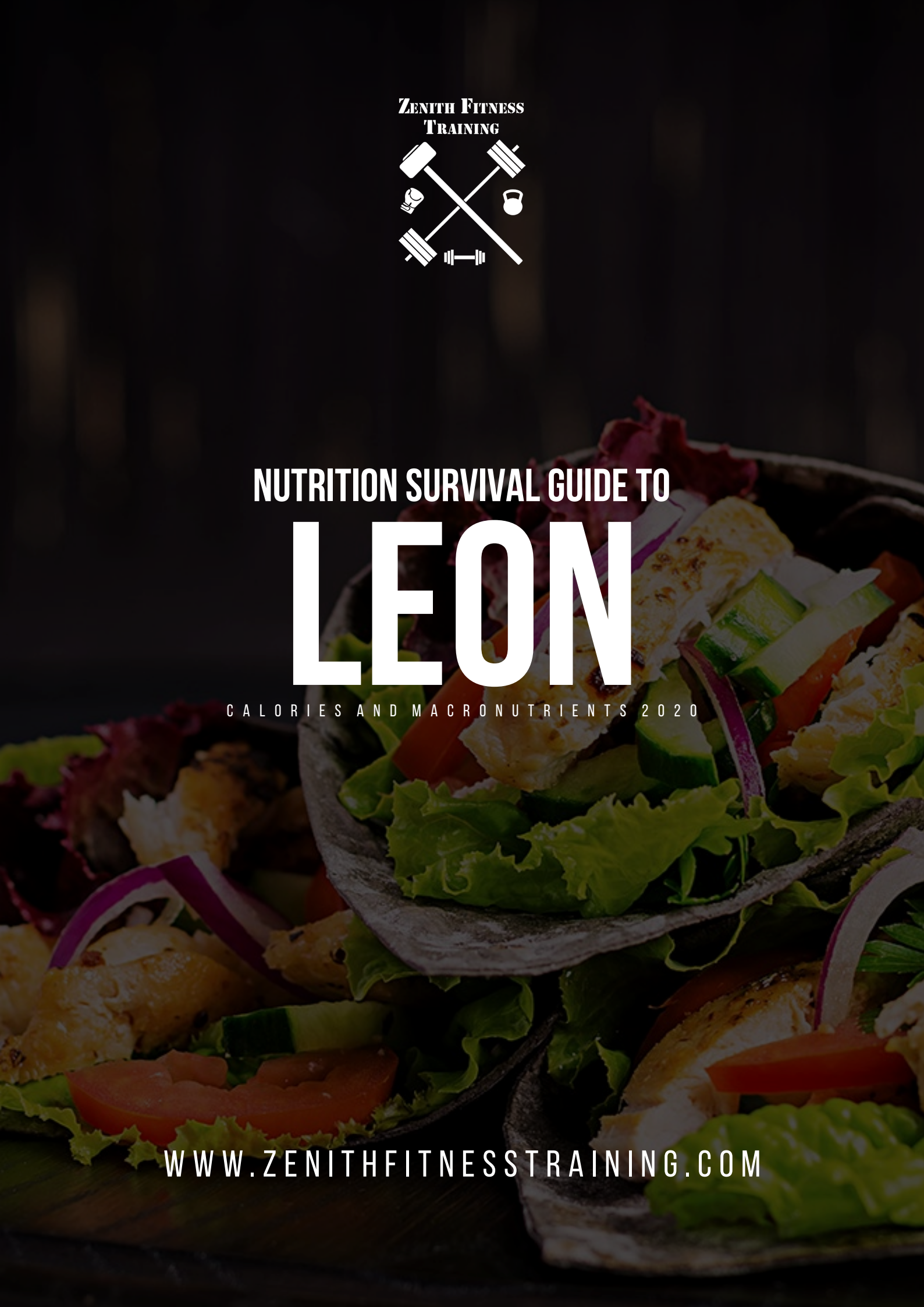
Zenith Fitness Training

NUTRITION SURVIVAL GUIDE TO

LEON

CALORIES AND MACRONUTRIENTS 2020



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1-200 CAL
201-300 CAL
301-400 CAL
401-500 CAL
501+ CAL

ALL DAY MENU

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Plant Boxes							
Paleo Plant Box with Paprika Chicken	393	24	11	4.5	7.4	27	3.3
Paleo Plant Box with Grilled Aubergine	299	5.3	14	6.4	8.2	23	2.8
Burgers							
Chargrilled Chicken Burger	432	35	39.5	2	3	17	1.1
Love Burger	482	15	47	7	8	25	2.6
Fish Finger Burger	569	21	58	3.8	5.9	27	1.9
Chargrilled Chicken Burger (Gluten Free)	475	23	45	3	7	22	2.1
Love Burger (Gluten Free)	515	11	57	8	7	25	2.7
Little Boxes							
Chilli Chicken Box	608	30	57	4.2	5.7	28	2
Coconut, Jackfruit & Lime Curry	486	11	69	7.9	5.8	17	1.9
Aioli Chicken Box	590	29	62	4.2	3.3	27	1.5
Satay Chicken Box	582	33	69.3	5.7	4.5	24	2
Pesto Chicken Box	607	31	55	5.1	3.5	28	1.9
Bits On The side							
Summer Slaw	201	4.9	9	4.3	3.4	15	0.11
Spiced Mango Chicken Wings	451	43	15	1.8	6.9	24	1.5
GFC	371	21	24.6	1	0	21	1.03
Seasonal British Veg	69	2.9	6.1	2.7	4.3	2.8	1.3
Fries							
Cheezy Loaded Fries	311	4	24.7	3.8	0.9	17	1.5
Baked Fries	251	2.6	23	2	0	7.5	1.25

