



# FIT FAST FOOD

MEAL PREP BAR

## NUTRITIONAL INFORMATION

	<i>(grams)</i>	<i>(calories)</i>	<i>(grams)</i>	<i>(grams)</i>	<i>(grams)</i>	<i>(grams)</i>	<i>(grams)</i>	<i>(grams)</i>
<b>PROTEIN (reg. serve)</b>	<b>SERVE</b>	<b>ENERGY</b>	<b>PROTEIN</b>	<b>FAT</b>	<b>SAT. FAT</b>	<b>CARBS</b>	<b>SUGAR</b>	<b>SODIUM</b>
Chicken Breast	100g	152	29.0	3.9	1.2	0.0	0.0	45
Rump Steak	100g	177	31.5	5.5	2.0	0.0	0.0	4
Kangaroo Steak	100g	160	33.9	2.5	0.9	0.0	0.0	51
Lean Beef Mince	85g	184	16.9	13.1	5.8	0.4	0.4	60
Salmon	125g	232	23.8	15.3	4.3	0.0	0.0	48
Barramundi	125g	115	24.0	2.0	2.0	0.0	0.0	60
Tofu	80g	129	13.9	7.7	2.4	0.3	0.3	15
<b>BASE (reg. serve)</b>	<b>(approx.)</b>	<b>ENERGY</b>	<b>PROTEIN</b>	<b>FAT</b>	<b>SAT. FAT</b>	<b>CARBS</b>	<b>SUGAR</b>	<b>SODIUM</b>
White Rice	80g	128	2.2	0.1	0.0	28.8	0.1	2
Brown Rice	80g	122	2.0	0.8	0.2	25.4	0.2	2
Cauliflower Rice	50g	13	1.1	0.1	0.0	1.0	1.0	16
White Spaghetti	90g	105	3.2	0.2	0.1	21.3	0.0	2
Wholemeal Spaghetti	90g	97	3.8	0.8	0.1	17.3	0.0	4
Zucchini Noodles	90g	15	0.9	0.3	0.0	1.7	1.3	1
White Potato Mash	180g	108	4.3	0.0	0.0	20.2	3.1	9
Sweet Potato Mash	180g	119	3.4	0.2	0.0	25.2	9.9	18
Cauliflower Mash	180g	70	4.0	0.4	0.0	3.6	3.6	56
Spinach	30g	7	0.9	0.1	0.0	1.1	0.7	24
Quinoa	90g	112	4.1	1.8	0.0	19.8	0.0	7
<b>VEGETABLES</b>	<b>(approx.)</b>	<b>ENERGY</b>	<b>PROTEIN</b>	<b>FAT</b>	<b>SAT. FAT</b>	<b>CARBS</b>	<b>SUGAR</b>	<b>SODIUM</b>
Broccoli	60g	19	2.8	0.2	0.1	0.2	0.2	13
Beans	50g	11	0.8	0.1	0.0	1.1	0.9	2
Carrots	100g	32	0.8	0.1	0.0	5.0	5.0	40
Cauliflower	90g	23	2.0	0.2	0.0	1.8	1.8	28
Mexi Mix	90g	70	4.0	1.0	0.0	11.0	3.0	80
Roast White Potato	70g	57	1.7	1.7	0.3	7.8	1.2	120
Roast Sweet Potato	90g	74	1.7	1.8	0.3	12.6	5.0	129
Roast Pumpkin	75g	54	3.0	0.5	0.0	6.0	5.3	121
<b>SAUCES</b>	<b>(grams)</b>	<b>ENERGY</b>	<b>PROTEIN</b>	<b>FAT</b>	<b>SAT. FAT</b>	<b>CARBS</b>	<b>SUGAR</b>	<b>SODIUM</b>
Basil Pesto (gf) (v)	40g	178	2.9	15.8	2.9	7.6	5.7	397
Peanut Satay (v)	70g	85	2.2	4.2	0.7	9.7	6.4	288
Teriyaki (gf) (df) (v+)	50g	37	0.26	0.09	0.09	9.1	8.7	267
Bolognese (gf) (df) (v+)	90g	27	1.0	0.5	0.1	5.7	3.7	363
Gravy (gf)	45g	20	0.5	0.5	0.5	4.4	0.8	299
Garlic Butter (gf) (v)	15g	110	0.1	12.5	8.3	0.1	0.1	4
Sweet Chilli (gf) (df) (v+)	50g	51	1.0	1.0	1.0	14.0	13.0	400
Tartare (gf) (v)	40g	113	0.2	10.0	1.2	6.3	5.4	378
Mexi Sauce (gf) (v)	60g	59	2.3	3.3	2.1	6.0	4.2	166
<b>SWEETS</b>	<b>SERVE</b>	<b>ENERGY</b>	<b>PROTEIN</b>	<b>FAT</b>	<b>SAT. FAT</b>	<b>CARBS</b>	<b>SUGAR</b>	<b>SODIUM</b>
Choc Banana Yogurt	1	353	12.0	28.0	15.0	37.0	24.0	169
Superfood Bowl	1	341	2.0	16.0	8.0	31.0	20.0	108
Cookie Dough Slice	1	261	12.0	15.0	5.0	24.0	17.0	100
Choc Banana Muffin	1	358	9.0	27.0	10.0	23.0	13.0	30
Choc Chip Brownie	1	264	4.0	18.0	13.0	22.0	11.0	40

