



FITNESS

NUTRITION SURVIVAL GUIDE TO  
**CRUSSH**

CALORIES AND MACRONUTRIENTS

2021

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1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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## BREAKFAST

Grain Free Granola Breakfast Pot	306	-	19.7	-	14.5	20.9	0.1
Oat Milk Porridge - Small	298	7.8	45.1	-	5.5	8.4	-
Oat Milk Porridge - Medium	397	10.4	60.2	-	7.3	11.2	-
Coconut & Chia Overnight Oats	305	5.8	47	-	13.4	10.3	0.2
Sweet Potato & Egg Protein Pot	140	9.6	9.6	-	1.7	7.4	0.4
Breakfast Berry Muesli Pot	345	-	41.2	-	13	16.9	0.2
Summer Porridge - Small	266	9.3	40.8	-	17.2	7	0.2
Summer Porridge - Medium	498	17.3	76.5	-	32.3	13.1	0.4
Seasonal Fruit Salad - Medium	76	0.8	12.4	-	12.4	0.2	0
Seasonal Fruit Salad - Large	89	2.4	15.4	-	15.4	0.3	0
Greek Style Yoghurt With Organic Honey	194	4.7	18.8	-	18.8	11.7	0.2
Pain Au Chocolat	210	1.1	20.5	-	3.6	12.7	0.1
Bacon Bagel	426	19.1	54.6	-	6.7	13.3	1.5
Avocado & Goji Berry Chutney Bagel	438	14	57.1	-	7.1	16	1
Acai Bowl	313	2.6	61.6	-	34.8	7.6	0.1
Scrambled Egg Protein Pot	184	16.4	1.9	-	0.3	12.2	1
- With Hot Smoked Salmon	271	25.1	2.5	-	0.7	17.8	1.2
- With Chorizo & Avocado	280	20.4	3	-	0.9	20.7	1.2
- With Greek Style Cheese, Herbs & Chilli	262	19.5	3.5	-	1.8	18.8	1.9

## RAW JUICE, BOOSTERS & SHOTS

Celery Juice - Small	25	1.8	3.2	-	3.2	0.7	-
Celery Juice - Medium	253	2.9	54.6	-	42.3	1.9	-
Celery Juice - Large	43	3.3	5.9	-	5.9	1.3	-
Turmeric Shot 1Oz/2Oz - 1 Oz	106	2.3	19.5	-	0.96	3	-
Turmeric Shot 1Oz/2Oz - 2 Oz	212	6.6	39	-	0.93	6	-
Turmeric Tonic - Small	197	2.3	42.5	-	32.9	1.5	0.04
Turmeric Tonic - Medium	253	2.9	54.6	-	42.3	1.9	0.05
Turmeric Tonic - Large	365	4.2	78.9	-	61.1	2.8	0.07
Triple Turbo - Small	99	2.5	20.3	-	19.3	1.3	0.1
Triple Turbo - Medium	102	2.9	19.6	-	18.4	1.8	0.1
Triple Turbo - Large	183	4.7	37.7	-	35.8	2.5	0.19
Acv Shot - Per Serving	14	<0.1	2.9	-	2.8	0.18	<0.1
Probiotic Booster - Per Serving	1	0	0.2	-	0	0	0
Vitamin C Booster - Per Serving	-	-	-	-	-	-	-
Vanilla Plant Protein Booster - Per Serving	126	20	6	-	0.3	3	0.1
Chocolate Plant Protein Booster - Per Serving	126	19	7	-	0.3	3	0.1
Vitamin D Booster - Per Serving	12	0	2.5	-	0.2	0	0
Turmeric Zing Cold Press Juice - Per Serving	87	0.6	19.2	-	15.6	0.6	0.3
Oh My Greens Cold Press Juice - Per Serving	27	2.7	3	-	3	0.3	0.3
Plant Protein Power Booster - Per Serving	15	2.7	0.3	-	-	0.2	-
Brilliant Beets Cold Press Juice - Per Serving	84	1.2	18	-	17.4	0.6	0.3

