



NUTRITION SURVIVAL GUIDE TO

POD

CALORIES AND MACRONUTRIENTS

PG-FITNESS.CO.UK

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

SALADS AND BOXES

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Lebanese Red Pepper Chicken Tabbouleh	412	19.1	37.1	8.2	10.8	21.6	0.6
Tabbouleh Salad	364	11.6	46.7	8.3	12.1	15.5	0.2
Chicken Tabbouleh	406	21.7	35.5	8	10.1	20.4	0.6
Protein Kickbox Salad	348	34.9	17.6	6.6	10.6	14.4	1.5
Hawaiian Tuna Poke	373	24.1	51.3	4.6	13.3	8.4	0.2
Rare Roast Beef	396	21.7	43.5	5	5.8	9.2	0.7
British Chicken & Mozzarella	464	32.4	39.8	3.9	4.2	19.9	0.9
Chicken Slow Burner	450	32.3	40	5.2	8.8	19.1	0.5
Slow Burner	362	20.2	38.8	6.1	7.2	15.4	1.2
Go Green Chicken Salad	249	25.5	18.4	9.2	10.7	8.8	0.6
Go Green Salad	76	9	6	5.5	3.2	2.1	0.2
Gym Box	429	16	45	10	18	20	2.3
Protein Box	465	48.8	2	0.7	1.1	29.5	2.7
Chopped Cheesy Beets	492	18.9	46.6	6.2	8.9	14.6	0.2
Roast Smoked Salmon & Egg	416	30	38.3	5	3.8	16.4	1.5
A Vegan Rainbow	583	21.9	58.2	8.4	14.2	22.4	0.9
Tamari/Spicy Asian Dressing	43	1.8	2.2	0	2	2.4	0
Miso Dressing	154	2.6	10	0.9	6.8	11.6	0.5
Sweet Chilli Dressing	133	0	22.1	0	20.7	4.5	0.7
Sesame Dressing	85.5	0.5	4.5	0.1	4.2	7.02	2.3
Pomegranate Dressing	38	0.5	10.7	0.2	7.5	0	0
Olive Oil Dressing	180	0	20	0	0	0	0
Lemon Shallot Dressing	209	0.2	2.2	0.2	1.8	22.1	0.1
Lemon Dressing (26ml)	67	0.1	2.7	0	2.4	6.1	0.2
Lemon Dressing (20ml)	52	0.1	2.1	0	1.8	4.7	0.1
Lemon Dressing (25ml)	65	0.1	2.6	0	2.3	5.9	0.2

BAGUETTES & WRAPS

Ham & Monterey Jack Baguette	516	25.4	58.7	4.9	2.5	14.7	3.7
Mozzarella , Sunblush Tomato, Avocado & Pesto Baguette	661	22.2	58.1	5.6	2.2	32.5	1.9
Plain Wrap	537	18.8	57.2	15.2	8.2	24	3.1
Hoisin Duck Wrap	465	18.1	44.1	7.3	11.8	24.8	2.8
Italian Chicken Wrap	379	22.6	37.6	4.6	2.3	13.9	1.5
Ketchup	46	0.6	11.4	0.4	11	0	0.8
Low Fat Mayonaise	115	0.4	3.3	0	1.8	11.2	0

HOT FOOD

Sri Lankan Gobi Gym Bowl	311	11.2	31	9.3	10.5	16.8	2
Green Energy Chicken Gym Bowl	358	28.9	38.8	6.1	4.3	10.7	2.5
Chicken Chana Masala Gym Bowl	340	15.7	30.3	7.8	16.5	17.3	3.4
Cuban Chicken Hot Wrap	512	28.5	70.4	6.2	8.4	9.8	2
Lebanese Chicken Hot Wrap	458	23.3	74.2	6.6	16.3	6.9	2.1
Jalfrezi Paneer Hot Wrap	495	17.1	76.5	7.1	17	12.9	1.1

