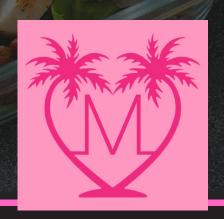
## MALIBU MEALS

## PREPARED TO PERFECTION

TO GET YOUR MEAL TODAY CONTACT INSTAGRAM | @THEMALIBUHEALTHCLUB | WHATSAPP | 07788421554

PER MEAL £7 (120G) KETO £6.50 (180G) BULKING MEAL £8.50 (180G)



PLEASE GIVE US ALL YOUR ALLERGY AND DIETARY REQUIREMENTS

## 1. PICK YOUR FLAVOUR

SWEET CHILLI SOY & GARLIC JAMAICAN JERK HONEY BBQ

2. PROTIEN

3. CARBS

3. VEG

CHICKEN BEEF MINCE TOFU STEAK STRIPS (£1) BOILED EGG

PASTA RICE SWEET POTATOES

BROCCOLI (PESTO OR CORN ON THE COB TOMATO & HERB) GRATED CARROT SPINACH NOODLES EDAMAME BEANS

4. EXTRAS CHILLIES, SPRING ONIONS, SESAME SEEDS, CASHEWS, HALLOUMI (£1)