34.9g Carbs 35.4g / 53g Fat 38g / 52.6g	Cal 637 / 887 Pro 27.1g / 36.9g Carbs 45.9g / 67g Fat 38.3g / 53.1g	Cal 619 / 863 Pro 25.5g / 34.8g Carbs 45.7g / 66.8g Fat 37.3g / 51.7g	 Cal 637 / 887 Pro 26g / 35.4g Carbs 46.9g / 68.4g Fat 38.4g / 53.2g	Cal 643 / 895 Pro 26.1g / 35.6g Carbs 49.9g / 72.4g Fat 37.4g / 51.8g

Shish Tawook Bowl

BASE

Nourish / Nourish+

PROTEIN

CHICKEN

CAULIFLOWER RICE	QUINOA	SWEET POTATO	TOMATO RICE	BASMATI RICE
Cal 435 / 581 Pro 41g / 52g Carbs 33g / 47g Fat 16g / 23g	Cal 510 / 676 Pro 43g / 54g Carbs 46g / 63g Fat 18g / 24g	Cal 483 / 642 Pro 41g / 51g Carbs 45g / 62g Fat 16g / 22g	 Cal 560 / 738 Pro 42g / 52g Carbs 49g / 70g Fat 23g / 30g	Cal 518 / 686 Pro 42g / 53g Carbs 51g / 70g Fat 16g / 23g

Mediterranean Bowl

BASE

Nourish / Nourish+

PROTEIN

	CAULIFLOWER RICE	QUINOA	SWEET POTATO	TOMATO RICE	BASMATI RICE
STEAK	Cal 270 / 372 Pro 25.8g / 32.6g Carbs 12.5g / 17g Fat 13.9g / 20.3g	Cal 330 / 446 Pro 27.6g / 34.8g Carbs 25.5g / 33.3g Fat 13.7g / 20g	Cal 324 / 439 Pro 23.9g / 30.1g Carbs 24.5g / 32g Fat 14.1g / 20.5g	Cal 347 / 468 Pro 26.3g / 33.2g Carbs 27.5g / 35.8g Fat 15.6g / 22.4g	Cal 337 / 455 Pro 26.2g / 33g Carbs 30.5g / 39.5g Fat 12.4g / 18.4g
CHICKEN	Cal 245 / 319 Pro 23.8g / 36.6g Carbs 13g / 17.6g Fat 11.4g / 14.8g	Cal 305 / 393 Pro 25.6g / 38.8g Carbs 26g / 33.9g Fat 11.2g / 14.5g	Cal 299 / 386 Pro 23.3g / 35.9g Carbs 25g / 32.6g Fat 11.6g / 15g	Cal 322 / 415 Pro 24.3g / 37.2g Carbs 28g / 36.4g Fat 13.1g / 16.9g	 Cal 312 / 402 Pro 24.2g / 37g Carbs 31g / 40.1g Fat 9.9g / 12.9g
SALMON	Cal 293 / 379 Pro 21.8g / 27.6g Carbs 12.5g / 17g Fat 17.9g / 22.8g	Cal 353 / 453 Pro 23.6g / 29.8g Carbs 25.5g / 33.3g Fat 17.7g / 22.5g	Cal 347 / 446 Pro 21.3g / 26.9g Carbs 24.5g / 32g Fat 18.1g / 23g	Cal 370 / 475 Pro 22.3g / 28.2g Carbs 27.5g / 35.8g Fat 19.6g / 24.9g	Cal 360 / 462 Pro 22.2g / 28g Carbs 30.5g / 39.5g Fat 16.4g / 20.9g
SHRIMP	Cal 203 / 267 Pro 23.8g / 30.6g Carbs 13.1g / 17.8g Fat 7.9g / 10.6g	Cal 264 / 341 Pro 25.6g / 32.8g Carbs 26.1g / 34.1g Fat 7.7g / 10.3g	Cal 257 / 334 Pro 23.3g / 29.9g Carbs 25.1g / 32.8g Fat 8.1g / 10.8g	Cal 280 / 363 Pro 24.3g / 31.2g Carbs 28.1g / 36.6g Fat 9.6g / 12.7g	Cal 270 / 350 Pro 24.2g / 31 Carbs 31.1g / 40.3g Fat 6.4g / 8.7g
TOFU	Cal 247 / 324 Pro 17.6g / 22.6g Carbs 14.9g / 20g Fat 15.1g / 19.8g	Cal 307 / 398 Pro 19.4g / 24.8g Carbs 27.9g / 36.3g Fat 14.9g / 19.5g	Cal 301 / 391 Pro 17.1g / 21.9g Carbs 26.9g / 35g Fat 15.3g / 20g	Cal 324 / 420 Pro 18.1g / 23.2g Carbs 29.9g / 38.8g Fat 16.8g / 21.9g	Cal 314 / 407 Pro 18g / 23g Carbs 32.9g / 42.5g Fat 13.6g / 17.9g
HALLOUMI CHEESE	Cal 370 / 477 Pro 22.4g / 28.6g Carbs 14.4g / 19.4g Fat 26.5g / 34.1g	Cal 430 / 551 Pro 24.2g / 30.8g Carbs 27.4g / 35.7g Fat 26.3g / 33.8g	Cal 424 / 544 Pro 21.9g / 27.9g Carbs 26.4g / 34.4g Fat 26.7g / 34.3g	Cal 447 / 573 Pro 22.9g / 29.2g Carbs 29.4g / 38.2g Fat 28.2g / 36.2g	Cal 437 / 560 Pro 22.8g / 29g Carbs 32.4g / 41.9g Fat 25g / 32.2g

