

FITNESS MENU

CHICKEN ENERGY BOWL

Riso basmati 100 g
Pollo 150 g
Zucchine + carote 200 g
Salsa yogurt light 30 g
610 Kcal – P 44 g | C 78 g | F 6 g

SALMON POWER MEAL

Riso jasmine 90 g
Salmone 150 g
Verdure 200 g
630 Kcal – P 36 g | C 72 g | F 22 g

VEGAN PROTEIN BOWL

Quinoa 80 g
Tofu 120 g
Ceci 60 g
Verdure 200 g
560 Kcal – P 26 g | C 64 g | F 17 g

BURRITO FITNESS

Tortilla integrale 80 g
Riso 30 g
Pollo 120 g
Fagioli e salsa
600 Kcal – P 38 g | C 62 g | F 10 g

PANCAKE PROTEICO XXL

Whey 30 g
Uovo + albume
Avena 30 g
Topping light
390 Kcal – P 38 g | C 32 g | F 9 g

FIT TURKEY PASTA

Pasta 110 g
Tacchino 150 g
Passata 100 g
Parmigiano 7 g
640 Kcal – P 46 g | C 74 g | F 11 g

TUNA FITNESS BOWL

Cous cous 100 g
Tonno 180 g
Mais, olive, verdure
590 Kcal – P 46 g | C 65 g | F 8 g

PASTA GREEN VEG

Pasta integrale 100 g
Pesto veg 40 g
Piselli e zucchine
610 Kcal – P 19 g | C 78 g | F 22 g

FIT BURGER BOX

Burger magro 100 g
Patate 200 g
Salse light
580 Kcal – P 30 g | C 48 g | F 14 g

CREMINO LIGHT PROTEICO

Yogurt greco 0%
Whey 20 g
Crumble e frutti bosco
310 Kcal – P 30 g | C 28 g | F 4 g