



PETE GAWTRY
FITNESS

NUTRITION SURVIVAL GUIDE TO

PURE

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)
Super Eggs	327.3	20.2	2	0.6	1.3	27	0.5
Super Eggs With Bacon	417.6	28.2	4.7	0.8	2.8	32.3	1.1
Super Eggs With Sautéed Mushrooms	343.9	21.1	3.8	1.5	2.1	28.1	0.7
Super Eggs With Avocado	396.9	21	2.7	1.9	1.5	33.8	0.6
Super Eggs With Goat'S Cheese	415.9	23.7	3	0.6	1.6	34.8	0.8
Super Eggs With Smoked Salmon	366	25.6	2	1	1.4	28.8	1.1
Smoked Salmon	427.1	21.9	45	5	1.5	16.9	2.1
Bacon & Egg	505.7	24.4	54.8	5.5	9.4	20	2.7
Super Start	433	19.6	46.7	5.9	2.8	17.9	1.92
Bacon & Avocado Bagel	441	22.7	56.2	5.2	6.9	12.9	2.4
Mushroom & Avocado Bagel	423.4	16	54.3	5.6	5.7	14.8	1.3
Toasted Bagel	323.2	12.7	51.8	4.9	4.4	6.1	0.7
Toasted Bagel With Butter	412.8	12.4	52.2	5	4.4	16.1	1
Toasted Bagel With Cream Cheese	440.2	14.9	53.1	4.9	5.7	17.3	1.2
Toasted Bagel With Peanut Butter	598.6	24.8	57.6	7.3	6.2	28.1	1.6
Toasted Bagel With Avocado Puree	409.1	13.4	52.6	4.9	4.6	15	0.8
Almond Milk Porridge With Golden Syrup	333.9	6.8	67.3	5.4	32.7	4.1	0.9
Almond Milk Porridge With Manuka Honey Blend	286.4	6.6	55.6	5.4	19.5	4.1	0.9
Almond Milk Porridge With Banana	255.4	7.2	46.7	5.9	10.9	4.2	0.9
Almond Milk Porridge With Blueberries	221	6.8	39.5	6.1	3.5	4.1	0.9
Almond Milk Porridge With Peanut Butter	387.5	14.7	39	5.4	1.7	18.8	1.5
Almond Milk Porridge With Energy Crunch	368.9	11.2	47.5	8.2	7.9	9	0.9
Coconut & Chia Porridge With Golden Syrup	368.4	8.7	70.9	5.6	36.2	5.2	0.7
Coconut & Chia Porridge With Manuka Honey Blend	320.9	8.5	59.2	5.6	23	5.2	0.7
Coconut & Chia Porridge With Banana	289.9	9.1	50.3	6.2	14.5	5.4	0.7
Coconut & Chia Porridge With Blueberries	255.5	8.7	43	6.3	7	5.3	0.7
Coconut & Chia Porridge With Peanut Butter	422	16.6	42.6	5.6	5.3	19.9	1.3
Coconut & Chia Porridge With Energy Crunch	403.4	13	51	8.5	11.5	10.2	0.7
Coconut & Chia Porridge	238.4	8.5	38.7	5.6	4	5.2	0.7
Organic Porridge	277.2	15.5	47.1	4.5	12.5	3.4	0.7
Almond Milk Porridge	203.9	6.6	35.1	5.4	0.5	4.1	0.9
Organic Porridge With Golden Syrup	407.2	15.7	79.3	4.5	44.7	3.4	0.7
Organic Porridge With Manuka Honey Blend	359.7	15.5	67.6	4.5	31.5	3.4	0.7
Organic Porridge With Banana	328.7	16.1	58.7	5	22.9	3.5	0.7
Organic Porridge With Blueberries	294.3	15.8	51.5	5.2	15.5	3.5	0.7
Organic Porridge With Peanut Butter	460.8	23.6	51	4.5	13.7	18.1	1.3
Organic Porridge With Energy Crunch	442.2	20.1	59.5	7.3	19.9	8.3	0.7
Banana & Honey Yoghurt	371.9	8.4	52.7	1.7	44.8	14.6	0.3
Morning Glory	286.4	8.3	30.7	1.9	25.6	14.5	0.3
Blueberry Bircher	318.2	9.6	51	5.1	17.2	8.7	0.2
Energy Crunch Bircher	414.3	13.4	52.3	5.7	18.6	16.9	0.2
Green Birchia	272.9	8.9	46.9	5.6	17.5	5.2	0.2

1-200 CAL

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	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Almond Croissant	338.2	10.6	32.2	2.1	13.8	18.1	0.7
Chocolate Croissant	358.2	7.2	36.2	2.2	14	20	0.7
Croissant	345.1	7.1	37.5	1.2	5.6	18.3	0.7
Wholegrain Croissant	313.6	7.8	29.3	3.8	3	17.5	0.8

