ZENITH FITNESS TRAINING

# NUTRITION SURVIVAL GUIDE TO

# ASK

CALORIES AND MACRONUTRIENTS

WWW.ZENITHFITNESSTRAINING.COM

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

## BREADS & NIBBLES

| | Calories (k/cal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|---|---|---|---|---|---|---|---|
| Garlic Speciale - with balsamic onions | 838 | 29 | 89 | - | 7 | 35 | 4 |
| Garlic Speciale - with purple pesto | 801 | 27 | 100 | - | 18 | 27 | 3.4 |
| Garlic Bread with Mozzarella | 784 | 30 | 83 | - | 6 | 31 | 3.4 |
| Cheese Fonduta | 771 | 28 | 96 | - | 4 | 33 | 3.5 |
| Garlic Bread | 588 | 14 | 82 | - | 6 | 17 | 2.4 |
| Rosemary & Sea Salt Bread | 499 | 14 | 81 | - | 6 | 11 | 2.1 |
| Spicy Nuts & Nibbles | 253 | 8 | 17 | - | 3 | 16 | 0.5 |
| Italian Olives | 204 | 1 | 5 | - | 1 | 19 | 3.8 |

## STARTERS & SHARERS

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Antipasti - Classico | 1310 | 52 | 103 | - | 27 | 74 | 6.1 |
| Antipasti - Fritto | 1105 | 44 | 92 | - | 5 | 61 | 2.6 |
| Meatballs Piccante | 718 | 35 | 76 | - | 11 | 31 | 2.9 |
| Dough Balls - Fontal & Chilli | 711 | 26 | 91 | - | 6 | 25 | 3.2 |
| Chicken Lecca lecca | 675 | 32 | 36 | - | 5 | 44 | 1.9 |
| Dough Balls - Plain | 550 | 16 | 91 | - | 6 | 12 | 2.1 |
| Mushrooms Al Forno | 540 | 10 | 29 | - | 2 | 43 | 1.1 |
| Calamari (1 Serving) | 476 | 23 | 20 | - | 1 | 24 | 2.1 |
| Butterfly King Prawns | 416 | 17 | 27 | - | 3 | 21 | 1.9 |
| Spinach & Ricotta Arancini | 387 | 14 | 41 | - | 4 | 20 | 2.2 |
| Tuscan bread salad | 375 | 9 | 46 | - | 10 | 18 | 2 |
| Bruschetta | 321 | 9 | 34 | - | 4 | 17 | 1.9 |
| Insalata Burrata Caprese | 303 | 15 | 3 | - | 3 | 26 | 0.6 |
| Melanzane al Forno | 301 | 12 | 10 | - | 5 | 24 | 1.2 |

## FRESH PASTA

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Purple Pesto Genovese | 926 | 23 | 70 | - | 7 | 63 | 4.7 |
| Tagliatelle Carbonara | 882 | 43 | 69 | - | 5 | 52 | 6 |
| Aragosta e Gamberoni | 652 | 38 | 75 | - | 9 | 21 | 4.4 |
| Beef Brisket Ragu | 630 | 36 | 74 | - | 10 | 20 | 2.8 |

## PASTA CLASSIC

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Linguine Carbonara | 1060 | 38 | 117 | - | 13 | 58 | 3 |
| Penne Arrabiata with chicken | 869 | 46 | 117 | - | 9 | 24 | 2.9 |
| Vegan Lentil Ragu | 849 | 25 | 129 | - | 12 | 26 | 3.5 |
| Penne Arrabiata without chicken | 759 | 24 | 116 | - | 9 | 22 | 2.5 |
| Spinach and Riccotta Girisole | 743 | 27 | 49 | - | 9 | 53 | 3.3 |
| Linguine con Frutti di Mare | 703 | 37 | 89 | - | 8 | 22 | 7.6 |
| Fettuccine Bolognese | 692 | 28 | 87 | - | 11 | 21 | 3.1 |
| Spaghetti al Pomodoro | 672 | 21 | 98 | - | 13 | 24 | 2.6 |

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## AL FORNO

| | Calories (k/cal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|---|---|---|---|---|---|---|---|
| Penne al Pollo della Casa | 842 | 45 | 79 | - | 10 | 38 | 1.6 |
| Rigatoni di Manzo Piccante | 718 | 35 | 76 | - | 11 | 31 | 2.9 |
| Lasagne | 717 | 29 | 52 | - | 13 | 43 | 2.1 |
| Sausage Cannelloni | 658 | 26 | 63 | - | 9 | 33 | 3.9 |
| Melanzane al Forno | 578 | 23 | 20 | - | 11 | 45 | 2.1 |

## RISOTTO

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Risotto con Pollo e Funghi | 818 | 18 | 114 | - | 7 | 24 | 5.6 |
| Risotto Pea, Asparagus & Ham | 694 | 28 | 76 | - | 6 | 30 | 5.1 |
| Risotto Pea & Asparagus (Veggie) | 646 | 23 | 76 | - | 6 | 27 | 3.8 |

## MEAT & FISH

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Pork Belly Porchetta | 1143 | 58 | 35 | - | 16 | 87 | 2.5 |
| Pollo Milanese with Chips | 1051 | 56 | 120 | - | 10 | 37 | 4 |
| Sea Bass al Forno | 584 | 46 | 35 | - | 5 | 29 | 4.3 |
| Pollo Milanese | 480 | 50 | 56 | - | 11 | 7 | 2.3 |