- 1-200 CAL
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	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Beautiful Beets Juice - Small	114	2.7	24.6		23.5	1.2	0.4
Beautiful Beets Juice - Medium	154	3.2	34.5		33.2	1.5	0.3
Beautiful Beets Juice - Large	221	5.2	47.8		45.6	2.4	0.6
Green Goddess Juice -Small	133	2.4	27.9		27.9	0.7	0.07
Green Goddess Juice - Medium	176	3.2	36		36	0.9	0.1
Green Goddess Juice - Large	265	4.8	55.8		55.8	1.4	0.2
Veggie Greens Juice -Small	68	6.1	5.8		4.8	2.4	0.3
Veggie Greens Juice - Medium	95	8.6	8.1		6.3	3.2	0.5
Veggie Greens Juice - Large	136	12.2	11.6		9.5	4.8	0.6
Purifier Juice -Small	112	2	25.2		23.8	1	0.2
Purifier Juice - Medium	167	2.7	34.2		32.4	1.4	0.2
Purifier Juice - Large	245	4.1	50.3		47.6	2	0.4
Energiser Juice - Small	143	1.7	29.6		28.6	1	0.2
Energiser Juice - Medium	176	2.7	36		34.2	1.8	0.1
Energiser Juice - Large	286	3.4	59.2		57.1	2	0.3
Lean Green Juice - Small	150	1.7	29.6		30.3	1	0.2
Lean Green Juice - Medium	198	2.7	36		39.2	1.8	0.2
Lean Green Juice - Large	299	3.4	59.2		60.5	2	0.3
Immunity+ Booster Shot -Per Serving	32	0.8	5.6		0.8	0.9	0.06
Fresh Carrot Juice - Small	102	2.4	20.4		19	1.7	0.3
Fresh Carrot Juice - Medium	135	3.2	27		25.2	2.3	0.5
Fresh Carrot Juice - Large	204	4.8	40.8		38	3.4	0.7
Fresh Apple Juice - Small	173	1	37.4		37.4	0.3	0
Fresh Apple Juice - Medium	230	1.4	49.5		49.5	0.5	0
Fresh Apple Juice - Large	347	2	74.8		74.8	0.7	0
Fresh Orange Juice - Small	150	0.3	34.3		26.5	0	0
Fresh Orange Juice - Medium	198	0.5	45.5		35.1	0	0
Fresh Orange Juice - Large	306	0.7	68.9		53.1	0	0
Ginger Shot 1Oz/2Oz - 1 Oz	13.9	0.5	2.7		0.9	0.2	0.01
Ginger Shot 1Oz/2Oz - 2 Oz	27.8	1	5.4		1.8	0.4	0.02
Aloe Vera Booster - Per Serving	0	0	0		0	0	0
Echinacea Booster - Per Serving	0	0	0		0	0	0
Spirulina Booster - Per Serving	13	2.72	0.4		0	0.25	0
The Burner Booster - Per Serving	6	0	0.2		0.2	0	0
Bee Pollen Booster - Per Serving	13.4	0.8	1.8		1.8	0.4	0.01

## SMOOTHIES & SHAKES

Pure Protein – Vanilla - Medium	159	20.8	6.3	-	0.6	5.3	0.32
Pure Protein – Chocolate - Medium	159	20	7.1	-	0.6	5.3	0.32
The Incredible Bulk - Medium	239	24.9	21.1	-	15.4	5.8	0.28
Berry Super Warrior - Medium	138	23.1	22.7	-	16.4	6.1	0.25
Chocco Nutter - Medium	287	24	18.1	-	10.2	13	0.23
Avo Super Greens Super Smoothie -Small	275	7.6	44.4	-	37.9	7.4	0.4
Avo Super Greens Super Smoothie - Medium	291	8.2	47.1	-	40.8	7.6	0.5
Avo Super Greens Super Smoothie - Large	537	14.4	87.4	-	75.8	14.8	0.7
Crusshberry Blast Smoothie - Small	215	5.3	42.3	-	38.2	3.1	0.17
Crusshberry Blast Smoothie - Medium	250	6	49.7	-	45.5	3.3	0.08
Crusshberry Blast Smoothie - Large	400	9.8	78.5	-	71.1	5.7	0.32