Louisiana Cajun

BASE

Nourish / Nourish+

PROTEIN

	CAULIFLOWER RICE	QUINOA	SWEET POTATO	TOMATO RICE	BASMATI RICE
STEAK	 Cal 431 / 557 Pro 24g / 30.3g Carbs 23.7g / 32.6g Fat 28g / 35.7g	Cal 489 / 637 Pro 25.7g / 32.6g Carbs 35g / 48.4g Fat 28.4g / 36.2g	Cal 470 / 610 Pro 23.9g / 30.1g Carbs 34.9g / 48.1g Fat 27.2g / 34.6g	Cal 489 / 637 Pro 24.4g / 30.9g Carbs 36.2g / 49.9g Fat 28.5g / 36.3g	Cal 496 / 646 Pro 24.6g / 31g Carbs 39.4g / 54.4g Fat 27.4g / 34.8g
CHICKEN	Cal 384 / 567 Pro 36.5g / 44g Carbs 19.9g / 27g Fat 17.9g / 32g	Cal 446 / 662 Pro 38.1g / 47g Carbs 30.5g / 43g Fat 18.9g / 34g	Cal 426 / 628 Pro 36.5g / 44g Carbs 30.2g / 42g Fat 17.8g / 32g	Cal 452 / 724 Pro 36.8g / 45g Carbs 33.6g / 47g Fat 18.4g / 40g	 Cal 528 / 672 Pro 35.8g / 45g Carbs 34.2g / 50g Fat 29.8g / 32g
SALMON	Cal 459 / 587 Pro 27g / 33.5g Carbs 23.7g / 32.6g Fat 29g / 36.7g	Cal 517 / 667 Pro 28.7g / 35.8g Carbs 35g / 48.4g Fat 29.4g / 37.2g	 Cal 498 / 640 Pro 26.9g / 33.3g Carbs 34.9g / 48.1g Fat 28.3g / 35.6g	Cal 517 / 667 Pro 27.4g / 34.1g Carbs 36.2g / 49.9g Fat 29.5g / 37.3g	Cal 524 / 676 Pro 27.6g / 34.2g Carbs 39.4g / 54.4g Fat 28.4g / 35.8g
SHRIMP	Cal 350 / 476 Pro 27g / 37.7g Carbs 23.7g / 32.6g Fat 17.5g / 23.2g	 Cal 408 / 556 Pro 28.7g / 40g Carbs 35g / 48.4g Fat 17.9g / 23.7g	Cal 389 / 529 Pro 26.9g / 37.5g Carbs 34.9g / 48.1g Fat 16.8g / 22.1g	Cal 408 / 556 Pro 27.4g / 38.3g Carbs 36.2g / 49.9g Fat 18g / 23.8g	Cal 415 / 565 Pro 27.6g / 38.4g Carbs 39.4g / 54.4g Fat 16.9g / 22.3g
TOFU	Cal 327 / 428 Pro 14g / 17.9g Carbs 25.2g / 34.4g Fat 20.5g / 26.5g	Cal 385 / 508 Pro 15.7g / 20.2g Carbs 36.5g / 50.2g Fat 20.9g / 27g	Cal 366 / 481 Pro 13.9g / 17.7g Carbs 36.4g / 49.9g Fat 19.8g / 25.4g	 Cal 385 / 508 Pro 14.4g / 18.5g Carbs 37.7g / 51.7g Fat 21g / 27.1g	Cal 392 / 517 Pro 14.6g / 18.6g Carbs 40.9g / 56.2g Fat 19.9g / 25.6g
HALLOUMI CHEESE	Cal 566 / 715 Pro 27g / 33.5g Carbs 24.2g / 33.2g Fat 42g / 52.3g	Cal 624 / 795 Pro 28.7g / 35.8g Carbs 35.5g / 49g Fat 42.4g / 52.8g	Cal 605 / 768 Pro 26.9g / 33.3g Carbs 35.4g / 48.7g Fat 41.3g / 51.2g	Cal 624 / 795 Pro 27.4g / 34.1g Carbs 36.7g / 50.5g Fat 42.5g / 52.9g	Cal 631 / 804 Pro 27.6g / 34.2g Carbs 39.9g / 55g Fat 41.4g / 51.4g

