

Meal Prep Macros

Lean Meals					
Meals	Protein	Carbs	Fat	Kcal	
Cajun Chicken Pasta	32	47	2.7	354	
Chicken Chow Mein	32	45	5	356	
Chinese Chicken Curry	28	34	5	303	
Currywurst	27	29	5	284	
Korean Beef	28	35	7.7	320	
Mongolian Beef	30	48	5	359	
Peri Pasta	30	36	4	318	
Pesto Pasta	31	29	12	355	
Roast Chicken	29	28	6	298	
Steak & Greens	30	11	5	205	
Swedish Meatballs	29	25	15	362	
	w/Jam	29	30	15	379
Tuna Pasta	33	36	3	314	
Turkey Bolognese	26	39	8	345	

Performance Meals					
Meals	Protein	Carbs	Fat	Kcal	
XL Cajun Chicken Pasta	47	63	3.8	497	
XL Chicken Chow Mein	48	65	8	518	
XL Chinese Chicken Curry	42	52	6	450	
XL Currywurst	35	51	40	720	
XL Korean Beef	38	53	10	458	
XL Mongolian Beef	51	86	9	635	
XL Peri Pasta	44	48	6	444	
XL Pesto Pasta	45	35	19	500	
XL Roast Chicken	43	51	11	502	
XL Steak & Sweet Potato Mash	42	46	15	15	
XL Swedeish Meatballs	47	46	24	604	
	w/Jam	47	50	24	621
XL Tuna Pasta	50	49	5	457	
XL Turkey Bolognese	42	50	13	506	

Breakfast & Snacks				
Meals	Protein	Carbs	Fat	Kcal
Protein Pancakes	15	25	6	225
Protein Cheecake Pot	21	26	18	349