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	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Mango Madness Smoothie - Large	443	9.8	86.5	-	78.7	6.5	0.3
Strawberry Cool Smoothie - Small	208	5.4	40.2	-	36.2	3.1	0.2
Strawberry Cool Smoothie - Medium	239	6.1	46.8	-	42.5	3.3	0.2
Strawberry Cool Smoothie - Large	386	10	74.7	-	67.2	5.8	0.3
Bananarama Smoothie - Small	251	7.9	49.7	-	44.5	3.1	0.2
Bananarama Smoothie - Medium	296	9.9	59.1	-	53.2	3.4	0.2
Bananarama Smoothie - Large	466	14.7	92.3	-	82.6	5.8	0.4
Pineapple Pleasure Smoothie - Small	252	5.8	49	-	44.1	3.8	0.2
Pineapple Pleasure Smoothie - Medium	297	6.5	58.5	-	53.1	4.2	0.2
Pineapple Pleasure Smoothie - Large	468	10.7	91.1	-	81.9	7	0.3
The Burner Super Smoothie - Small	232	5.4	46	-	37.2	3.2	0.2
The Burner Super Smoothie - Medium	267	6.1	54	-	43.4	3.4	0.2
The Burner Super Smoothie - Large	415	9.9	81.9	-	69.5	5.9	0.4
Protein Power Super Smoothie - Small	252	15.2	32.1	-	27.2	7.1	0.1
Protein Power Super Smoothie - Medium	299	18.6	36.4	-	30.9	8.8	0.3
Protein Power Super Smoothie - Large	459	26.1	60	-	51	13	0.2
Almond Butter Protein Super Smoothie - Small	505	18.9	67.7	-	48.5	17.8	0.3
Almond Butter Protein Super Smoothie - Medium	657	24.5	80.7	-	54.7	26.1	0.4
Almond Butter Protein Super Smoothie - Large	995	35.2	135	-	96.9	35.3	0.6
Energy Explosion Super Smoothie - Small	238	4.8	49.1	-	42.1	3	0.2
Energy Explosion Super Smoothie - Medium	279	5.4	58.5	-	51.1	3.2	0.2
Energy Explosion Super Smoothie - Large	432	9.1	88.8	-	78.5	5.5	0.3
Breakfast Smoothie Super Smoothie - Small	413	13.3	66.5	-	47.9	10.8	0.3
Breakfast Smoothie Super Smoothie - Medium	502	16.6	83.9	-	58.2	13.6	0.1
Breakfast Smoothie Super Smoothie - Large	806	25.7	132.8	-	95.7	19.9	0.2

## SALADS & HEALTH POTS

Chicken Mezze Protein Healthpot - Per Serving	218	16.1	9.9	-	2	11.3	2
Chicken Tikka Fit Bowl - Per Serving	399	26.9	42.1	-	4.4	14.7	2
Spiced Chickpea Fit Bowl - Per Serving	464	16.8	56	-	7.8	18.5	2.5
Vitality Mezze Salad Box - Per Serving	472	16.8	46	-	5.2	24.7	1.7
Pesto Power Pasta Salad Box - Per Serving	640	18.7	80.3	-	2.2	28.6	2
Protein Tuna Nicoise Salad Box - Per Serving	424	21.9	23.3	-	4	27.4	1.8
Protein Boost Salad Box - Per Serving	541	38.2	8.3	-	1.9	39.8	1.6
Lentil & Herb Healthpot - Per Serving	319	13.3	23.9	-	2.7	19.6	1.8
Avocado, Yuzu & Edamame Bean Healthpot - Per Serving	214	8.8	9	-	4.5	15.1	1.3
Butter Bean, Cherry Tomato & Parsley Healthpot - Per Serving	271	8.9	19.4	-	3.8	18.1	1.6
Chipotle Corn & Avocado Healthpot - Per Serving	203	4.3	18.4	-	9.8	12.5	1.8
Tuna & Bean Healthpot - Per Serving	255	16.9	21.7	-	6	9.4	1.5

