



PETE GAWTRY
FITNESS

NUTRITION SURVIVAL GUIDE TO
CRUSHH

CALORIES AND MACRONUTRIENTS

PG-FITNESS.CO.UK

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

BREAKFAST

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Acai & blueberry smoothie bowl	70	0.4	8.6	-	5.4	3.2	0.05
Almond & chia overnight oats	313	8	42.8	-	16.2	11.3	0.24
Almond & chia seed pudding	184	11.2	13.3	-	11	9	0.13
Avocado & goji berry chutney bagel	366	11.7	47.7	-	6.1	13.4	0.85
Bacon bagel	426	18.6	55.2	-	6.7	13.3	1.8
Banana & almond butter bagel	365	12.2	43.9	-	12.5	10.4	0.66
Breakfast berry muesli pot	345	0	41.2	-	24.6	16.9	0.2
Coconut and quinoa yogurt	181	2.3	18.2	-	8.3	10.9	0.36
Coconut milk porridge with toasted seeds large	232	6.4	32	-	3	8	0.08
Coconut milk porridge with toasted seeds medium	174	4.8	24	-	2.1	6	0.02
Huevos rancheros protein egg pot	181	10.9	15.5	-	5.9	7.3	0.79
Organic df porridge with soya milk large	353.6	14.1	39.8	-	1	9.4	0.08
Organic df porridge with soya milk medium	265.2	10.6	37.3	-	0.8	37.1	0.06
Organic greek style yoghurt with organic honey	200	4.9	19.3	-	18.6	11.9	0.16
Pain au chocolat	221	4.2	28.7	-	7	20.8	0.8
Scrambled egg protein pot	245	20.5	0	-	0	18	1
Scrambled egg protein pot with chorizo & avocado	335	25.8	0.5	-	0.2	27.2	1.6
Scrambled egg protein pot with greek style cheese, herbs & chilli	337	24	2.8	-	1.8	25.3	2.1
Seasonal fruit salad	73	0.9	17.8	-	17.8	0.3	0.03
Shakshuka egg protein pot	160	7	8.9	-	7.9	9.9	0.79
Summer porridge medium	506	17.5	32.1	-	77.3	13.2	0.6
Summer porridge small	304	10.5	19.3	-	46.4	7.9	0.4
Supersize fruit salad	104	1.3	23.9	-	23.9	0.3	0.02
Sweet potato and egg protein pot	153	7.6	12.5	-	1.4	8.2	0.39

COFFEE & SPECIALITY DRINKS

Flat white	132	10	13.4	-	13.4	5	0.28
Latte large	188	4.4	19.2	-	19.2	7.2	0.4
Latte regular	132	10.1	13.4	-	13.4	5	0.28
Organic americano	0	0	0	-	0	0	0
Organic hot chocolate large	225	17.1	34.6	-	33.7	3.1	N/A
Organic hot chocolate medium	170	12.9	26.1	-	25.5	2.3	N/A
Smart coffee with bulletproof brain octane oil large	451	0.14	0.2	-	0.2	49.2	0.5
Smart coffee with bulletproof brain octane oil regular	291	0.1	0.15	-	0.15	31.7	0.37
Smart coffee with bulletproof upgraded MCT oil large	451	0.14	0.2	-	0.2	49.2	0.5
Smart coffee with bulletproof upgraded MCT oil regular	291	0.1	0.15	-	0.15	31.7	0.37
Turmeric latte large	131	2.3	17	-	11.7	5.4	0.04
Turmeric latte medium	99	1.7	12.9	-	2.6	4	0.2

