



Tel: 07722 082 973 Email: info@boxfitfoodprep.co.uk
 Web: www.boxfitfoodprep.co.uk

PUNCH POTS, PICK YOUR OWN!

● Calories ● Carbs ● Fat ● Protein

ROUND 1 - PROTEINS

Seasoned Chicken Breast
 234kcal 0g 5g 43g

Garlic & Herb Chicken Breast
 240kcal 0g 6g 43g

Moroccan Marinated Chicken Breast
 240kcal 0g 6g 43g

Char-Grilled Rump Steak *£1.50
 382kcal 12g 18g 43g

Turkey Meatballs
 160kcal 6g 9g 14g

Pork Tenderloin Fillet
 120kcal 1g 3g 23g

Turkey Steak
 150kcal 0g 1g 30g

King Prawns *£1.50
 150kcal 0g 1g 34g

Tuna Steak *£2.00
 115kcal 0g 3g 18g

Cod Fillet *£1.50
 100kcal 0g 1g 22g

Salmon Fillet *£1.50
 180kcal 0g 10g 24g

VEGAN PROTEINS

Tofu
 60kcal 0g 7g 10g

Mixed Beans
 150kcal 22g 1g 7g

Roast Sweet Potato
 100kcal 6g 4g 1g

Garlic Mushrooms
 50kcal 3g 0g 3g

ROUND 2 - GREENS

Baby Spinach Leaves
 10kcal 2g 0g 1g

Asparagus Tips
 20kcal 0g 6g 2g

Avocado
 118kcal 2g 10g 6g

Kale
 33kcal 6g 5g 3g

Green Beans
 30kcal 7g 0g 2g

Garden Peas
 70kcal 13g 0g 5g

Broccoli
 30kcal 2g 0g 3g

Sugar Snap Peas
 60kcal 7g 0g 2g

ROUND 3 - CARBS

Sweet Potato Mash
 97kcal 20g 0g 2g

Quinoa
 222kcal 39g 4g 8g

Wholemeal Pasta
 148kcal 28g 1g 5g

Brown Rice
 150kcal 33g 1g 4g

New Potatoes
 74kcal 16g 5g 2g

Roasted Chickpeas
 161kcal 19g 8g 4g

Egg Noodles
 216kcal 38g 4g 8g

Roasted Sweet Potato
 150kcal 18g 10g 1g

Jasmine Rice
 180kcal 42g 0g 3g

ROUND 4 - SAUCES

Italian - Tomato & Basil with a hint of Garlic
 60kcal 9g 2g 2g

Mexican - Mixed Peppers, Tomatoes and a hint of Chilli
 60kcal 8g 2g 2g

Moroccan - Authentic Moroccan spices with Chickpeas
 61kcal 9g 2g 1g

Oriental - Chinese spices, Honey and Light Soy
 60kcal 8g 0g 0g

Thai Green - Coconut, Green Vegetables and Chilli
 60kcal 7g 4g 2g

Curry - Cumin, Coriander and Mild Curry sauce
 60kcal 8g 2g 1g

Peppercorn - Creamy Soya Bean Sauce with Cracked Black Peppercorns
 50kcal 8g 1g 3g

Blue Cheese - Melted Blue Cheese with Soya Bean Cream and finished with Fresh Herbs
 61kcal 9g 2g 1g

NUTRITIONAL STATEMENT

At Box fit we strive to provide accurate nutritional values for all our products. All stated nutritional values are estimates only and intended to provide a general guideline for the nutritional value of our products. We recommend that you do not rely on this information as being entirely accurate, and Box fit is unable to accept liability for any inaccuracies stated. This information is provided for personal use only.



Tel: 07722 082 973 Email: info@boxfitfoodprep.co.uk
 Web: www.boxfitfoodprep.co.uk

SET MENU

● Calories

CHICKEN

Chicken Curry

with tomatoes, Indian spices, spinach and brown rice. **434kcal**

Thai Green Chicken

served with jasmine rice and sugar snap peas. **534kcal**

Jamaican Jerk Chicken

with rice and peas, chilli corn and jerk sauce. **539kcal**

Sweet Chilli Chicken

with pineapple, jasmine rice, broccoli and sweet and sour sauce. **550kcal**

Salt & Pepper Chicken

with jasmine rice, sugar snap peas and salt & pepper oriental sauce. **534kcal**

Moroccan Spiced Chicken

with tomatoes, traditional spices and chickpeas, served with green beans and roasted sweet potato. **481kcal**

