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PRODUCT LIST – SUMMER 2018

ABOUT US

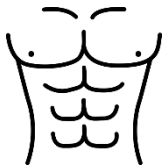
The FitStop is a clean eating food business that provides performance food and snacks for the committed athlete.

We aspire to support our customers to achieve their training and fitness goals with delicious food. Here at The FitStop, we know that every gram matters. Our ambition is to 'Fuel Your Potential' – whether that is prepping for a contest, setting new Personal Bests or wanting to drop some weight and add some muscle. We want to be your fuel of choice.

OUR CATEGORIES



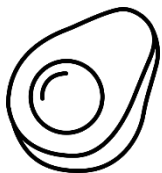
BUILD – High carbohydrate and high protein foods to help fuel lean muscle growth. These products are calorie dense to help fuel you next workout or replenish glycogen stores after your last tough session.



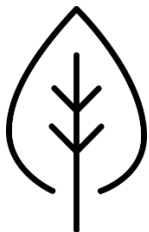
LEAN – Low carbohydrate options to aid calorie management and protect hard-earned muscle. The perfect snacks to reach for when training in a calorie deficit and craving some delicious food.



PERFORMANCE – Snacks with a balanced macronutrient profile to help you always perform at your peak. Nutrient dense foods to drive rapid recovery and support overall health.



KETO – Snacks that are high in good fats and protein to aid ketosis. These products can be used to support healthy ketone production in the liver for use as an energy source.



GREEN – High quality plant protein and antioxidant rich snacks to support optimum body function. Vegan or vegetarian friendly, these foods help provide essential vitamins and minerals to support your training.

CONTACT US

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Product List*	Category	Product breakdown	Macronutrients p/serve	\$
Protein Balls				
Lemon Coconut	Keto	Raw, GF, DF, ^ Protein, Vego, All natural sugars	351Cal 8C 9P 31F	\$3.50
Choc Mint	Build	Raw, DF, NF, Vegan, ^ Protein, Fructose free	277Cal 22C 9P 17F	\$3.50
Goji & Lemon	Lean	Raw, GF, DF, ^ Protein, All natural sugars	176Cal 6C 11P 12F	\$3.50
Cranberry & Chia	Performance	Raw, GF, DF, ^ Protein, Vegan, All natural sugars	249Cal 14C 25P 11F	\$3.50
Chocolate Orange	Build	Raw, GF, DF, ^ Protein, All natural sugars	326Cal 33C 10P 19F	\$3.50
Large Slices				
Flourless Zucchini Brownies	Lean	GF, Vego, Fructose free	153Cal 5C 4P 12F	\$4.50
Raw Raspberry Tartlets	Performance	Raw, GF, ^ Protein, Vegan	332Cal 20C 7P 26F	\$4.50
Sweet Potato Brownies	Build	DF, Vegan, All natural sugars	237Cal 39C 7P 6F	\$4.50
Energy (Muesli) Slice	Performance	DF, Vego, All natural sugars	441Cal 37C 12P 28F	\$4.50
Fudge Topped Crunch Bars	Green	Raw, GF, DF, Vego, All natural sugars	238Cal 14C 7P 17F	\$5.00
Choc Berry Superfood Bars	Lean	Raw, GF, DF, Vegan, All natural sugars	106Cal 9C 2P 7F	\$4.50
Small Slices & Snacks				
Salted PB Caramels	Performance	Raw, GF, Vego, All natural sugars	269Cal 24C 5P 17F	\$4.00
Raw Walnut Brownies	Green	Raw, GF, DF, Vegan, All natural sugars	351Cal 29C 9P 21F	\$3.50
Raw Ginger Slice	Green	Raw, DF, Vego, All natural sugars	308Cal 26C 4P 22F	\$5.00
Raw Lemon Slice	Performance	Raw, GF, DF, NF, Vego, All natural sugars	245Cal 15C 3P 19F	\$4.00
Superfood Seed Slice	Performance	Raw, GF, DF, NF, Vegan, Fructose free	244Cal 20C 7P 18F	\$4.50
Chickpea Blondies	Performance	GF, ^ Protein, Vego, All natural sugars	135Cal 17C 6P 5F	\$3.50
Banana, Ginger and Goji Protein Cookies	Build	GF, DF, ^ Protein, Vego, All natural sugars	311Cal 42C 16P 15F	\$3.50
Cookie Dough Protein Bars	Performance	Raw, ^ Protein, Fructose free, All natural sugars	177Cal 10C 9P 12F	\$3.50

* The listed products are only a selection of our products. We frequently test and develop new delicious and nutritious recipes for our customers. Please contact us if you have any flavour preferences or would like to enquire about our other products.

** Also available to order as whole cakes, prices on application.

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Product List*	Category	Product breakdown	Macronutrients p/serve	\$	
Cakes**					
Raw Cheese'fakes' <ul style="list-style-type: none"> • Blueberry • Cookies & Cream • Mango • Strawberry 	Green (Available in Keto or Performance)	Raw, GF, DF, Vego, All natural sugars	329Cal 10C 7P 29F (Subject to change depending on flavour and category)	\$5.50	Cake - \$45
Raw Carrot Cake	Green	Raw, GF, DF, Vego, All natural sugars	192Cal 20C 4P 12F	\$5.00	
Mocha Protein Cake	Build	GF, ^ Protein, All natural sugars	106Cal 9C 10P 4F	\$5.00	
Breads					
Banana Protein Bread	Build	GF, ^ Protein, All natural sugars, NF available	200Cal 23C 9P 8F	\$35.00	\$5.50 p/s
Spinach Loaf	Keto	GF, Vego, Fructose free	225Cal 7C 8P 20F	\$35.00	\$5.50 p/s
Mediterranean Loaf	Keto	GF, ^ Protein, SF, Vego	225Cal 8C 7P 19F	\$35.00	\$5.50 p/s
Almond, Buckwheat & Pumpkin Seed Loaf	Performance	GF, DF, ^ Protein, SF, Vegan	275Cal 17C 12P 18F	\$40.00	\$6.00 p/s
Combo Deals					
Combo Value Pack – Assortment of products from each of the Performance, Build, Green, Keto & Lean categories	Pack of 45 (max 3 products) Pack of 60 (max 4 products) Pack of 120 (max 5 products)		\$130 - \$185 \$170 - \$230 \$290 - \$360		
Protein Ball Value Pack – Choose 3 of your faves and pick your quantity	Pack of 15 Pack of 30 Pack of 45 Pack of 60 Pack of 120		\$45 \$85 \$125 \$150 \$270		

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