

MEAL PREP MENU

beWYLD

Eat. Train. Live.

NO GUNK. NO JUNK

FRESH, VIBRANT SUPERFOOD

BREAKFAST

CHIA PROTEIN PORRIDGE VG. GF. N

organic gf oats cooked with almond milk & vanilla whey protein topped with banana, cinnamon & blueberries with skinny coconut cream

390 cal | 27g protein | 51g carbs | 10g fat

ACAI SAMBA BOWL V

organic acai berries blended with super seed blueberry high protein yogurt topped with banana, seasonal fruit, coconut, organic protein granola & chia seeds

320 cal | 13g protein | 40g carbs | 4g fat

PROTEIN PANCAKES V. GF

organic gf oat pancakes blended with whey or vegan protein. Topped with banana, seasonal fruit, skinny jam, pumpkin seeds and coconut.

290 cal | 26g protein | 27g carbs | 9g fat

SIGNATURE KETO EGG WRAPS

low carb, high protein egg wrap filled with rocket, lettuce, onions, tomato, WYLD dressing and the filling of your choice:

teriyaki chicken & high protein cheese

325 cal | 38g protein | 11g carbs | 10g fat

halloumi cheese

380 cal | 30g protein | 8g carbs | 18g fat

LUNCH/DINNER BOWLS

POWER BOWL GF. SY

lean beef chilli, black beans, wild rice, quinoa, carrot, sweet potato, lime, avocado, chickpeas, green lentils, pumpkin seeds & WYLD dressing

440 cal | 33g protein | 37g carbs | 12g fat

ZIGGY SATAY BOWL G. SY. N

chicken breast, wild rice, quinoa, red onions, carrot, broccoli, edame beans, pumpkin seeds & skinny peanut satay sauce

490 cal | 29g protein | 25g carbs | 11g fat

RIVER BOWL GF. SM

teriyaki salmon, wild rice, quinoa, avocado, toasted sesame, edame beans, carrot, cherry tomato, spinach, pumpkin seeds & citrus dressing

420 cal | 27g protein | 29g carbs | 13g fat

TUNA SMASH BOWL V

flaked tuna with avocado, baked falafel, halloumi with wild rice, quinoa, cherry tomatoes, cucumber, spinach, pumpkin seeds & WYLD dressing

378cal | 26g protein | 42g carbs | 15g fat

FALAFEL & HALLOUMI BOWL V

baked falafels, halloumi, wild rice, quinoa, cherry tomatoes, cucumber, spinach, kale, pumpkin seeds & tomato sauce

352cal | 12g protein | 44g carbs | 13g fat

LUNCH/DINNER WRAPS

BEEF BOY BURRITO G. W. SM

lean beef chilli, wild rice, quinoa, beetroot hummus, black beans, high protein cheese in a high protein tortilla

460 cal | 33g protein | 50g carbs | 14g fat

THE WYLD CLUB G. W

chicken breast, high protein cheese, avocado, rocket & WYLD dressing in a high protein tortilla

360 cal | 38g protein | 11g carbs | 14g fat

THE BULK G. W. SM

chicken breast, smokey steak, wild rice, spinach, beetroot hummus, peanut butter, high protein cheese & WYLD dressing in high protein tortilla

580 cal | 58g protein | 23g carbs | 24g fat

FALAFEL & HALLOUMI FARMHOUSE BURRITO G. W. SM

baked falafels, halloumi, black beans, wild rice, quinoa, spinach, high protein cheese & tomato salsa in a high protein tortilla

482 cal | 20g protein | 58g carbs | 18g fat

CHICKEN CHIPOTLE BURRITO G. W.

chicken breast, black beans, wild rice, quinoa, spinach, high protein cheese & tomato salsa in a high protein tortilla

377cal | 27g protein | 48g carbs | 10g fat

LUNCH/DINNER SALAD BOWLS

TUNA SMASH SALAD BOWL

mixed leaf salad, flaked tuna with avocado, baked falafel, halloumi, carrot, cherry tomatoes, cucumber, pumpkin seeds, croutons & WYLD dressing

201 cal | 22g protein | 8g carbs | 11g fat

WYLD MEZE SALAD BOWL

mixed leaf salad, baked falafel, halloumi, carrot, cherry tomatoes, cucumber, hummus, smashed avo, pumpkin seeds, croutons & WYLD dressing

225cal | 11g protein | 15g carbs | 15g fat

VEGAN MEZE SALAD BOWL

mixed leaf salad, baked falafel, tofu, carrot, cherry tomatoes, cucumber, hummus, smashed avo, pumpkin seeds, croutons & WYLD dressing

278cal | 18g protein | 21g carbs | 16g fat

CHIPOTLE CHICKEN SALAD BOWL

mixed leaf salad, chicken breast, black beans, halloumi, carrot, cherry tomatoes, cucumber, smashed avo, pumpkin seeds, croutons & WYLD dressing

225cal | 34g protein | 13g carbs | 14g fat

ALLERGEN INFORMATION:
GF: GLUTEN FREE | G: GLUTEN
V: VEGGIE | VG: VEGAN
M: MUSTARD | N: NUTS | SM: SESAME
W: WHEAT | SY: SOYA

Our store offers products with peanuts, tree nuts, soy, milk, eggs and wheat.

While we take steps to minimize the risk of cross-contamination, we cannot guarantee that any of our products are safe to consumer for people with allergies

