



# VIGOUR MEAL PLANS

BASIC RANGE	PREMIUM RANGE	XL PREMIUM RANGE	JUICE PLANS
<p>Av 363 CALORIES PER BOX</p> <p>OUR BASIC RANGE OFFERS FOOD SIMPLICITY THAT WILL ASSIST WITH A HEALTHY, WELL BALANCED DIET</p>	<p>Av 383 CALORIES PER BOX</p> <p>OUR PREMIUM RANGE OFFERS A VARIETY OF DIFFERENT DISHES OFF OUR RESTAURANT MENUS</p>	<p>Av 520 CALORIES PER BOX</p> <p>OUR XL RANGE IS PART OF A DAILY DIET THAT OFFERS INCREASED PROTEIN ALONGSIDE OUR PREMIUM RANGE</p>	<p>Av 240 CALORIES PER JUICE</p> <p>OUR JUICE PLANS OFFER HIGH NUTRITIONAL VALUE WHILST KEEPING THE CALORIES LOW</p>
SAMPLE MENU	SAMPLE MENU	SAMPLE MENU	SAMPLE MENU
STEAMED CHICKEN BREAST, BOILED RICE, FRESH SPINACH	SALT & PEPPER CHICKEN, CARIBBEAN RICE, LEMON QUINOA	RUMP STEAK, PIRI PIRI RICE	FOUR JUICES/THREE DAYS
GRILLED RUMP STEAK, GREENS, BOLIED RICE	HONEY ROASTED HALLOUMI, PESTO PASTA, ASIAN SLAW	SALT & PEPPER CHICKEN, SWEET POTATO MASH	STRAWBERRY, HONEY & MINT
KING PRAWNS, GREEN BEANS, OLIVE OIL PASTA	KATSU CHICKEN, PIRI PIRI RICE, BROCCOLI	PORK STEAK, RED PEPPER PASTA	MAPLE, CARROT & ORANGE
ROAST CHICKEN THIGHS, MASHED POTATO, STEAMED GREENS	CHILLI & LIME PRAWNS, BACON CREAMED LEAKS	HONEY ROAST HALLOUMI, HONEY & MUSTARD MASH	BROCCOLI, PEAR & SPINACH
CHARGRILLED PORK, ROAST SWEET POTATO	SPICED APPLE GRILLED PORK, ROAST SWEET POTATO	CHILLI & LIME PRAWNS, POMEGRANATE COUSCOUS	BASIL, BANANA & BISCUIT
<b>FROM £45**</b>	<b>FROM £55**</b>	<b>FROM £65**</b>	<b>£50</b>

\*ALL BASED ON AVERAGE COOKED WEIGHT \*\*ALL PRICES BASED ON BUYING A FOUR WEEK PLAN WITH 10% DISCOUNT  
 WE USE NO REFINED SUGARS, ADDITIVES OR PRESERVATIVES. ALL FOOD COOKED FRESH DAILY ON SITE BY OUR TEAM OF CHEFS  
 PLEASE INFORM A MEMBER OF THE TEAM OF ANY ALLERGENS OR SPECIAL DIETARY REQUIREMENTS BEFORE PLACING YOUR ORDER



# VIGOUR MEAL PLAN PRICES

	BASIC RANGE			PREMIUM RANGE			XL PREMIUM RANGE			JUICE PLANS
DAYS PER WEEK:	5	6	7	5	6	7	5	6	7	
2 MEALS:	£50	£60	£70	£55	£66	£77	£75	£90	£105	3 DAYS 4 JUICES PER DAY
3 MEALS:	£75	£90	£105	£82.50	£99	£115.50	£112.50	£135	£157.50	£50
4 MEALS:	£100	£120	£140	£110	£132	£154	£150	£180	£210	
	10% DISCOUNT ON ALL 4 WEEKLY PLANS			10% DISCOUNT ON ALL 4 WEEKLY PLANS			10% DISCOUNT ON ALL 4 WEEKLY PLANS			

ALL FOUR WEEKLY MEAL PLANS ARE NON-REFUNDABLE.

#GUILTFREEDINING