

FUEL STOP
PUT THE BEST IN TO GET THE BEST OUT



**YOGHURT TOPPED
WITH NUTS, SEEDS
AND FRUIT**



PROTEIN SHAKE



**HOMEMADE SWEET
POTATO WEDGES**



**WHOLE WHEAT
PITTAS & HOUMOUS**

IDEAL SOFA SNACKS

BILTONG



MIXED NUTS



FRUIT POT



**APPLE SLICES TOPPED
WITH PEANUT BUTTER**

**NO BAKE
BARS**



NAKD BARS



**FOOD DOCTOR CRISPS
AND WHOLEGRAINS**