1-200 CAL

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HOT PODS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Chicken Tikka Masala Large	597	39	89.4	7.9	5.8	17	2.3
Smoky Three Bean Veg Chilli Large	662	10.1	110.5	12.9	12.9	22.3	2.1
Thai Red Chicken Curry Large	631	38.3	90.9	9	11.4	20.4	1.3
Thai Green Chicken Curry Large	648	38	88.7	21.7	7.4	23.5	1.2
Chicken Dhansak Large	477	19.5	92.6	7.5	9.2	10.8	2.2
Peruvian Corn & Chicken Large	511	20.5	87.4	12	12.4	15.2	2
Chicken Tikka Masala Regular	503	28.4	86.2	7.4	5	12.7	1.7
Smoky Three Bean Veg Chilli Regular	528	7.3	100.9	11	9.7	14.3	1.5
Thai Red Chicken Curry Regular	516	27.3	85.4	7.6	7.4	14.9	2.3
Thai Green Chicken Curry Regular	529	27.2	83.8	16.8	4.5	17.2	0.9
Chicken Dhansak Regular	418	14.4	88.4	7.1	7.3	8.4	1.6
Peruvian Corn & Chicken Regular	428	15	80.4	9.6	8.4	11.5	1.5
Chicken Tikka Masala Mini	323	22.1	45.8	4.1	3.5	9.6	1.3
Smoky Three Bean Veg Chilli Mini	361	6.1	57.7	6.9	7.4	12.6	1.2
Thai Red Chicken Curry Mini	337	21.4	46	4.5	6	11.4	0.7
Thai Green Chicken Curry Mini	347	21.2	44.8	11.7	3.8	13.1	0.7
Chicken Dhansak Mini	258	11.2	47.4	3.8	5.3	6.4	1.3
Peruvian Corn & Chicken Mini	263	10.7	44.1	6.1	6.4	8	1
Chicken Tikka Masala Large Hot And Skinny Pods	430	44.5	23	5.9	8.7	18.5	2.6
Smoky Three Bean Veg Chilli Large Hot And Skinny Pods	383	14.9	44.3	11.2	16.6	11.6	2.2
Thai Red Chicken Curry Large Hot And Skinny Pods	420	40.1	15.8	23.7	10.3	22.5	3
Thai Green Chicken Curry Large Hot And Skinny Pods	437	39.8	13.6	18	6.4	25.6	2.8
Chicken Dhansak Large Hot And Skinny Pods	293	22.4	22.8	5.7	12.6	13	2.3
Peruvian Corn & Chicken Large Hot And Skinny Pods	330	22.2	27.3	10.9	16.1	14.8	2
Chicken Tikka Masala Regular Hot And Skinny Pods	309	31.9	16.2	4	6.2	13.5	1.8
Smoky Three Bean Veg Chilli Regular Hot And Skinny Pods	279	10.7	31.5	7.9	11.9	8.8	1.6
Thai Red Chicken Curry Regular Hot And Skinny Pods	299	28.7	11	3.5	7.2	16	2.2
Thai Green Chicken Curry Regular Hot And Skinny Pods	311	28.5	9.5	12.7	4.3	18.3	2
Chicken Dhansak Regular Hot And Skinny Pods	211	16.1	16.2	3.9	8.9	9.5	1.6
Peruvian Corn & Chicken Regular Hot And Skinny Pods	242	16.3	19.6	7.6	11.3	11.1	1.5
Chicken Tikka Masala Mini Hot And Skinny Pods	228	23.8	10.6	2.3	4	10.4	1.4
Smoky Three Bean Veg Chilli Mini Hot And Skinny Pods	208	6.5	22.7	5.4	8.4	7	1.2
Thai Red Chicken Curry Mini Hot And Skinny Pods	220	21.7	7.3	1.9	4.6	11.8	1.7
Thai Green Chicken Curry Mini Hot And Skinny Pods	230	21.6	6	9.1	2.4	13.6	1.6
Chicken Dhansak Mini Hot And Skinny Pods	154	12.1	11.3	2.2	6.1	7	1.3
Peruvian Corn & Chicken Mini Hot And Skinny Pods	162	11	12.3	4.5	6.7	7.6	1

PHO

Rare Sliced Beef Pho	136	10.5	18.7	0.9	7.8	2.3	2.3
Rare Sliced Beef Bun Hue	138	10.6	19.1	0.9	8.2	2.3	2.5
Asian Meatball Pho	246	11.1	26.5	1.4	12.4	10.5	3.2
Asian Meatballs Bun Hue	248	11.2	26.9	1.5	12.8	10.6	3.3