Garlic & Herb Chicken

with wholemeal pasta, broccoli and a creamy soya bean & pepper sauce. **468kcal**

Stir-Fry Chicken

mixed peppers, protein noodles and oriental sauce. **436kcal**

BEEF, PORK & TURKEY

Tenderloin Pork Fillet

roasted sweet potato, green beans and a creamy soya bean & blue cheese sauce. **350kcal**

Turkey Meatballs

with wholemeal pasta, spinach and a tomato & basil sauce. **378kcal**

Turkey Sausages

sweet potato mash, garden peas and gravy. **350kcal**

Rump Steak

char-grilled and served with sweet potato mash, green beans and a creamy soya bean & pepper sauce. (£1.50 surcharge) **559kcal**

Steak Stir-Fry

with protein noodles, mushrooms, peppers, ginger and oriental sauce. (£1.50 surcharge) **516kcal**

Tender, Braised Beef Chunks

in a rich gravy served with green beans and new potatoes. **375kcal**

Cottage Pie

with lean minced pork and topped with sweet potato mash and served with broccoli. **460kcal**

FISH

Poached Salmon Fillet

with asparagus, wholemeal pasta and mushroom sauce. (£1.50 surcharge) **398kcal**

Baked Cod Loin

with roasted sweet potato, spinach and a tomato & basil sauce. (£1.50 surcharge) **320kcal**

Tuna Steak

with new potatoes, kale and a creamy soya bean and pepper sauce. (£2.00 surcharge) **272kcal**

King Prawns

protein noodles, sugar snap peas and a thai green sauce. (£1.50 surcharge) **486kcal**

PRICES

REGULAR	LARGE
5 meals £35	5 meals £40
10 meals £60	10 meals £70
15 meals £85	15 meals £100
20 meals £110	20 meals £130

PLEASE READ OUR T&C'S AND ALLERGY INFORMATION BEFORE PLACING AN ORDER.

TERMS & CONDITIONS

A surcharge will be added per meal on steak, tuna, cod, king prawns and salmon.

ALLERGY STATEMENT

Due to the presence of nuts and other allergens in some of our products, there is a small possibility that these traces may be found in any of our products. While we do our best to reduce the risk of cross-contamination in our products, we **CANNOT** guarantee that any of our products are free from allergens. Therefore, we **CANNOT** accept any liability in this respect. For customers with severe allergies you are advised to assess your own level of risk, based on your personal circumstances, before eating any of our products.

Please inform our staff of any special dietary requirements.



Tel: 07722 082 973 **Email:** info@boxfitfoodprep.co.uk
Web: www.boxfitfoodprep.co.uk

BREAKFASTS

● Calories

Full English Breakfast	£5.00
Turkey rashers, turkey sausage, grilled tomato, chestnut mushrooms, low sugar beans and a poached egg. 400kcal	
Omelette	£4.50
2 egg omelette with mushrooms, ham and turkey sausage. 365kcal	
Overnight Oats	£3.50
<ul style="list-style-type: none">• Raspberry and Chocolate. 250kcal• Peanut Butter and Banana. 315kcal• Jaffa Cake. 350kcal• Vanilla and blueberries. 210kcal• Coconut and pineapple. 255kcal	
Avocado Smash	£4.50
Smashed avocado on a toasted, seeded bagel topped with a poached egg. 583kcal	
Smoked Salmon & Scrambled Eggs	£6.00
Fine smoked salmon and scrambled egg served on a seeded bagel. 573kcal	

Breakfasts available as an add on to your meal prep orders.

PLEASE READ OUR T&C'S AND ALLERGY INFORMATION BEFORE PLACING AN ORDER.

TERMS & CONDITIONS

A surcharge will be added per meal on steak, tuna, cod, king prawns and salmon.

ALLERGY STATEMENT

Due to the presence of nuts and other allergens in some of our products, there is a small possibility that these traces may be found in any of our products. While we do our best to reduce the risk of cross-contamination in our products, we **CANNOT** guarantee that any of our products are free from allergens. Therefore, we **CANNOT** accept any liability in this respect. For customers with severe allergies you are advised to assess your own level of risk, based on your personal circumstances, before eating any of our products.

Please inform our staff of any special dietary requirements.