Beast Mode

BASE

Nourish / Nourish+

PROTEIN

	CAULIFLOWER RICE	QUINOA	SWEET POTATO	TOMATO RICE	BASMATI RICE
STEAK	Cal 484 / 589 Pro 35.8g / 44.1g Carbs 24.5g / 34.2g Fat 28.4g / 32.6g	 Cal 537 / 660 Pro 37.3g / 46.1g Carbs 35g / 48.2g Fat 28.8g / 33.1g	Cal 519 / 636 Pro 35.7g / 44g Carbs 34.8g / 48g Fat 27.7g / 31.7g	Cal 537 / 660 Pro 36.2g / 44.6g Carbs 36g / 49.6g Fat 28.8g / 33.2g	Cal 543 / 668 Pro 36.3g / 44.8g Carbs 39g / 53.6g Fat 27.8g / 31.8g
CHICKEN	Cal 555 / 687 Pro 45.8g / 56g Carbs 28.7g / 40.4g Fat 32.8g / 45.9g	Cal 615 / 754 Pro 47.6g / 58.2g Carbs 41.7g / 56.7g Fat 32.6g / 45.6g	Cal 609 / 761 Pro 45.3g / 55.3g Carbs 40.7g / 55.4g Fat 33g / 46.1g	 Cal 632 / 783 Pro 46.3g / 56.6g Carbs 43.7g / 59.2g Fat 34.5g / 48g	Cal 622 / 770 Pro 46.2g / 56.4g Carbs 46.7g / 62.9g Fat 31.3g / 44g
SALMON	 Cal 510 / 617 Pro 38.6g / 47.1g Carbs 24.5g / 34.2g Fat 29.5g / 33.6g	Cal 563 / 688 Pro 40.1g / 49.1g Carbs 35g / 48.2g Fat 29.8g / 34.1g	Cal 545 / 664 Pro 38.5g / 47g Carbs 34.8g / 48g Fat 28.8g / 32.7g	Cal 563 / 688 Pro 39g / 47.6g Carbs 36g / 49.6g Fat 29.9g / 34.2g	Cal 569 / 696 Pro 39.1g / 47.8g Carbs 39g / 53.6g Fat 28.9g / 32.8g
SHRIMP	Cal 423 / 508 Pro 38.6g / 47.1g Carbs 24.5g / 34.2g Fat 20.3g / 22.1g	Cal 476 / 579 Pro 40.1g / 49.1g Carbs 35g / 48.2g Fat 20.6g / 22.6g	Cal 458 / 555 Pro 38.5g / 47g Carbs 34.8g / 48g Fat 19.6g / 21.2g	Cal 476 / 579 Pro 39g / 47.6g Carbs 36g / 49.6g Fat 20.7g / 22.7g	 Cal 482 / 587 Pro 39.1g / 47.8g Carbs 39g / 53.6g Fat 19.7g / 21.3g
TOFU	Cal 404 / 485 Pro 28.2g / 34.1g Carbs 25.7g / 35.7g Fat 22.7g / 25.1g	Cal 458 / 556 Pro 29.7g / 36.1g Carbs 36.2g / 49.7g Fat 23g / 25.6g	Cal 440 / 532 Pro 28.1g / 34g Carbs 36g / 49.5g Fat 22g / 24.2g	Cal 458 / 556 Pro 28.6g / 34.6g Carbs 37.2g / 51.1g Fat 23.1g / 25.7g	Cal 464 / 564 Pro 28.7g / 34.8g Carbs 40.2g / 55.1g Fat 22.1g / 24.3g
HALLOUMI CHEESE	Cal 596 / 724 Pro 38.6g / 47.1g Carbs 24.9g / 34.7g Fat 39.9g / 34.7g	Cal 649 / 795 Pro 40.1g / 49.1g Carbs 35.4g / 48.7g Fat 40.2g / 47.1g	 Cal 631 / 771 Pro 38.5g / 47g Carbs 35.2g / 48.5g Fat 39.2g / 45.7g	Cal 649 / 795 Pro 39g / 47.6g Carbs 36.4g / 50.1g Fat 40.3g / 47.2g	Cal 655 / 803 Pro 39.1g / 47.8g Carbs 39.4g / 54.1g Fat 39.3g / 45.8g

