

Renegades Protein Meals

RPM Nutrition & Fitness provides nutritional coaching, meal plans and prepared meals to help you master your nutrition.

* No added salt & sugars

* Fresh not frozen

* 400gms per/meal. All meals are weighted, portioned & packed

(180gms meat, 120gms vegetables, 100gms carbs)

* Weekly menu

\$12.5 per meal

10% off order 5+ , 20% off order 10+

No carbs? Ask to swap to vegetables

All orders in 1 day advance (please check the weekly menu online)

The Renegades Café

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Shop 1/230 Coward St Mascot NSW 2020

Renegades Protein Menu

- 1. Beef & mushroom casserole with pumpkin mash & jasmine rice.**
- 2. Poached chicken with Steam Broccoli, green beans, rice noodle & touch of orange soy sweet dressing.**
- 3. Marinated lamb with brown rice, pine nuts, grilled vegetables & onion.**

No CARBS ?? Please ask to swap to vegetables