

• EASY AND QUICK •

SALE We are expanding our assortment and therefore want to clear some of our current stock. These meals are now available at a reduced price: the same high quality, and a sustainable choice. Limited stock available. **SALE**

MEAL	SIZE	WEIGHT	PRICE (EX. VAT)
 CHICKEN TAGINE WITH COUSCOUS Couscous, chicken, zucchini, pumpkin, raisins CHICKEN ■ Lactose-free	REGULAR	590 G Carb. 84 g Protein 33 g Fat 14 g Kcal 613	Per meal €7,40 Per box (6) €44,40 Item code: 13504018
	XL	740 G Carb. 110 g Protein 42 g Fat 18 g Kcal 798	Per meal €7,75 Per box (6) €46,50 Item code: 13503049
 THREE CUP CHICKEN Rice, chicken, broccoli, soy saus, red pepper CHICKEN ■ Lactose-free	REGULAR	517 G Carb. 83 g Protein 32 g Fat 17 g Kcal 615	Per meal €6,50 Per box (6) €39,00 Item code: 13504007
	XL	645 G Carb. 129 g Protein 34 g Fat 18 g Kcal 826	Per meal €6,78 Per box (6) €40,68 Item code: 13504007
 PENNE PASTA BOLOGNESE CHICKEN Pasta, chicken, tomato, zucchini, carrot CHICKEN	REGULAR	550 G Carb. 86 g Protein 29 g Fat 18 g Kcal 637	Per meal €5,75 Per box (6) €34,50 Item code: 13503031
	XL	660 G Carb. 105 g Protein 34 g Fat 20 g Kcal 764	Per meal €6,40 Per box (6) €38,40 Item code: 13503047
 CHICKEN MASALA Rice, chicken, beans, green beans, tomato CHICKEN ■ Gluten-free ■ Lactose-free	REGULAR	540 G Carb. 86 g Protein 35 g Fat 12 g Kcal 610	Per meal €6,50 Per box (6) €39,00 Item code: 13504012
	XL	730 G Carb. 99 g Protein 50 g Fat 20 g Kcal 760	Per meal €6,78 Per box (6) €40,68 Item code: 13503040



• READY WITHIN 10 MINUTES •

SALE We are expanding our assortment and therefore want to clear some of our current stock. These meals are now available at a reduced price: the same high quality, and a sustainable choice. Limited stock available. **SALE**

MEAL	SIZE	WEIGHT	PRICE (EX. VAT)
 PASTA PENNE WITH PESTO AND CHICKEN Pasta, chicken, tomato, spinach, cream CHICKEN	REGULAR	570 G Carb. 74 g Protein 35 g Fat 14 g Kcal 581	Per meal €5,75 Per box (6) €34,50 Item code: 13504009
	XL	700 G Carb. 91 g Protein 43 g Fat 17 g Kcal 714	Per meal €6,40 Per box (6) €38,40 Item code: 13503039
 MEXICAN CHICKEN MEAL Rice, chicken, corn, kidney beans, bell pepper CHICKEN ■ Gluten-free ■ Lactose-free	REGULAR	530 G Carb. 80 g Protein 37 g Fat 13 g Kcal 599	Per meal €6,50 Per box (6) €39,00 Item code: 13504003
	XL	720 G Carb. 101 g Protein 50 g Fat 17 g Kcal 778	Per meal €6,78 Per box (6) €40,68 Item code: 13503041
 CHICKEN PASTA WITH TOMATO AND BASIL SAUCE Pasta, chicken, tomato, basil LOW IN FIBER ■ Lactose-free	XL	600 G Carb. 132 g Protein 56 g Fat 23 g Kcal 948	Per meal €4,05 Per box (6) €24,30 Item code: 13503038
	XL	570 G Carb. 142 g Protein 35 g Fat 21 g Kcal 867	Per meal €6,78 Per box (6) €40,68 Item code: 13503036

• TWO DIFFERENT SIZES •

SALE We are expanding our assortment and therefore want to clear some of our current stock. These meals are now available at a reduced price: the same high quality, and a sustainable choice. Limited stock available. **SALE**

MEAL	SIZE	WEIGHT	PRICE (EX. VAT)
 GOAN FISH CURRY WITH WHITE RICE Rice, white fish, tomato, cashew LOW IN FIBER ■ Gluten-free	XL	575 G Carb. 104 g Protein 46 g Fat 37 g Kcal 931	Per meal €5,12 Per box (6) €30,72 Item code: 13503037
	SPECIAL PRICE		
			
These meals are prepared according to recipes from the Topsport Amsterdam High Performance Kitchen and are produced and delivered by our partner Marfo.			

• CONTACT •

For more information, please email maaltijden@topsport.amsterdam or call Tim Keuter at +31655767851

PRICE LIST


HIGH PERFORMANCE MEALS

A complete and affordable range of high-quality, tasty, and well-balanced high performance meals.