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	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
British Chicken Pho	182	16.5	19	0.9	8.1	4.5	2.4
British Chicken Bun Hue	184	16.5	19.4	0.9	8.5	4.6	2.5
Organic Tofu Pho	145	8.4	19.7	1.3	8.1	3.9	2
Organic Tofu Bun Hue	147	8.5	20.2	1.3	8.6	3.9	2.2

GYOZA

Chicken Gyoza	168	8.7	23.3	1.6	4.8	4.3	1
Vegetable Gyoza	146	4.8	26.6	2.4	5.2	1.9	1

NUTRI PODS

Beets & Greens	264	10.4	7.8	1.1	5.1	10.2	0.2
Salmon & Egg Protein	214	21.8	2.2	0.6	1	13.1	1.3
Lean Tuna Poke	111	11.9	8.8	0.8	6.8	3.1	0.3
Free Range Eggs	178	15.3	0	0.1	0	13	1.1
Vegan Falafel Mezze	236	9	13.1	10	3.1	14.8	1
Chargrilled Chicken	143	21.9	0.6	0.1	0.5	5.9	0.7
Edamame Pods	201	17.3	13.4	6.9	6.5	9.2	0.0

BREAKFAST

Sausage Sandwich (With Ketchup) Toasted	464	23	46.5	2.7	8	22	3.4
Sausage Sandwich (With Brown Sauce) Toasted	428	20	47.3	2.7	0	25.9	2.7
Sausage Sandwich (No Added Sauce) Toasted	410	19.9	43.1	2.6	8	22	3.4
Bacon Sandwich (With Ketchup) Toasted	440	25.8	46.1	3.7	6.3	18.3	5.4
Bacon Sandwich (With Brown Sauce) Toasted	439	25.8	45.4	3.7	5.5	18.3	5.3
Bacon Sandwich (No Added Sauce) Toasted	320	15.6	41.1	3.3	1.5	10.3	1.9
Smoked Salmon Bagel Toasted	482	20.6	59.3	3.3	7	18.9	2.5
Avocado & Chilli On Toast Brown Bread With Butter Toasted	310	9.3	44	5.3	4	11.8	1.4
Avocado & Chilli & Greek Style Toasted Sandwich	345	9.7	22.8	1.7	1.6	24	0.9
Protein Bread Hot Toasted	221	17.85	26.35	5.1	0.85	3.8	1
Toast (Per Slice) Hot Toasted	78	2.9	15.1	1.1	1	0.5	1
Bagel Hot Toasted	315.1	13.3	59.3	3.3	7	3.5	1.1
Brown Gluten Free Bread (1 Slice) Hot Toasted	127	1.8	22.9	2.9	1.3	2.4	0.3
Butter (Toppings)	50	0.07	0	0	0	5.7	0.03
Peanut Butter (Toppings)	181.9	7.5	2.3	1.8	1.3	15.9	0.3
Marmite (Toppings)	15	0	0	0	0	0	0
Cream Cheese (Toppings)	70	1.6	0.6	0	0	7	0.1
Smoked Salmon & Greens Eggs With Toast	376	31.3	24.7	3.8	2	24	2
Energiser Scrambled Eggs With Toast	340	20.4	18.6	1.9	1.1	20.9	1.2
Superb Scrambled Eggs With Toast	367	23.4	15.7	1.5	1	23.8	1.8
Chorizo Power Eggs With Toast	502	31.3	25.2	3.5	2.7	31.3	1.9
Protein Feast Eggs With Toast	738	50.7	14.4	2.9	5.5	52.5	4
Acai Berry Porridge	222	7.2	34.6	4.7	11.3	5.6	0.1
Plain Gluten Free Porridge	185	6.2	26.4	3.6	2.8	5.8	0.3
Peanut Butter Power Porridge	414	14	46	6.3	18	21	0.31
Berry Boost Porridge	211	6.3	40.1	3.9	11.4	3.5	0.1

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	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Sultanas (Porridge Toppings)	15	0	3.9	0	23.6	0	0
Banana (Porridge Toppings)	39	0.5	9.4	0.5	2.4	0.2	0
Honey (Porridge Toppings)	61	0	16.4	0	16.4	0	0
Acai Berry Porridge Large	284	9.3	43.7	5.9	12.2	7.3	0.1
Plain Gluten Free Porridge Large	247	8.3	35.5	4.8	3.7	7.5	0.3
Peanut Butter Power Porridge Large	476	16.1	55.1	7.5	18.9	22.7	0.31
Berry Boost Porridge Large	290.5	8.76	55.32	5.57	15.5	4.78	0.04