RICE BOWLS

Nourish / Nourish+

ARABIAN CHICKEN

Basmati Rice

Cal 495 / 755
Pro 40g / 60g
Carbs 42g / 65g
Fat 19g / 29g

Cauliflower Rice

Cal 326 / 486
Pro 34g / 51g
Carbs 21g / 31g
Fat 13g / 20g

BUTTER CHICKEN MASALA

Basmati Rice

Cal 500 / 755
Pro 37g / 56g
Carbs 44g / 69g
Fat 19g / 29g

Cauliflower Rice

Cal 419 / 629
Pro 34g / 51g
Carbs 23g / 34g
Fat 23g / 34g

CAJUN SHRIMP

Basmati Rice

Cal 535 / 735
Pro 26g / 38g
Carbs 44g / 67g
Fat 29g / 36g

Cauliflower Rice

Cal 365 / 485
Pro 24g / 34g
Carbs 21g / 30g
Fat 22g / 27g

CAJUN CHICKEN

Basmati Rice

Cal 540 / 705
Pro 36g / 45g
Carbs 32g / 45g
Fat 30g / 39g

Cauliflower Rice

Cal 388 / 498
Pro 33g / 41g
Carbs 21g / 29g
Fat 19g / 24g

PANEER BUTTER MASALA

Basmati Rice

Cal 630 / 950
Pro 24g / 37g
Carbs 48g / 77g
Fat 39g / 58g

Cauliflower Rice

Cal 540 / 810
Pro 25g / 37g
Carbs 26g / 38g
Fat 39g / 59g

GINGER SALMON

Basmati Rice

Cal 510 / 715
Pro 26g / 36g
Carbs 50g / 76g
Fat 20g / 26g

Cauliflower Rice

Cal 401 / 546
Pro 23g / 32g
Carbs 28g / 42g
Fat 23g / 30g

STEAK TERIYAKI

Basmati Rice

Cal 500 / 720
Pro 35g / 48g
Carbs 62g / 92g
Fat 10g / 14g

Cauliflower Rice

Cal 436 / 607
Pro 32g / 44g
Carbs 37g / 53g
Fat 19g / 26g

POKE BOWLS

BASE

Nourish / Nourish+

	CAULIFLOWER RICE	QUINOA	SWEET POTATO	SUSHI RICE	
SLAMMING SALMON	Cal 354 Pro 23.3g Carbs 26.9g Fat 18.0g	Cal 521 Pro 27.5g Carbs 55.4g Fat 20.8g	Cal 468 Pro 23.3g Carbs 54.3g Fat 17.7g	Cal 538 Pro 24.0g Carbs 68.3g Fat 18.0g	
CALIFORNIA COAST SHRIMP	Cal 416 Pro 35.1g Carbs 34.2g Fat 18.5g	Cal 582 Pro 39.3g Carbs 62.7g Fat 21.3g	Cal 530 Pro 35.1g Carbs 61.6g Fat 18.2g	Cal 600 Pro 35.8g Carbs 75.6g Fat 18.5g	

SALADS

Nourish / Nourish+ / Nourish++

SOMBRERO

Cal 214 / 322 / 579
Pro 5.0g / 7.7g / 13.5g
Carbs 20.9g / 31.4g / 60.4g
Fat 13.0g / 19.4g / 33.1g

MANGO BANGO

Cal 105 / 156 / 230
Pro 3.5g / 5.2g / 8.4g
Carbs 18.2g / 27.2g / 41.5g
Fat 11.7g / 17.5g / 25.5g

APPLE QUINOA

Cal 210 / 317 / 457
Pro 3.8g / 5.6g / 8.6g
Carbs 28.8g / 43.5g / 62.0g
Fat 10.0g / 15.1g / 21.8g

GREEK SALAD

Cal 177 / 266 / 401
Pro 4.8g / 7.3g / 11.0g
Carbs 14.3g / 21.5g / 32.8g
Fat 12.1g / 18.3g / 27.4g

VERY BERRY

Cal 164 / 249 / 370
Pro 3.4g / 5.0g / 7.9g
Carbs 22.2g / 33.8g / 49.7g
Fat 7.9g / 11.8g / 17.7g

MELON BURST

Cal 165 / 246 / 384
Pro 4.3g / 6.4g / 10.5g
Carbs 18.3g / 27.5g / 44.3g
Fat 8.9g / 13.4g / 20.4g

CAESAR SALAD

Cal 202 / 288 / 442
Pro 8.8g / 12.3g / 19.2g
Carbs 11.0g / 15.1g / 22.2g
Fat 13.9g / 20.3g / 31.3g