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HOT FOOD

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Beef & venison meatball hot pot	11.5	20.4	47.4	-	8.3	11.5	2.17
Carrot & butternut soup	196	4	16.9	-	10.7	10.7	2.6
Chicken chilli stew	231	27.1	21.4	-	9.3	2.7	3.1
Chicken laksa zero noodles broth pot	251	13.7	13.3	-	8.2	15.7	2.09
Chicken mulligatawny	249	14.2	38.3	-	13.4	2.7	1.8
Chicken, butternut & lentil soup	174	17.3	23	-	8.5	6.2	2.6
Chicken, chickpea & peanut hot pot	376	19.1	51.6	-	6.1	9.8	2.27
Goan chicken energy pot	434	26.6	43.3	-	15.7	15.7	1.67
Jackfruit tinga fit bowl	441	10.9	72.3	-	26.9	9.1	2.36
Jerk spiced sweet potato hot pot	366	9.6	58.9	-	9.1	9	0.77
Katsu chicken curry hot pot	369	2.8	50.1	-	10.8	7.5	1.22
Moroccan veg tagine energy pot	390	10.2	55.7	-	20.1	10	2.89
Persian beef energy pot	478	21	43.7	-	10.9	24.5	2.08
Prawn tom yum zero noodles broth pot	202	10.7	13.9	-	8.2	11.4	3.46
Roasted red pepper & tomato soup	182	4	18.2	-	16.9	8.9	2.7
Spinach & paneer hot pot	406	14.1	50.6	-	11.3	16.3	1.52
Spinach, butternut & lentil energy pot	408	15.6	38.8	-	8	20.8	1.2
Sun-dried tomato & basil side soup	78	1.8	8.6	-	8.2	3.6	1
Sun-dried tomato & basil soup	174	4	19.1	-	18.2	8	2.2
Super green side soup	86	4.6	8.6	-	4.2	2.4	1.2
Super green soup	191	10.2	19.1	-	9.3	5.3	2.7
Thai green chicken curry hot pot	396	13.6	51.1	-	10.6	14.8	2.27
Thai pea & edamame side soup	112	5.6	11.4	-	2.6	3.6	0.98
Thai pea & edamame soup	249	12.5	25.4	-	5.8	8	2.18
Tofu, miso & greens zero noodles broth pot	276	21.3	11.9	-	2.6	15.2	2.56
Turkey chilli fit bowl	469	19.3	61.8	-	22.9	13.3	3.07
Vegetable minestrone	214	9.3	24.4	-	7.1	6.7	2.2

RAW JUICES, BOOSTERS & SHOTS

Apple juice large	347	2	74.8	-	74.8	0.7	0.07
Apple juice medium	230	1.4	49.5	-	49.5	0.5	0.05
Apple juice small	173	1	37.4	-	37.4	0.3	0.03
Beautiful beets large	221	5.2	47.8	-	45.6	2.4	0.56
Beautiful beets medium	154	3.2	34.5	-	33.2	1.5	0.33
Beautiful beets small	114	2.7	24.6	-	23.5	1.2	0.39
Brilliant beets cold press juice	84	1.2	18	-	17.4	0.6	0.3
Carrot juice large	204	4.8	40.8	-	38	3.4	0.7
Carrot juice medium	135	3.2	27	-	25.2	2.3	0.5
Carrot juice small	102	2.4	20.4	-	19	1.7	0.3
Energiser large	286	3.4	59.2	-	57.1	2.04	0.3
Energiser medium	176	2.7	36	-	34.2	1.8	0.09
Energiser small	143	1.7	29.6	-	28.6	1.02	0.2
Ginger shot 1oz	13.9	0.5	2.7	-	0.9	0.2	0.01
Ginger shot 2oz	27.8	1	5.4	-	1.8	0.4	0.02
Green goddess large	265	4.8	55.8	-	55.8	1.4	0.2

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	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Green goddess medium	176	3.2	36	-	36	0.9	0.1
Green goddess small	133	2.4	27.9	-	27.9	0.7	0.07
Green gut tonic large	221	8.6	35.7	-	35.3	3.2	0.44
Green gut tonic medium	152	5.8	24.8	-	24.5	2.1	0.29
Green gut tonic small	119	4.6	19.2	-	19	1.7	0.24
Immunity+ booster shot	32	0.8	5.6	-	0.8	0.9	0.06
Lean green large	299	6.1	60.5	-	60.5	2.04	0.3
Lean green medium	198	4.5	39.2	-	39.2	1.8	0.2
Lean green small	150	3.06	30.3	-	30.3	1.02	0.2
Oh my greens cold press juice	27	2.7	3	-	3	0.3	0.3
Orange juice large	102	2	25.2	-	25.2	0	0
Orange juice medium	68	1.4	16.7	-	16.7	0	0
Orange juice small	51	1.02	12.6	-	12.6	0	0
Purifier large	245	4.08	50.3	-	47.6	2.04	0.4
Purifier medium	167	2.7	34.2	-	32.4	1.4	0.2
Purifier small	122	2.04	25.2	-	23.8	1.02	0.2
Turmeric tonic large	365	4.2	78.9	-	61.1	2.8	0.08
Turmeric tonic medium	253	2.9	54.6	-	42.3	1.9	0.08
Turmeric tonic small	197	2.3	42.5	-	32.9	1.5	0.04
Turmeric zing cold press juice	87	0.6	19.2	-	15.6	0.6	0.3
Veggie greens large	136	12.2	11.6	-	9.5	4.8	0.6
Veggie greens medium	95	8.6	8.1	-	6.3	3.2	0.5
Veggie greens small	68	6.1	5.8	-	4.8	2.4	0.3
Wheatgrass shot 1oz	5.7	1	0	-	0	0.2	0
Wheatgrass shot 2oz	11.3	2	0	-	0	0.4	0