SALADS

Chicken Caesar Dressed	519.6	37.4	12.1	1.7	2.3	35.7	2.2
Chicken Caesar Undressed	321	34.8	7.8	1.5	2	16.9	1.84
Sorrento Chicken Dressed	586.1	29.6	13.5	4.2	6.1	45.7	2.3
Sorrento Chicken Undressed	465	29.4	10.9	4	3.8	33.6	2.33
The Mexican Dressed	633.8	27.4	37.6	9.4	13.3	40.8	3
The Mexican Undressed	411	27.4	32.9	9.4	8.7	18.2	2.7
Celebrity Skin Dressed	470.5	24.8	10.3	2.8	7.1	36.8	2.7
Celebrity Skin Undressed	245	24.6	7.5	2.8	4.5	13.2	2.55
Super Salmon Dressed	513.2	31.8	51.4	6.7	6.7	21.5	3.4
Super Salmon Undressed	399	30.4	50.1	6.7	5.5	10	2.6
The Jerk Dressed	621.3	31.2	66.2	5.2	16	27	2.2
The Jerk Undressed	399	31.1	61.5	5.2	11.3	4.5	1.88
Halloumi Super Bowl Dressed	347.7	16.4	35.4	6.1	21.2	15.8	1.9
Halloumi Super Bowl Undressed	308	15.1	30.6	5.9	16.5	14.1	1.54
Satay Noodle Dressed	489.5	18.3	61.1	4.1	10	25	2.31
Satay Noodle Undressed	447	15	51.3	3.7	5.7	19.2	2.09

HOT FOOD

Sweet Potato Gobi (Sweet Potato Gobi Hot Box)	353	10.8	67.2	5.6	7.2	4.8	1.9
Sweet Potato Gobi (Edamame, Chilli Berries & Coconut Yoghurt)	87	7.2	6.6	2.7	3.2	3.8	0.49
Thai Red Chicken (Thai Red Chicken Hot Box)	456	23.5	54.1	5	6.4	16.2	2.3
Thai Red Chicken (Edamame Chilli Berries & Coconut Chips)	64	5.1	5.2	2.4	2.1	3	0.31
High Protein Chilli (High Protein Chilli Hot Box)	492	24.4	64	7.6	6.4	14.8	1.7
High Protein Chilli (Corn Chips & Guacamole)	193	2.4	13	1.2	0.5	15	0.44
Moroccan Chicken (Moroccan Chicken Hot Box)	432	21.2	72	5.6	12	6.4	1.7
Moroccan Chicken (Pure Slaw & Crème Fraiche)	117	1.8	8.6	1.8	4.7	8.6	0.41
Halloumi Toastie	631.7	23	55.3	9.6	12.1	33.4	7.4
Italian Chicken Toastie	548.8	29	48.4	6.3	2.8	25.7	2.6
Bacon & Egg Toastie	505.7	24.4	54.8	5.5	9.4	20	2.7
Lentil Bolognese	430.3	16.4	63.2	5.9	9.2	13.2	1.6
Chicken & Mushroom	657.5	41.1	58.4	10.5	5.1	27.9	2.5
Chicken Noodle Soup	72.8	7	5.9	1.1	2	2	3.9
Indian Roots	165.2	5	14.8	3.9	6.4	8.7	1.1
Thai Green Lentil Soup	287	7.8	18	6.6	5.3	18.9	3.1
Tuscan Chicken & Bean	291.1	23	29.9	11.9	6.6	6.2	2.6

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BREADS

	ories (kcal)	tein (g)	al Carbohydrates (g)	tary Fibre (g)	gars (g)	al Fat (g)	t (g)
Hail Caesar	578.8	31.8	48.5	5.5	2.1	27.7	2.2
Smokin' Hot Chick	580.2	27.9	60	8.7	7.9	24.9	3.2
Ariba Fajita	598.6	25.5	64.1	7	8.5	25.7	2.4
Falafalo Soldier	791.3	16.9	78	14.6	16.2	44.3	2.6
Bean'Ergy	587.3	16.2	61.1	11.1	6.3	29.2	1.7
Olé Chipotle!	495.4	17.6	56	8.2	4.9	21.4	1.6
Salmon Fishing In The Lemon	360	19.2	41.3	3	1.9	12.5	2.1
Say Cheese	586.6	22.9	49.6	3	10	32.8	1.8
Italian Job	490.3	17.9	42.5	3.2	1.5	27.1	1.9
Thai Chicken Satay	366.6	25.3	47.6	3.7	1.9	7.7	2.2
Basil Poultry	524.8	28.5	53	5	4.7	21.1	1.8
Loch Stock & Hot Smoked Salmon	493.5	26	53.3	5.1	5.5	18.4	2.6
Big Advogoat	533.9	19.9	55.9	5.5	6	24.5	1.5
Breadstick	167.3	6.2	30.1	2.7	0.8	2	0.9