## HOT FOOD

Thai Red Veg & Lentil Soup - Per Serving Small	112	4.8	14.8	-	2.6	3.8	0.96
Thai Red Veg & Lentil Soup - Per Serving Medium	224	9.6	29.6	-	5.2	7.6	1.92
Spinach, Butternut & Lentil Hot Pot - Per Serving	372	13.7	59.2	-	4.4	8.4	0.1
Chicken Shawarma Hot Super Grain Salad - Per Serving	504	25	49.6	-	4.5	22.6	3.45
Spicy Sweet Potato, Coconut & Chilli Soup - Small	110	1.8	19.4	-	6.6	2	0.9
Spicy Sweet Potato, Coconut & Chilli Soup - Large	220	3.6	38.8	-	13.2	4	1.7

1-200 CAL

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	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Spinach & Paneer Hot Pot - Per Serving	447	15.4	53.5	-	12.7	18.9	1.5
Thai Green Chicken Curry Hot Pot - Per Serving	437	17.4	54	-	10.9	17.4	2.3
Chicken Chilli Stew - Per Serving	208	24.4	19.2	-	8.4	2.4	2.8

## WRAPS, TOASTIES & SANDWICHES

Bacon, Tomato & Avocado Sandwich - Per Serving	425	19.8	40.1	-	13.2	20.9	1.8
Tomato & Mozzarella - Per Serving	447	21.3	34.9	-	4.8	24.8	1.8
Tuna Mayo & Cucumber - Per Serving	349	26	31.3	-	5	13.1	1.6
The 5 Veggie Sandwich - Per Serving	484	17.6	45.8	-	6.7	24	2
Tuna Melt Sourdough Spelt Toastie - Per Serving	528	25.2	49.3	-	2.5	23.2	3.8
Classic Chicken Club Sandwich - Per Serving	447	29.4	34.8	-	6.8	21.1	2.3
Free Range Egg Mayo & Mustard Cress Sandwich - Per Serving	364	20.1	33.4	-	4.2	16.5	1.7
Vegan Cheese & Red Pepper Sourdough Spelt Toastie - Per Serving	449	4.3	55.7	-	3	20.6	2.8
Falafel & Houmous Wrap - Per Serving	573	19.2	66.4	-	6.3	22.8	2.9
Chicken Caesar Wrap - Per Serving	591	29.8	48	-	3.2	31.8	3
Hot Smoked Salmon, Pea & Beetroot Wrap - Per Serving	480	24.4	59.8	-	24.4	16.5	2.8
Pesto Chicken & Cheddar Sourdough Spelt Toastie - Per Serving	514	24	47.7	-	1.9	22.5	3.3
Mozzarella, Fresh Basil & Sun-Dried Tomato Sourdough Spelt Toastie	492	13.9	51.7	-	2	23.1	2.8
Jalapeno & Spinach Melt Sourdough Spelt Toastie - Per Serving	487	15.4	48.7	-	2	23.2	3
Ham & Cheddar Cheese Sourdough Spelt Toastie - Per Serving	491	23.4	47.7	-	2	20.4	3.4
Chipotle Chicken On Sun-Dried Tomato Wrap - Per Serving	471	24.9	53.6	-	7	18.6	1.9
Avocado, Red Pepper & Cashew Nut Tapenade Wrap - Per Serving	587	13.4	58.3	-	4.6	34.3	3.1