SANDWICHES

Nourish / Nourish+

CHICKEN CAESAR AVOCADO

Cal 469 / 807
Pro 32g / 49g
Carbs 41g / 77g
Fat 20g / 34g

PESTO CHICKEN MOZZARELLA

Cal 617 / 964
Pro 38g / 56g
Carbs 39g / 74g
Fat 34g / 48g

CHICKEN TIKKA

Cal 561 / 883
Pro 33g / 49g
Carbs 40g / 74g
Fat 29g / 42g

CHICKEN CLUB

Cal 620 / 978
Pro 36g / 54g
Carbs 40g / 75g
Fat 34g / 50g

CLASSIC CHICKEN CHEDDAR

Cal 542 / 846
Pro 32g / 48g
Carbs 42g / 78g
Fat 26g / 37g

SHRIMP WITH LEMON & TAHINA

Cal 449 / 728
Pro 26g / 39g
Carbs 40g / 74g
Fat 21g / 30g

STEAK SANDWICH

Cal 500 / 731
Pro 24g / 34g
Carbs 42g / 77g
Fat 25g / 31g

MEDITERRANEAN VEGETABLE

Cal 252 / 454
Pro 9g / 16g
Carbs 45g / 81g
Fat 5g / 8g

HALLOUMI PESTO

Cal 522 / 816
Pro 20g / 30g
Carbs 38g / 73g
Fat 33g / 45g

PANEER PESTO

Cal 644 / 1,005
Pro 30g / 46g
Carbs 41g / 76g
Fat 40g / 58g

PANEER TIKKA

Cal 623 / 1,024
Pro 25g / 39g
Carbs 41g / 77g
Fat 39g / 62g

WRAPS

ONE SIZE

CHICKEN CAESAR AVOCADO WRAP

Cal 566
Pro 40.7g
Carbs 32.6g
Fat 31.1g

PESTO CHICKEN MOZZARELLA WRAP

Cal 595
Pro 43.7g
Carbs 30.3g
Fat 34g

CHICKEN TIKKA WRAP

Cal 640
Pro 41.2g
Carbs 28.6g
Fat 40.8g

CHICKEN CLUB WRAP

Cal 609
Pro 38g
Carbs 27.7g
Fat 38.5g

CLASSIC CHICKEN CHEDDAR WRAP

Cal 604
Pro 40.8g
Carbs 32.9g
Fat 35.3g

SHRIMP WITH LEMON & TAHINA WRAP

Cal 491
Pro 29.1g
Carbs 30.3g
Fat 28.3g

STEAK WRAP

Cal 561
Pro 30.1g
Carbs 33.3g
Fat 35g

MEDITERRANEAN VEGETABLE WRAP

Cal 239
Pro 7.9g
Carbs 36.5g
Fat 7.4g

HALLOUMI PESTO WRAP

Cal 548
Pro 23.2g
Carbs 29g
Fat 38.5g

PANEER PESTO WRAP

Cal 666
Pro 32.8g