SMOOTHIES

Acai & Banana Energiser Large	629	21.4	100.1	15	35.5	14.8	0.1
Acai & Banana Energiser Regular	363	12.7	56.9	8.6	18.7	8.5	0.1
Acai & Banana Energiser Large	136	3.4	23.1	2.1	22.4	4.1	0.1
Apple & Mango Anti-Oxidiser Large	238	5.6	43.1	3.8	41.7	6.1	0.2
Immune Boost Large	348	11.9	45.5	3.9	39.1	15.1	0.3
Immune Boost Regular	181	6.1	23.9	2.2	20.2	7.8	0.2
Mean Green Large	127	3.3	28.2	2.2	26.3	0.8	0.1
Mean Green Regular	63	1.7	14.1	1.1	13.2	0.4	0
Energy Smoothie Large	481	14.3	87.5	9.5	36.6	6.7	0.1
Energy Smoothie Regular	290	8.4	54.3	5.4	28.1	3.8	0
Smooth Berry Large	257	5.9	45	6.3	38	6.8	0.1
Smooth Berry Regular	132	3	23.4	3.2	19.4	3.4	0.1

YOGHURTS

Berry Boost Yoghurt	236	12.9	25.8	1.5	23.2	8.4	0.4
Cacao, Pistachio & Agave Yoghurt	165	6.4	8.2	0.9	4	12	0.4
Purple Grape And Banana Yoghurt	228	7.9	24	0.7	5	4.2	0.2
Mango Quinoa Pot Yoghurt	248	8.6	30.1	1.1	15.9	11.1	0.18
Golden Turmeric Yoghurt	355	11.8	20.1	0.5	19	20.5	0.4
Acai Berry Yoghurt	305	11.3	10.8	2	8.3	20.4	11.9

FRUIT POTS

Big & Juicy Fruit Pot	94	1.34	23	2.68	23	0.3	0
Luxury Fruit Salad Pot	80	1.3	17.9	2.9	17.2	0.5	0
Pineapple & Lime Pot	71	0.7	17.6	2.3	17.5	0.3	0

HEALTHY SNACKS

Blueberry Muffin	405	5.6	48.7	2.3	27.1	20.9	0.8
Carrot Muffin	298	3.3	52.2	5	45.6	7.3	0
Croissant	235	4.9	27.1	1.3	5.5	11.9	0.8
Almond Croissant	244	4.6	26.3	1.4	13.7	13.4	0.5
Apricot Danish Pastry	182	3.4	23.4	0	9.4	8.1	0.4
Chocolate Twist	400	6.3	51.8	1.4	25.6	20	0.7
Chia Flapjack	345	4.95	38	4.36	22.7	18.5	0.3
Mulberry & Chia Flapjack	337	2.9	48.15	2.19	28.2	14.4	0.3

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	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Divine Dark Chocolate Bar	238	2.7	12.9	4.3	10.8	18.5	0
Fruit And Seeds Energy Stick	148	5.3	24.6	2.7	10.8	3.4	0.5
Pipers Crisps - Sea Salt	213	2	22.8	1.4	0.2	12.28	0.2
Pipers Crisps - Cheddar & Onion	213	2.5	22.4	1.3	0.6	12.3	0.6
Pipers Crisps - Chorizo	526	2	22.7	1.4	2.24	12	0.6
Pipers Crisps - Sea Salt & Vinegar	209	2.1	22.8	1.3	1.08	11.6	0.8
Pipers Crisps - Chorizo	526	2	22.7	1.4	2.24	12	0.6
Popcorn - Fiery Salsa	135	1.6	18.2	1.2	8.2	5.7	0.3
Popcorn - Sea Salt & Black Cracked Pepper	106	1.5	10.7	1.2	0.1	5.9	0.3
Popcorn - Salty Sweet	136	1.5	18.4	1.2	8.1	5.8	0.3
Bounce Ball - Spirulina & Ginseng	191	5	21	2.8	10	9	0.2
Bounce Ball - Peanut	207	14	19	2.4	12	8	0.4
Bounce Ball - Coconut	178	9	18	4	10	7	0.27
Chocolate Brownie	323	3.45	37	2.63	29.4	17.4	0.15
Gluten Free Macaron	330	2.5	42	3.4	39	16	0
Chocolate, Hazlenut & Raisin Nookie Bar	257	4.2	41.8	3	27	10.5	0
Peanut Butter And Milk Choc Chip Nookie Bar	276	5.9	34.1	2.5	23	14.9	0.2
Almond Butter, Spirulina Choc Chip Nookie Bar	251	4.7	41.5	2.87	24.5	9.8	0.1
Banana & Date Cake	266	3.57	38.4	3	23.8	10.5	0.04
Almond & Pistachio Bites	290	16.8	29.8	2.68	11.8	16.8	0.4