SALADS & HEALTHPOTS

Asian pickled healthpot	152	5.9	10.4	-	8.2	7.7	2.1
Avocado, Yuzu & edamame beans healthpot	192	9	11.7	-	3	10.8	1.3
Beetroot and goats cheese healthpot	191	8.8	24.9	-	3.8	6.8	0.94
Black rice & avocado vegan sushi	498	10.9	73.5	-	21.1	21	3
Butter bean, cherry tomato & parsley healthpot	275	7.2	14.6	-	2.6	20.1	2.19
Chicken protein healthpot	245	20.9	1.4	-	0.7	17.2	0.97
Chipotle corn and avocado healthpot	203	4.1	18.4	-	9.7	11.4	2
Cumin roasted carrot and chickpea healthpot	198	4.9	10.6	-	5.9	14.7	0.99
Glorious greens healthpot	178	6.9	10.3	-	3.8	12.4	0.71
Lentil & herb healthpot	319	13.3	23.9	-	2.7	19.5	1.8
Mediterranean chicken box	443	21	6	-	5.3	36.6	0.87
Pesto power pasta box	619	17.9	76.9	-	2.2	28.3	1.5
Poke protein healthpot	71	6.2	3.4	-	2.4	3.3	0.8
Protein boost box	438	34.7	3	-	1.6	33.7	2.7
Protein tuna nicoise box	399	21.5	21.8	-	4.3	25.4	1.8
Spicy boost box	356	23.9	14.5	-	4.7	22.7	1.5
Super Salmon Sushi	405	16.3	68.7	-	11.3	9.7	2.4
Tuna lean bean healthpot	224	14.6	15.6	-	4.4	10.2	0.92
Vegan nourish box	482	6.7	38.1	-	8.6	34.3	1.68
Vitality box	474	16	45.5	-	6.1	25.8	1.4

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SMOOTHIES

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Almond butter protein large	975	34.7	125.7	-	89.9	37.7	0.6
Almond butter protein medium	661	24.3	78	-	54	27.6	0.35
Almond butter protein small	493	18.5	63	-	45	18.7	0.3
Avo super greens large	673	15.7	89.8	-	86.9	20.7	0.71
Avo super greens medium	370	8.9	51.2	-	49	10.6	0.45
Avo super greens small	342	8.3	45.7	-	43.5	10.4	0.36
Bananarama large	490	15.6	96.6	-	86.4	6.1	0.2
Bananarama medium	297	9.9	58.95	-	53.1	3.6	0.27
Bananarama small	245	7.8	48.3	-	43.2	3.06	0.1
Blueberry chia burst *Debenhams only	325	7.6	61.3	-	52.7	5.2	0.25
Breakfast smoothie large	776	24.8	124.6	-	89.1	20.6	0.6
Breakfast smoothie medium	495	15.7	78	-	53.3	13.7	0.35
Breakfast smoothie small	325	7.6	61.3	-	52.7	5.2	0.25
Breakfast smoothie small	392	12.4	62.8	-	44.8	10.4	0.3
Crusshberry blast large	469	10.9	92.5	-	84.3	6.1	0.4
Crusshberry blast medium	284	6.3	57.6	-	53.1	3.6	0.2
Crusshberry blast small	235	5.4	46.2	-	42.2	3.06	0.2
Energy explosion large	510	9.52	106	-	92	6.1	0.34
Energy explosion medium	315	5.4	66.6	-	58.5	3.2	0.2
Energy explosion small	255	4.8	53.04	-	45.9	3.06	0.2
Mango madness large	469	10.9	92.5	-	84.3	6.1	0.4
Mango madness medium	315	6.3	63	-	43.2	4	0.2
Mango madness small	235	5.4	46.2	-	42.2	3.06	0.2
Peach passion large	459	11.6	88.9	-	80.7	6.5	0.4
Peach passion medium	291	7.2	57.7	-	52.3	3.8	0.2
Peach passion small	247	6.3	47.9	-	43.5	3.5	0.2
Pineapple pleasure large	592	13.6	115.6	-	104	8.8	4
Pineapple pleasure medium	378	8.1	74.3	-	67.5	5.4	0.3
Pineapple pleasure small	296	6.8	57.8	-	52	4.4	2
Protein power large	483	28.6	62.6	-	53	13.6	0.4
Protein power medium	293	17.1	38.7	-	32.9	8.1	0.2
Protein power small	241	14.3	31.3	-	26.5	6.8	0.2
Strawberry cool large	449	10.9	88	-	79.6	6.1	0.3
Strawberry cool medium	275	6.3	53.6	-	49.5	3.6	0.2
Strawberry cool small	224	5.4	43.9	-	39.8	3.06	0.2
The burner large	503	10.9	101.3	-	83	6.12	0.4
The burner medium	302	6.3	62.1	-	51.3	3.6	0.2
The burner small	252	1.6	14.9	-	12.2	3.06	0.06
The pre-workout super smoothie large	731	21	102.7	-	24.9	23.5	0.63
The pre-workout super smoothie medium	553	16.7	75.6	-	17.2	18.4	0.4
The pre-workout super smoothie small	406	13.1	51.9	-	12.7	14.7	0.33

