



MEALS IN MINUTES FROM YOUR FAVOURITE SUPERMARKET



DROP FAT • BUILD MUSCLE • LOOK AND FEEL BETTER



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THE GYM KITCHEN



CHICKEN TIKKA

CAL 384
PROTEIN 34G
CARBS 40G
FAT 6.8G



PIRI PIRI CHICKEN

CAL 344
PROTEIN 35G
CARBS 33G
FAT 4.4G



THAI GREEN CHICKEN

CAL 373
PROTEIN 31G
CARBS 38G
FAT 9.2G



CHILLI CON CARNE

CAL 343
PROTEIN 22G
CARBS 46G
FAT 5.5G



HARISSA CHICKEN

CAL 404
PROTEIN 36G
CARBS 41G
FAT 7.2G



KOREAN BEEF CHILLI

CAL 453
PROTEIN 36G
CARBS 45G
FAT 12G

NOURISH



CHICKEN KATSU CURRY

CAL 417
PROTEIN 39.5G
CARBS 42G
FAT 10.1G



DUCK NOODLES

CAL 353
PROTEIN 20.8G
CARBS 42G
FAT 11.3G



KING PRAWN LINGUINE

CAL 333
PROTEIN 19.2G
CARBS 54.8G
FAT 4.3G



CHICKEN & ROAST POTATOES

CAL 356
PROTEIN 28.4G
CARBS 34.8G
FAT 11.1G



CHICKEN & RICE

CAL 412
PROTEIN 36G
CARBS 49.6G
FAT 7.2G



BEEF CHILLI & RICE

CAL 457
PROTEIN 30G
CARBS 51.2G
FAT 12.6G

MY GOODNESS



SALMON & POTATOES

CAL 313
PROTEIN 23G
CARBS 30.4G
FAT 9.3G



TERIYAKI CHICKEN NOODLES

CAL 391
PROTEIN 27.1G
CARBS 38.2G
FAT 13.5G



PIRI PIRI CHICKEN & RICE

CAL 399
PROTEIN 28.4G
CARBS 46G
FAT 10.2G



CHICKEN TIKKA & S POTATO

CAL 363
PROTEIN 23.1G
CARBS 38.6G
FAT 10.8G



HADDOCK & RISOTTO

CAL 350
PROTEIN 18.6G
CARBS 50G
FAT 7G



BBQ BEEF & S POTATO

CAL 353
PROTEIN 18.5G
CARBS 47.9G
FAT 7.9G

THE CITY KITCHEN



CHICKEN TERIYAKI

CAL 400
PROTEIN 28.6G
CARBS 55.5G
FAT 6.4G



CHICKEN CHORIZO PAELLA

CAL 428
PROTEIN 28.4G
CARBS 54.9G
FAT 9.7G



HOISIN DUCK

CAL 439
PROTEIN 31G
CARBS 62.4G
FAT 10G



KATSU CHICKEN

CAL 465
PROTEIN 28.8G
CARBS 59.7G
FAT 11.1G