DELI POTS & LITTLE POTS

Fusilli Salmone	542.9	22.3	42.1	7.1	7.1	32.2	2.6
A Bit Moorish	664.9	16.3	60.5	12.4	21.9	39.7	2.2
Chilaca Chicken	587.4	29.4	51.4	6.4	5.8	29.9	2.8
24 Carrot	296.8	6.7	19.2	7.5	9.4	20.4	1
Simply Veg	162.9	4.5	13.2	3.6	4.4	10.4	0.9
Zorba The Beet	206.3	8	18.4	3.3	15.7	11.6	0.9
Chip Off The Guac	193	2.4	13	1.2	0.5	15	0.4

SNACKS & TREATS

Choc'Avo Mousse	206.3	5.3	20.9	2.4	16.8	11.2	0.2
Super Rice Pudding	129.4	2.5	28.1	0.4	7.8	0.8	0.2
Cacao, Almond & Ginger Powerball	145.6	5.6	19.2	1.6	17.6	5.2	0.1
Double Chocolate Cookie	366.4	3.8	44.6	1.8	30.6	18.8	0.5
Banana & Bran Muffin	522.2	6.9	73.1	2.8	43	21.3	0.4
Blueberry Muffin	427.2	5.2	51.5	0.1	24.8	22	0.4
Chia Granola Square	324.8	7.5	39	4.7	18.8	15.8	0
Mango & Macadamia Powerball	155.6	4.8	15.8	0.6	14.1	8.4	0.1
Brownie	283.2	4	31.3	2.9	22.7	15.8	0.5
Rhubarb & Apricot Powerball	131.2	4.6	15.4	2.2	12.8	6.2	0.1
White Chocolate & Raspberry Cookie	372	3.6	47	0.8	29.4	18.6	0.5
Pure Fruit Salad	90.9	1.3	22.5	3.2	21.8	0.3	0
Outer Mango-Lia	48.1	0.9	11.5	1.7	11.1	0.3	0
Raw Almonds	419.3	13.8	14	8.1	2.9	32.4	0
Raw Cashew Nuts	386.8	11.8	19.6	2.1	3.8	28.5	0
Semi-Dried Mango	147.6	0.9	38.1	3.2	33.3	0.5	0.1
Smoked Corn & Almonds	283.8	9.5	21.5	5.6	1.7	16.5	1

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COLD DRINKS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Anti-Oxidiser 250ml	105	1	24.3	0.1	24	2	0
Anti-Oxidiser 500ml	210	2	48.5	0.2	48	4	0
Orange Juice 250ml	205	3.8	50.6	0.6	50.6	0	0
Orange Juice 500ml	410	7.5	101.3	1.3	101.3	0	0.1
Heart Beet 250ml	125	2.3	28.3	3.8	27.3	0.5	1.5
Agc 250ml	170	2.9	38.4	9.3	35.3	1.3	0
Protein Power 250ml	160	8.5	27.8	1.5	26.3	1.8	0.3
Protein Power 500ml	320	17	55.5	3	52.5	3.5	0.5
Go Green 250ml	84.3	6	16.7	1.2	16.3	0.7	0.1
Go Green 500ml	168.5	11.9	33.4	2.3	32.7	1.5	0.2
Blueberry Barry 250ml	125.4	1.6	29.7	1.6	27.5	0.4	9.5
Blueberry Barry 500ml	250.8	3.3	59.5	3.2	55.1	0.9	18.9
Vit-Hit 250ml	104.3	3.3	18.4	0.8	17.6	1.9	0.2
Vit-Hit 500ml	208.6	6.6	36.7	1.6	35.3	3.7	0.4
Brain Boost 250ml	224.9	5.3	31.1	3.1	27.4	9.2	0.5
Brain Boost 500ml	449.7	10.5	62.1	6.2	54.9	18.5	1.1

HOT DRINKS

Americano	1	0	0	0	0	0	0
Cappuccino	137.2	7.8	9.4	0	9.4	7.8	0.2
Espresso	0.1	0	0	0	0	0	0
Flat White	107.3	5.9	7.4	0	7.4	5.9	0.2
Latte	169.1	9.6	11.8	0	11.8	9.6	0.3
Macchiato	32.7	1.8	2.3	0	2.3	1.8	0
Filter Coffee	0	0	0	0	0	0	0
Mocha	255.6	11	16.6	1.7	16.3	15.9	0.3
Earl Grey Tea	0.9	0	0	0	0	0	0
English Breakfast Tea	0.9	0	0	0	0	0	0
Green Tea	0.9	0	0	0	0	0	0
Peppermint Tea	0.9	1.2	3.1	0	0	0	0
Chai Latte	265.6	11	32.2	0	22.9	10.6	0.4
Hot Chocolate	306.2	10	19.1	3.5	18.3	20.3	0.2