ICED COFFEES

Iced Latte (Full Milk)	226.8	8.6	12.96	0	12.9	9.72	0.4
Iced Latte (Skim Milk)	89.1	9.45	12.1	0	12.1	0.27	0.4
Iced Latte (Almond Milk)	35.1	1.08	0	0.81	0	2.9	0.4
Iced Latte (Soya Milk)	86.4	8.9	0.27	1.6	0.27	5.13	0.081

REGULAR COLD DRINKS

Orange Juice	100	1.75	23	0	21	0	0.08
Ginger Juice	72.5	0	19.5	0	19.5	0	0
Beetroot Juice	97	3.5	21.5	4.7	18.7	0.2	0.3
Lemon Quencher	195	0	50	0	49.5	0	0
The Master Cleanse	47.5	0.25	24.5	0	9.75	0.25	9.75
Iced Tea	60	0	15.5	0	15	0	0
Carrot, Orange And Ginger Juice	103	2.5	24.2	6.7	12.2	0.5	0.4
Coke	139	0	35	0	35	0	0
Diet Coke	1	0	0	0	0	0	0
Coke Zero	1	0	0	0	0	0	0
San Pellegrino - Blood Orange	165	0	39.9	0	38.9	0	0
San Pellegrino - Lemon	149	0	34.7	0	33	0	0
Cawston Press - Rhubarb	125.4	0.3	28	0	28	0	0
Cawston Press - Elderflower	129	0.1	7.4	0	7.4	0	0
Water	0	0	0	0	0	0	0
Orange Juice - New	127	1.8	29	0	27	0.5	0
Apple Juice - New	105	<0.5	25	0	25	<0.5	0.04
Carrot, Apple & Ginger Juice - New	94	0.7	22	0	19	0	0.15

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Passionfruit Aid With Squashed Mango - New	84	0.5	21	0	17	0	0
Ginger Aid With Lemon Juice - New	28	0.15	18	0	14	0	0
Raspberry Aid With Lemon Juice - New	66	0.24	17	0	15	0	0
Lime Juice - New	53	0.12	13	0	13	0	0
Strawberry & Raspberry Juice - New	58	0.02	13	0	13	0	0
Mango Juice - New	52	0.38	12	0	12	0	0

REGULAR HOT DRINKS

Flat White	132	8.1	9.1	0	8.5	7.2	0.2
Latte	182	10.6	12.6	0	12	10.1	0.3
Cappuccino	182	10.7	12.2	1.4	10.6	10	0.3
Americano	50	4	3.4	0	2.8	2.3	0.09
Mocha	182	10.7	12.2	1.4	10.6	10	0.3
Espresso	50	4	3.4	0	2.8	2.3	0.1
Lemon, Ginger, Mint & Agave Steeper	25.4	0.5	5.9	0	4.9	0.1	0
Orange, Ginger & Honey Steeper	102.7	1.6	25.4	0.3	25	0	0
Hot Chocolate	265	11.8	26.9	1.2	29.1	11.1	0.5
Fresh Mint Tea	4.3	0.4	0.5	0	0	0.1	0
Breakfast Tea	39.6	2	2.8	0	2.8	2.3	0.1
Golden Turmeric Latte	233	3.7	17.1	2.2	10.7	16.2	1
Mind Power Matcha Latte	97	1.6	16	0.7	14.6	2.9	0.3
Redesspresso Latte	40	1.2	0	1.2	0	3.4	1