

FUELSTOP
PUT THE BEST IN TO GET THE BEST OUT

Add a side of 50g of Olives and Feta to a meal



10g fat
99kcal



Healthy Dessert of Greek yogurt (100g) topped with nuts/seeds (25g) and Goji berries (30g)



15.4g Protein
7g Carb
15.5g Fat
308kcal



Add 1/2 an avocado to a meal



17.6g Fat
178kcal



Add 1 tbsp peanut butter to your smoothie



5g Protein
10.6g Fat
121kcal



kcal ADD-ONS FOR **kcal**
INCREASING CALORIE INTAKE

Have a glass of milk with a meal



16g Pro
23.5g Carb
18g Fat
320kcal



Pour 1 tbsp Olive oil over your food



12.6g Fat
113kcal



Always have a Protein Hit Before bed



Simply increase the portion size of an already healthy well balanced plate