Carbs 32.1g
Fat 46g

PANEER TIKKA WRAP

Cal 740
Pro 30.8g
Carbs 31g
Fat 55.7g

CRACK-A-LACKIN

Cal 525
Pro 20.7g
Carbs 27.7g
Fat 37.3g

BACON, EGG & CHEESE

Cal 408
Pro 20.6g
Carbs 28.6g
Fat 23.9g

HALLOUMI & EGG

Cal 466
Pro 20.1g
Carbs 28.5g
Fat 30.9g

VEGETARIAN OMELETTE

Cal 438
Pro 17.9g
Carbs 29.3g
Fat 28.4g

SOUP

CHEDDAR BROCCOLI (CUP)

Cal 300
Pro 12.5g
Carbs 25.0g
Fat 17.5g

CHEDDAR BROCCOLI (BREAD BOWL)

Cal 1,040
Pro 39.0g
Carbs 136.0g
Fat 39.0g

CREAMY CHICKEN & MUSHROOM (CUP)

Cal 250
Pro 15.0g
Carbs 10.0g
Fat 17.5g

CREAMY CHICKEN & MUSHROOM (BREAD BOWL)

Cal 940
Pro 44.0g
Carbs 106.0g
Fat 39.0g

TOASTIES

ONE SIZE (3PCS)

AVOCADO

Cal 184
Pro 2.6g
Carbs 14.2g
Fat 13.6g

BRUSCHETTA

Cal 73
Pro 1.9g
Carbs 12.7g
Fat 1.2g

SIGNATURE HONEY & ORANGE

Cal 155
Pro 2.4g
Carbs 22.1g
Fat 6.8g

MINI TOAST

Strawberry Jam

Cal 379
Pro 6g
Carbs 40g
Fat 21g

Blueberry Jam

Cal 382
Pro 6g
Carbs 40g
Fat 21g

Raspberry Jam

Cal 385
Pro 6g
Carbs 40g
Fat 21g

BOGA SPROUTS

One Size

KIDS MEAL 1

Cal 320
Pro 27g
Carbs 39g
Fat 8g

KIDS MEAL 2

Cal 289
Pro 9g
Carbs 25g
Fat 17g

DESSERT

Nourish / Nourish+

LEMON ZEST & FRESH GINGER SHOT

Cal 204 / 397
Pro 10.3g / 20.5g
Carbs 27.3g / 52.4g
Fat 5.5g/ 10.8g

LIME ZEST & FRESH SQUEEZED LIME

Cal 196 / 384
Pro 10.1g / 20.1g
Carbs 25.8g / 50.0g
Fat 5.4 / 10.7g

ACAI YOGURT

Cal 217 / 426
Pro 10.4g / 20.9g
Carbs 26.6g / 52.0g
Fat 6.8g / 13.4g

MATCHA YOGURT

Cal 198 / 389
Pro 10.6g / 21.2g
Carbs 25.2g / 49.1g
Fat 5.5g / 10.8g

One Size

COTTAGE CHEESE (BLUEBERRY JAM)