Raw Snickers Slice	1	348	7.2	21.1	8.1	33.2	24.5	58
Vegan Brownie	1	290	4.0	15.0	6.0	35.0	19.0	103

BREAKFAST	SERVE	ENERGY	PROTEIN	FAT	SAT. FAT	CARBS	SUGAR	SODIUM
Scrambed Eggs	2	150	12.0	10.0	3.2	1.2	1.2	124
Kangaroo Sausages	2	184	33.6	2.8	1.2	5.6	0.6	880
Tofu	80	129	13.9	7.7	2.4	0.3	0.3	15
Chilli Beans	1/2 cup	150	8.1	2.6	0.2	19.6	3.9	285
Spinach	30	7	0.9	0.1	0.0	1.1	0.7	24
Broccoli	60	19	2.8	0.2	0.1	0.2	0.2	13
Roast Sweet Potato	90	74	1.7	1.8	0.3	12.6	5.0	129
Mushroom	105	23	3.0	1.0	0.0	3.0	0.0	0
Pancakes	4 pcs	303	8.0	17.0	13.0	30.0	6.0	124
Berry Compote	1	27	0.0	0.0	0.0	6.0	5.0	1
Greek Yogurt	1	25	1.0	2.0	0.0	1.0	1.0	7
Rice Malt Syrup	1	65	0.0	0.0	0.0	16.0	11.0	1
Peanut Butter	1	124	6.0	10.0	0.0	4.0	0.0	0
Low Carb Frittata	1	199	17.0	13.0	4.0	4.0	2.0	240

## INGREDIENTS

<b>Mexi Mix</b>	Black Beans   Corn Kernels   Kidney Beans   Cherry Tomatoes
<b>Basil Pesto</b>	Basil Puree   Canola Oil   Water   Cashews   Parmesan Cheese   Sugar   Garlic   Vinegar   Pine Nuts   Salt   Food Acid   Potassium Sorbate
<b>Peanut Satay</b>	Coconut Milk   Peanuts   Onion   Golden Syrup   Lemon Grass   Salt   Water   Garlic   Emulsifier (Dairy)   Yeast Extract   Thickener   Desiccated Coconut   Cumin   Ginger   Coriander Seed   Turmeric   Chilli
<b>Teriyaki</b>	Organic Tamari   Water   Organic Sugar   Corn Starch   Burnt Sugar   Organic Ginger   Thickener   Organic Garlic   Natural Colour
<b>Bolognese</b>	Organic Tomato   Sea Salt   Organic Garlic   Organic Basil   Organic White Pepper   Organic Oregano   Onion   Food Acid (Citric)
<b>Gravy</b>	Tapicoa Flour   Starch   Salt   Corn Protein   Onion   Sodium Cadeinate   Spices   Garlic   Milk Protein   Animal Fats   Emulsifiers
<b>Garlic Butter</b>	Unsalted Butter   Garlic
<b>Sweet Chilli</b>	Chilli   Water   Garlic   Salt   Vegetable Gum
<b>Tartare</b>	Sunflower Oil   Cucumber   Egg Yolk   Lemon Juice   Vinegar   Onion   Mustard   Sugar   Salt   Food Acid (Acetic)   Vegetable Gum   Butter Milk
<b>Mexi Sauce</b>	Salsa [ Diced Tomato   Tomato Juice   Acidity Regulator   Firming Agent   Water   Tomato Pulp   Vinegar   Capsicum   Thickener   Sugars   Salt   Garlic   Spices   Herb   Preservative   Spice Extract ]   Greek Yogurt
<b>Choc Banana Yogurt</b>	Greek Yogurt   Muesli [ cashews, almonds, coconut, rice malt, cinnamon ]   Banana   Dark Chocolate
<b>Superfood Bowl</b>	Greek Yogurt   WPI Protein Powder   Muesli [ cashews, almonds, coconut, rice malt, cinnamon ]   Kiwi   Strawberry   Blueberry   Goji Berries
<b>Cookie Dough Slice</b>	Chickpeas   Peanut Butter [ 100% Peanuts ]   WPI Protein Powder   Honey   Dark Chocolate
<b>Choc Banana Muffin</b>	Banana   Eggs   Almond Meal   Almond Flour   Coconut Oil   Dark Chocolate   Rice Malt
<b>Choc Chip Brownie</b>	Coconut Flour   Arrowroot Flour   Stevia   Cacao Powder   Applesauce   Dark Chocolate   Coconut Oil
<b>Raw Snickers Slice</b>	Cacao Powder   Medjool Dates   Cashews   Almonds   Peanuts   100% Peanut Butter   Coconut Oil   Coconut Milk   Rice Malt Syrup
<b>Chilli Beans</b>	Black Beans   Kidney Beans   Chickpeas   Tomatoes   Spices
<b>Pancakes</b>	Coconut Flour   Arrowroot Flour   Eggs   Coconut Oil   Rice Malt Syrup   Almond Milk   Bi Carb Soda
<b>Berry Compote</b>	Strawberries   Black Berries   Raspberries   Stevia
<b>Low Carb Frittata</b>	Eggs   Red Onion   Basil   Spinach   Tasty Cheese [ light ]   Tomatoes   Paprika   Rock Salt