BREAKFAST

Muffins							
Grilled Mushroom & Cheeze Muffin	247	7.3	33	2.8	4.7	8.8	0.52
Smashed Avocado & Halloumi Muffin	433	20	32	1	4	26	2.85
Sausage & Egg Muffin	440	24	40	1	7	22	2.4
Bacon & Egg Muffin	422	28	35.4	2	7	20	2.9
Egg Pots							
Shakshuka	305	15	5.7	1.1	2.7	25	1.7
Saucy Beans Pot	157	9	8.5	2	2.7	9	0.8
Halloumi & Mushroom Egg Pot	340	18	10.1	3	6	26	2.4
Full English Pot	398	26	12.7	2	5	27	3.8
Porridge							
Ruby Red Porridge with Cashew Milk	286	8	39.1	8	5	11	0.56
Porridge with Blueberries, Honey & Toasted Seeds with cashew milk	284	8	41.9	6	8	10	0.19
Banana and Cinnamon Porridge with cashew milk	299	7	59	7	25	5	0.2
Porridge with Blueberries, Honey & Toasted Seeds	352	12	47.8	5	15	14	0.15
Banana and Cinnamon Porridge	367	11	65	7	31	9	0.1

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CHILDREN'S BREAKFAST

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Banana and Chocolate Porridge	207	6	32.7	3	14	7	0.1
Egg and Beans Pot	155	9	9.2	2	5	10	1.2

DRINKS

Smoothies							
Chocolate & Banana Vegan Protein Shake	296	12	42	6.4	28	7.6	0.21
Super Berry Smoothie	130	1	29	3	23	1	0.1
Clean Green Shake	190	2	22	3	19	10	0.07
Fresh Juices & Cans							
Orange Juice	118	2	28.3	1	25	1	0.25
O'Joy	73	1	16.8	0	15	0	0.13
LA Kombucha Ginger	66	0	13.2	0	11	2	0
Fresh Lemonade	106	1	24.4	3	21	0	0.35
Apple Zap	73	0	17.3	0	15	0	0.13
Sparkling Water	0	0	0	0	0	0	0
Still Water	0	0	0	0	0	0	0

COFFEE

Iced Americano	1	0	0.2	0	0	0	0
Iced Latte	224	11	15.7	0	16	13	0.36
Filter Coffee	6	1	1	0	0	0	0
Mocha	383	10	34.6	4	33	23	0.26
Americano	1	0	0.2	0	0	0	0
Latte	179	9	12.6	0	12	11	0.29
Hot Chocolate	415	12	36.7	4	36	25	0.31
Flat White	102	5	7.2	0	7	6	0.17
Cappuccino	121	6	8.5	0	8	7	0.2
Organic Oat Milk Coffee							
Filter Coffee	6	1	1	0	0	0	0
Americano	1	0	0.2	0	0	0	0
Iced Americano	1	0	0.2	0	0	0	0
LEON Organic Coffee at Home	-	-	-	-	-	-	-
Oat Milk Mocha	285	4	28	5	29	16	0.17
Oat Milk Latte	79	2	11	1	7	3	0.19
Oat Milk Hot Chocolate	295	4	30	6	30	17	0.19
Oat Milk Flat White	79	2	11	1	7	3	0.19
Oat Milk Cappuccino	79	2	11	1	7	3	0.19
Mocha	383	10	34.6	4	33	23	0.26
Mint Steeper	4	0	0.5	0	0	0	0
Macchiato	2	0	0.3	0	0	0	0
Iced Oat Milk Latte	121	2	17	1	11	5	0.28
Coconut Milk Latte	144	0	28.2	2	11	3	0.27

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	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Espresso	1	0	0.2	0	0	0	0
Coconut Milk Coffee							
Coconut Milk Flat White	82	0	16.1	1	6	2	0.15
Coconut Milk Mocha	353	3	48.3	5	32	16	0.24
Coconut Milk Hot Chocolate	378	3	53.3	6	34	17	0.29
Coconut Milk Cappuccino	98	0	19.1	1	8	2	0.18

BITS IN BETWEEN

Vegan Pecan, Maple & Oat Cookie	200	1.8	21	2	13	12	0.09
Vegan Billionaire	160	3	19	0	15	8	0
Better Brownie	415	6	31	0	29	30	0.34
Freshly Baked Chocolate Chip Cookie	274	4	37.8	1	16	12	1
Lemon Ginger Crunch	327	5	27	0	19	22	0.34
Raspberry Pastel de Nata	215	3	34	1	20	7	0.23
PaLeon Bar	332	8	26	0	22	22	0.08

KIDS

Halloumi Fingers & Rice Box	351	19	26	3.9	5.1	18	1.5
GFC & Fries	436	18	38	5.1	4.3	22	2
Banana and Chocolate Porridge	207	6	32.7	3	14	7	0.1
Sausage and Beans Pot	201	10	11.5	3	3	12	1.2