Cal 169
Pro 10.3g
Carbs 14.6g
Fat 9.2g

COTTAGE CHEESE (RASPBERRY JAM)

Cal 167
Pro 10.4g
Carbs 14g
Fat 9.3g

COTTAGE CHEESE (STRAWBERRYJAM)

Cal 162
Pro 10.3g
Carbs 12.8g
Fat 9.2g

FUNCTIONAL DRINKS

ONE SIZE

CAPPUCCINO

Cal 128
Pro 6.6g
Carbs 9.8g
Fat 6.4g

AMERICANO

Cal 6
Pro 0.3g
Carbs 1g
Fat 0.2g

ESPRESSO

Single / Double
Cal 3 / 6
Pro 0.1g / 0.3g
Carbs 0.5g / 1g
Fat 0.1g / 0.2g

LATTE

Cal 128
Pro 6.6g
Carbs 9.8g
Fat 6.4g

MATCHA VANILLA LATTE

Cal 175
Pro 5.9g
Carbs 24.5g
Fat 5.5g

MATCHA LATTE

Cal 115
Pro 5.8g
Carbs 9.5g
Fat 5.5g

VANILLA LATTE

Cal 162
Pro 5.8g
Carbs 21.1g
Fat 5.6g

CARAMEL LATTE

Cal 289
Pro 5.3g
Carbs 45.3g
Fat 9.3g

IMMUNITEA

Cal 76
Pro 0.3g
Carbs 19g
Fat 0.1g

TEA

Cal 2
Pro 0g
Carbs 0.5g
Fat 0g

CHICKEN BONE BROTH

Cal 78
Pro 2.7g
Carbs 2g
Fat 7.5g

BEEF BONE BROTH

Cal 175
Pro 9.5g
Carbs 2g
Fat 13.5g

JUICES

200ml / 330ml

NAVEL ORANGE

Cal 90 / 150
Pro 1.4g / 2.3g
Carbs 21g / 34g
Fat 0.4g / 0.7g

NAVEL ORANGE & CARROT

Cal 88 / 145
Pro 1.5g / 2.5g
Carbs 20g / 33g
Fat 0.4g / 0.6g

CARROT JUICE

Cal 80 / 132
Pro 1.8g / 3.0g
Carbs 18.6g / 30.7g
Fat 0.4g / 0.7g

RED APPLE

Cal 92 / 152
Pro 0.2g / 0.3g
Carbs 22.6g / 37.3g
Fat 0.2g / 0.3g

CARROT & BEETROOT

Cal 83 / 137
Pro 2.6g / 4.3g
Carbs 18.9g / 31.1g
Fat 0.4g / 0.6g

RED APPLE & GINGER

Cal 89 / 150
Pro 0.2g / 0.4g
Carbs 22g / 37g
Fat 0g / 0g

THE GENTLE GREEN JUICE

Cal 54 / 90
Pro 1.0g / 1.5g
Carbs 12.7g / 20.9g
Fat 0.3g / 0.6g

THE MEGAN

Cal 44 / 73
Pro 1.2g / 2.0g
Carbs 9.6g / 15.8g
Fat 0.3g / 0.6g

SMOOTHIES

ONE SIZE (330 ml)

VELVET AVOCADO & HONEY

Cal 294
Pro 6.6g
Carbs 45.5g
Fat 12.0g

STRAWBERRY BANANA

Cal 220
Pro 8.3g
Carbs 47.5g
Fat 1.0g

BERRY & OATMEAL BREEZE

Cal 540
Pro 10.3g
Carbs 62.6g
Fat 31.8g

COCO BANANA TANGO

Cal 471
Pro 15.0g
Carbs 76.8g
Fat 18.0g

BANANARAMA

Cal 324
Pro 3.6g
Carbs 83.0g
Fat 0.9g