## PRIMA PIZZA

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Prima Salsiccia | 1116 | 43 | 100 | - | 10 | 55 | 5.9 |
| Prima Slow Cooked Lamb | 1043 | 49 | 91 | - | 13 | 52 | 4.6 |
| Prima Pizza Salami Misti | 1011 | 54 | 103 | - | 12 | 44 | 6.1 |
| Prima Pizza Pollo Piccante con Pancetta | 914 | 62 | 107 | - | 14 | 29 | 4.6 |
| Prima Caprina | 863 | 39 | 103 | - | 18 | 31 | 4.1 |
| Prima Coppa Ham & Egg | 838 | 49 | 114 | - | 12 | 23 | 4.6 |
| Prima Beef & Gorgonzola | 833 | 49 | 89 | - | 15 | 28 | 1 |

## PRIMA LIGHT

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Light Coppa Ham & Egg | 435 | 26 | 54 | - | 8 | 13 | 2.2 |
| Light Pollo Piccante con Pancetta | 435 | 62 | 107 | - | 14 | 29 | 4.6 |
| Light Caprina | 382 | 16 | 54 | - | 9 | 12 | 1.8 |

## CLASSIC PIZZA & CALZONE

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Calzone con Carne Piccante | 970 | 48 | 100 | - | 13 | 39 | 6.2 |
| Calzone Pollo | 899 | 48 | 98 | - | 11 | 32 | 5.8 |
| Stromboli | 881 | 42 | 94 | - | 9 | 36 | 5.2 |
| Margherita | 802 | 41 | 94 | - | 9 | 28 | 4.1 |
| Verdure | 793 | 34 | 88 | - | 8 | 32 | 4.6 |
| Pollo E Funghi | 764 | 42 | 96 | - | 9 | 22 | 3.8 |

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## SALAD

| | Calories (k/cal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|---|---|---|---|---|---|---|---|
| Chicken Caesar Salad | 815 | 42 | 50 | - | 6 | 50 | 2.7 |
| Insalata di Pollo e Pancetta | 743 | 47 | 11 | - | 8 | 62 | 1.3 |
| Roast Salmon and 3 Grains Salad | 548 | 27 | 30 | - | 5 | 29 | 2.1 |
| Mozzarella and 3 Grains Salad | 531 | 27 | 36 | - | 10 | 31 | 1 |

## VEGAN

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Vegan Verdure | 1042 | 22 | 89 | - | 11 | 67 | 1 |
| Vegan Con Melanzane | 843 | 20 | 92 | - | 10 | 44 | 2.5 |
| Vegan Spaghetti al Pomodoro | 765 | 22 | 116 | - | 9 | 24 | 2.5 |
| Vegan Margherita - Prima | 535 | 17 | 95 | - | 10 | 8 | 3.4 |
| Vegan Lentil Grain Salad | 321 | 10 | 42 | - | 9 | 13 | 0.4 |
| Vegan Rainbow Salad | 243 | 5 | 10 | - | 8 | 22 | 0.3 |

## SIDES

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Garlic & Cheese Chips | 892 | 11 | 94 | - | 2 | 52 | 1.8 |
| Chips with Mayo | 863 | 9 | 94 | - | 2 | 50 | 2 |
| Zucchini Fritti | 281 | 5 | 28 | - | 0 | 16 | 0 |
| Broccoli & Chilli | 147 | 6 | 9 | - | 2 | 10 | 0.6 |
| Rainbow Salad | 66 | 2 | 6 | - | 3 | 4 | 0.7 |
| Rocket Salad | 57 | 4 | 1 | - | 1 | 4 | 0.3 |
| Mixed Salad | 18 | 1 | 3 | - | 3 | 1 | 0 |

## DESSERTS

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Chocolate Etna | 767 | 8 | 67 | - | 42 | 54 | 0.2 |
| Honeycomb Cheesecake with gelato | 719 | 8 | 57 | - | 39 | 52 | 0.8 |
| Gondolas - Chocolate & Nut | 609 | 11 | 59 | - | 40 | 29 | 0.4 |
| Gondolas - Salted Caramel | 536 | 8 | 69 | - | 49 | 25 | 1 |
| Pistachio & Olive Oil Cake | 452 | 7 | 37 | - | 25 | 31 | 0.4 |
| Blood Orange & Chocolate Tort | 451 | 5 | 78 | - | 49 | 12 | 0.9 |
| Tiramisu | 419 | 5 | 43 | - | 25 | 24 | 0.2 |
| Lemon Tart | 408 | 7 | 42 | - | 34 | 23 | 0.1 |
| Baked Chocolate Gnocchi | 396 | 5 | 61 | - | 37 | 14 | 0.7 |
| White Chocolate Swirl | 342 | 4 | 25 | - | 23 | 26 | 0.6 |
| Ice Cream Profiteroles | 325 | 5 | 29 | - | 21 | 20 | 0 |
| Panna cotta | 190 | 5 | 17 | - | 14 | 13 | 0.1 |

## GELATO

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Hazelnut gelato 2 scoops | 283 | 6 | 27 | - | 13 | 17 | 0.2 |
| Pistachio gelato - 2 Scoops | 273 | 6 | 30 | - | 28 | 14 | 0.3 |
| Strawberry gelato 2 scoops | 266 | 1 | 52 | - | 45 | 6 | 0 |
| Salted Caramel gelato - 2 scoops | 252 | 4 | 37 | - | 28 | 10 | 0.6 |
| Vanilla gelato 2 scoops | 242 | 6 | 33 | - | 33 | 10 | 0.2 |
| Chocolate gelato 2 Scoops | 225 | 5 | 27 | - | 25 | 11 | 0.2 |
| Mango sorbetti 2 scoops | 179 | 0 | 43 | - | 43 | 0 | 0.1 |
| Raspberry sorbetti 2 scoops | 166 | 1 | 40 | - | 40 | 0 | 0.1 |
| Prosecco sorbetti 2 scoops | 52 | 0 | 12 | - | 6 | 0 | 0.1 |