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	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Blueberry, lemon & chia energy balls	253	5.3	24	-	17.1	14.7	0.03
Cacao & hazelnut energy balls	427	11.5	30.7	-	22.3	29.2	0.02
Cacao & hazelnut energy balls	237	6.4	17.1	-	12.4	16.2	0.01
Choc avo mousse	264	7	19.3	-	15.8	17.7	trace
Chocolate & beetroot cake	28.8	6.1	40.2	-	32.2	28.8	0.09
Coconut & orange raw macaroons	340	5.1	7.1	-	6.7	31.2	trace
Croissant	287	4	22.8	-	3.4	19.8	0.1
Gluten free chocolate brownie	449	5.6	55	-	40	24	0.09
Key lime pie	365	3.4	21.7	-	19.2	29.1	trace
Lemon polenta cake	485	8.2	32.2	-	25.3	35.7	0.22
Organic greek style yoghurt with organic honey	200	4.9	19.3	-	18.6	11.9	0.16
Raw fruity flapjack	335	8	50.2	-	25.5	11.2	0.12
Raw nutty flapjack	381	8.2	43.1	-	20.1	18.7	0.08
Seasonal fruit salad	73	0.9	17.8	-	17.8	0.3	0.03
Winter spiced berry 'cheese'cake	340	5.9	52.1	-	25	11.2	0.14

WRAPS, TOASTIES & SANDWICHES

5-A-day wheat free sandwich	342	13.3	40.8	-	5.4	14.8	1.1
Avocado, red pepper & cashew nut tapenade wrap	538	13.5	52.9	-	6.4	29.5	2.4
Chicken caesar wrap	587	31.2	45.8	-	3.7	31.1	2.4
Chipotle chicken on sun-dried tomato wrap	503	26.6	49.1	-	6.2	21.4	0.66
Classic chicken club sandwich	489	33	33.7	-	7.1	24.3	2.3
Confit turkey & cheddar spelt sourdough toastie	513	19	58	-	9.3	20	2.76
Falafel & houmous wrap	524	18.4	65.8	-	5.4	20.6	2
Free-range egg mayo & mustard cress sandwich	368	19.6	30	-	4.1	18.7	1.4
Ham & cheddar cheese spelt sourdough toastie	497	23.1	47.7	-	2	21.2	3.5
Hot smoked salmon, pea & beetroot wrap	489	22.7	63.1	-	14.2	17.8	2.5
Jalapeno & spinach melt spelt sourdough toastie	502	20.4	49.7	-	2.1	23.7	2.9
Middle Eastern chicken khobez wrap	430	22.3	55.2	-	5.1	15.2	1.41
Mozzarella, basil & sun-dried tomato spelt sourdough toastie	478	17.5	50.4	-	2.1	22.7	2.7
Pastrami & emmental spelt sourdough toastie	466	19.6	50.1	-	2.5	18	3.5
Pesto chicken & cheddar toastie	522	29.1	48.6	-	1.2	23.3	3.1
Vegan cheese & red pepper spelt sourdough toastie	462	5.5	56.8	-	4.9	20.8	2.8