## COFFEE & DRINKS

Coke Zero 330ML	-	-	-	-	-	-	-
Remedy Kombucha -Small	-	-	-	-	-	-	-
Remedy Kombucha - Medium	-	-	-	-	-	-	-
Virtue Sparkling Energy Drinks	-	-	-	-	-	-	-
Canned Water- Still Or Sparkling	-	-	-	-	-	-	-
Barebells Protein Shakes	-	-	-	-	-	-	-
Whole Earth Organic Sparkling Drinks	-	-	-	-	-	-	-
Flat White - Medium	132	10	13.4	-	13.4	5	0.28
Mint & Fruit Infusion Teas	-	-	-	-	-	-	-
English Breakfast/Earl Grey Tea	-	-	-	-	-	-	-
Ginger Shot Latte - Medium	143	1.5	15.7	-	14.2	10.5	0.3
Ginger Shot Latte - Large	200	14.8	21.4	-	19.9	14.8	0.4
Organic Double Espresso	-	-	-	-	-	-	-
Organic Americano	-	-	-	-	-	-	-
Organic Latte - Medium	132	10.1	13.4	-	3.1	5	0.28
Organic Latte - Large	188	14.4	19.2	-	4.4	7.2	0.4
Organic Cappuccino - Medium	132	10.1	13.4	-	13.4	5	0.28
Organic Cappuccino - Large	188	4.4	19.2	-	19.2	7.2	0.4
Smart Coffee With Bulletproofm Brain Octane Oil - Medium	291	0.1	0.1	-	0.1	31.7	0.4
Smart Coffee With Bulletproofm Brain Octane Oil - Large	451	0.14	0.2	-	0.2	49.2	0.5
Smart Coffee With Bulletproofm Xct Oil - Medium	291	0.1	0.1	-	0.1	31.7	0.4
Smart Coffee With Bulletproofm Xct Oil - Large	451	0.14	0.2	-	0.2	49.2	0.5

1-200 CAL

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	Calories (Kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Fresh Mint & Lemon Cleanser	24	1.3	3.9	-	3.8	0.4	0
Organic Hot Chocolate - Medium	207	11.6	26.6	-	25.8	6.9	0.3
Organic Hot Chocolate - Large	338	17.4	45.6	-	44	10.9	0.4
Still Bottled Water 500MI	-	-	-	-	-	-	-
Diet Coke 330MI	-	-	-	-	-	-	-

## DESSERTS & SNACKS

Salted Caramel Muffin (St Albans Only) - Per Serving	599	8.3	70	-	41.4	31.5	0.5
Lemon & Poppy Seed Muffin (St Albans Only) - Per Serving	577	7.1	63.1	-	37.9	32.1	0.55
Veganaires Shortbread Bites - Per Serving	-	-	-	-	-	-	-
Doisy & Dam Nut Butter Chocolate Cups	-	-	-	-	-	-	-
Mocha Protein Power Balls - Per Serving	203	11.6	14.9	-	12.4	11.6	0
Barebells Protein Bars	-	-	-	-	-	-	-
Chocolate & Vanilla Marble Cake - Per Serving	411	5.4	38	-	26.5	26.3	0.35
Almond Butter & Bulletproofm Xct Oil Power Balls - Per Serving	326	9.6	8	-	5.7	29	0
Lemon Polenta Cake - Per Serving	485	8.2	32.2	-	25.3	35.7	0.22
Seasonal Fruit Salad - Medium	76	0.8	12.4	-	12.4	0.2	0
Seasonal Fruit Salad - Large	89	2.4	15.4	-	15.4	0.3	0
Greek Style Yoghurt With Organic Honey - Per Serving	194	4.7	18.8	-	18.8	11.7	0.2
Gluten Free Chocolate Brownie - Per Serving	408	5.1	50	-	36	21	<0.1
Choc Avo Mousse - Per Serving	204	5	21.4	-	17.9	12.7	0.1
Key Lime Pie - Per Serving	359	3.3	22	-	19.2	29.2	0
Banoffee Pot - Per Serving	211	6	16.7	-	15.5	16.3	0
Cacao & Hazelnut Energy Balls - Per Serving	257	6.6	16.8	-	13.7	19.2	0
Carrot Cake Energy Balls - Per Serving	182	2.9	17.6	-	11.3	11.4	0.1
Raw Nutty Flapjack - Per Serving	312	8.4	44.9	-	18.2	10.9	0.1
Raw Fruity Flapack - Per Serving	371	8.7	44.3	-	20.2	19.8	0.1
Spicy Boost Snack Bag	-	-	-	-	-	-	-
Omega 3 Treat Snack Bag	-	-	-	-	-	-	-
Protein Nut Mix Snack Bag	-	-	-	-	-	-	-
Antioxidant Treat Snack Bag	-	-	-	-	-	-	-
White Sourdough Bread - Per Serving	168	6.4	36.2	-	1.3	0.7	1
Granary Bread - Per Serving	164	1.9	37.9	-	1.3	0.82	0.8