



PETE GAWTRY
FITNESS

NUTRITION SURVIVAL GUIDE TO

LEON

CALORIES AND MACRONUTRIENTS

PG-FITNESS.CO.UK

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

ALL DAY

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Moroccan Meatballs Hot Box	778	27	75	6	11	43	3.2
Fish Finger Wrap	681	23	81	5	7	32	1.7
Chicken & Chorizo Hot Box	667	40	64	5	7	29	1.7
Sweet Potato Falafel Hot Box	665	13	83	9	10	33	2.6
Chicken Satay Hot Box	643	39	67	6	9	26	1.7
Chilli Chicken Hot Box	639	37	64	5	7	27	1.6
Chicken Aioli Hot Box	623	37	62	5	5	27	1.2
Vegan Falafel Wrap	604	15	77	7	10	28	2.1
Chicken Kale Caesar	593	31	13	4	4	14	1.1
Sicilian Chicken Meatballs	589	31	67	4	8	23	2.6
Rainbow Mezze Salad	585	13	72	10	10	30	0.9
Vegan Meatless Meatballs	566	10	78	6	10	26	3.3
Grilled Halloumi Wrap	531	23	58	4	8	25	2.7
Chicken Lemon & Olive Tagine	516	27	70	7	5	16	2
Korean Chicken Burger	495	44	56	0.2	4	11	1.6
LEON Plant Burger	492	15	72	5	16	15	1.8
The Chicken Burger	460	34	45	0.2	4	16	1.5
Chargrilled Aioli Chicken Wrap	459	37	55	4	5	12	0.9
The New Original Salad	450	14	14	7	4	37	1.3
Chicken, Basil & Pine Nut Salad	438	36	20	5	5	25	0.4
The Prawn Cocktail Salad	420	11	6	4	3	31	1
Brazilian Black Bean	408	10	68	4	5	13	2
GFC	371	21	25	1	0	21	1
Megan's Yoghurt Sundae	366	12	39	7	24	18	0.2
Original Hummus	338	8	12	3	1	28	1.3
Leon Baked Fries	302	4	41	3	4	15	1.3
Flatbread	254	9	56	3	3	1	0.4
Crushed Pea Salad	171	7	9	5	3	11	0.2
Chargrilled Chicken Pot	141	28	0	0	0	3	0.1
Fresh Slaw	134	3	5	3	3	12	0.3

SAUCES

Vinaigrette	195	0	0	0	0	21	0.4
Tarragon Mayo	116	0	2	0	1	12	0.5
Satay Sauce	115	4	8	1	6	8	0.8
Korean Mayo	86	1	3	0	2	8	0.3
Aioli	83	1	1	0	1	9	0.2
Ketchup	26	0	6	0	6	0	0.6
Chilli Sauce	16	1	3	0	2	1	0.4

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BREAKFAST

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Big Breakfast Box	672	32	14	7	5	55	2.7
Porridge of the Gods	441	11	73	7	38	13	0.1
Sausage & Egg Muffin	440	24	40	1	7	22	2.4
Avocado & Halloumi Muffin	433	20	32	1	4	26	2.9
Bacon & Egg Muffin	422	28	35	2	7	20	2.9
Full English Pot	398	26	13	2	5	27	3.8
Toast & Blossom Honey	376	9	60	6	16	14	1.1
Porridge with Banana & Cinnamon	367	11	65	7	31	9	0.1
Megan's Yoghurt Sundae	366	12	39	7	24	18	0.2
Porridge with Blueberries, Honey & Seeds	352	12	48	5	15	14	0.1
Halloumi & Mushroom Pot	340	18	10	3	6	26	2.4
Hot Buttered Toast	336	9	49	6	5	14	1.1
Mushroom & Egg Muffin	325	13	35	2	7	16	1.7
Salmon & Egg Muffin	325	22	31	1	2	14	2.5
Ruby Red Porridge	286	8	39	7.8	5	11	0.6
Toast of the Town	280	10	61	8	17	3	0.8
Ham & Truffle Egg Pot	257	23	1	0	0	19	1.6
Smoked Salmon & Avocado Egg Pot	243	19	1	1	1	19	1.1
Saucy Beans Egg Pot	136	9	6	2	4	9	0.9

SNACKS

Peanut Butter Jelly Brownie	371	6	34	4	34	21	0.5
PaLeon Bar	364	9	26	3	19	25	0.2
Chocolate Chai Baked Donut	320	2	46	3	25	14	0.3
Rose Piltachio Donut	310	2	50	1	29	11	0.3
Lemon, Courgette & Polenta Cake	285	4	25	3	17	19	0.3
Chocolate Chip Cookie	274	4	38	1	16	12	1
Banana Bread	226	3	25	1	15	12	0.4
Blueberry Pastel de Nata	220	4	51	1	12	13	0.7
Raspberry Pastel de Nata	215	3	51	1	12	13	0.2
Vegan Billionaire	179	3	22	2	17	10	0.3
Nuts, Berries & Cherries	167	3	23	2	17	7	0.1
Raspberry Ripple Mini Cupcake	158	1	24	1	13	6	0.2
Fava Beans	146	7	15	3	1	6	0.4
Cinnamon Popped Corn	129	1	19	2	6	5	0.3
Salt & Brown Sugar Popped Corn	129	2	18	2	4	5	0.3
Red Velvet Mini Cupcake	126	1	21	1	19	4	0.3
Paprika Puffs	122	2	15	1	0	6	0.3
Rosemary Rings	108	1	13	1	0	6	0.4

DRINKS

Blueberry & Elderflower Kefir	173	8	16	0	16	9	-
Clean Green Shake	166	2	19	4	16	9	-
Mango & Passionfruit Kefir Smoothie	160	7	14	0	14	9	-
Lemon, Lime & Ginger Quencher	149	1	38	2	25	0	-

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Orange Juice	118	2	26	1	25	1	-
Goji Berry & Passion Fruit Juicy Water	108	0	25	0	23	0	-
Lemonade	106	1	26	3	22	0	-
Carrot, Apple & Ginger Juice	95	1	23	3	23	0	-
Peach, Lemon & White Tea Juicy Water	92	0	22	0	21	0	-
AppleZap / O'Joy	73	0	17	0	15	0	-
Kombucha (Any Flavour)	66	0	13	0	11	2	-
Still Water	0	0	0	0	0	0	-

COFFEE

Mocha	324	15	25	11	22	16	0.9
Hot Chocolate	257	11	21	11	17	12	0.9
Flat White	185	9	12	0	12	11	0.3
Latte	185	9	12	0	12	11	0.3
Cappuccino	139	7	9	0	9	8	0.3
Americano/Macciato/Espresso	5	0	0	0	0	0	0
Mint/Ginger Steeper	4	0	0	0	0	0	0
Tea (Any Flavour)	0	0	0	0	0	0	0