• BALANCED AND FLAVOURFUL •

SALE We are expanding our assortment and therefore want to clear some of our current stock. These meals are now available at a reduced price: the same high quality, and a sustainable choice. Limited stock available. **SALE**

MEAL	SIZE	WEIGHT	PROTS [EX. VAT]
 RAVIOLI TOMATO SAUCE Pasta, ricotta, tomato, bell pepper, spinach	REGULAR	550 G Carb. 116 g Protein 23 g Fat 24 g Kcal 836	Per meal €6,50 Per box (6) €39,00 Item code: 13504014
	XL	875 G Carb. 149 g Protein 31 g Fat 32 g Kcal 1026	Per meal €6,78 Per box (6) €40,68 Item code: 13503045
VEGETARIAN			

 VEGETARIAN BEAN STEW WITH RICE Rice, vegetarian mince, tomato, bell pepper, black beans, corn	REGULAR	500 G Carb. 83 g Protein 30 g Fat 15 g Kcal 600	Per meal €5,75 Per box (6) €34,50 Item code: 13504016
	XL	610 G Carb. 104 g Protein 35 g Fat 17 g Kcal 733	Per meal €6,40 Per box (6) €38,40 Item code: 13503046
VEGETARIAN			

 VEGETARIAN PASTA BOLOGNESE Pasta, vegetarian mince, tomato, carrot, bell pepper	REGULAR	550 G Carb. 83 g Protein 28 g Fat 11 g Kcal 567	Per meal €5,75 Per box (6) €34,50 Item code: 13504000
	XL	710 G Carb. 106 g Protein 36 g Fat 14 g Kcal 724	Per meal €3,60 Per box (6) €21,60 Item code: 13503028
VEGETARIAN			

 VEGETARIAN CHICKEN MASALA Rice, vegetarian chicken, tomato, green beans	REGULAR	570 G Carb. 86 g Protein 33 g Fat 13 g Kcal 621	Per meal €6,50 Per box (6) €39,00 Item code: 13504001
	XL	730 G Carb. 95 g Protein 46 g Fat 18 g Kcal 752	Per meal €4,05 Per box (6) €24,30 Item code: 13503042
VEGETARIAN			


January 2026




• RICH IN VEGETABLES •

SALE We are expanding our assortment and therefore want to clear some of our current stock. These meals are now available at a reduced price: the same high quality, and a sustainable choice. Limited stock available. **SALE**

MEAL	SIZE	WEIGHT	PRICE [EX. VAT]
 INDIAN LENTIL CURRY AND PANEER Rice, paneer cheese, spinach, lentils, bell pepper	XL	650 G Carb. 111 g Protein 40 g Fat 36 g Kcal 975	Per meal €6,78 Per box (6) €40,68 Item code: 13503027
	VEGETARIAN		

 INDIAN CAULIFLOWER KORMA CURRY Rice, cauliflower, paneer cheese, potato, tomato	REGULAR	560 G Carb. 78 g Protein 24 g Fat 18 g Kcal 605	Per meal €5,75 Per box (6) €34,50 Item code: 13504011
	XL	690 G Carb. 97 g Protein 28 g Fat 23 g Kcal 731	Per meal €3,60 Per box (6) €21,60 Item code: 13503030
VEGETARIAN			

 VEGETARIAN BOBOTIE Potato, vegetarian mince, green beans, mango, raisins.	XL	732 G Carb. 81 g Protein 26 g Fat 14 g Kcal 586	Per meal €3,60 Per box (6) €21,60 Item code: 13503029
	VEGETARIAN		


 PASTA WITH SUN-DRIED TOMATOES Pasta, sun-dried tomat, carrot, peas, cheese.	XL	650 G Carb. 117 g Protein 32 g Fat 18 g Kcal 793	Per meal €3,60 Per box (6) €21,60 Item code: 13503025
	VEGETARIAN		

January 2026



• DEVELOPED BY NUTRITION EXPERTS •

SALE We are expanding our assortment and therefore want to clear some of our current stock. These meals are now available at a reduced price: the same high quality, and a sustainable choice. Limited stock available. **SALE**

MEAL	SIZE	WEIGHT	PRICE [EX. VAT]
 INDONESIAN SPICED FISH DISH Rice, white fish, green beans, tomato, bell pepper.	REGULAR	580 G Carb. 81 g Protein 36 g Fat 16 g Kcal 632	Per meal €7,40 Per box (6) €44,40 Item code: 13504006
	XL	725 G Carb. 102 g Protein 45 g Fat 21 g Kcal 775	Per meal €5,12 Per box (6) €30,72 Item code: 13503035
FISH			

 PENNE PASTA WITH PESTO AND SMOKED SALMON Pasta, salmon, spinach, olives, tomato.	XL	700 G Carb. 98 g Protein 50 g Fat 40 g Kcal 994	Per meal €7,75 Per box (6) €46,50 Item code: 13503044
	FISH		

 PASTA PUTTANESCA WITH SALMON Pasta, salmon, tomato, ricotta, kale, cheese.	REGULAR	480 G Carb. 84 g Protein 30 g Fat 15 g Kcal 612	Per meal €7,40 Per box (6) €44,40 Item code: 13504015
	XL	630 G Carb. 112 g Protein 37 g Fat 20 g Kcal 803	Per meal €7,75 Per box (6) €46,50 Item code: 13503048
FISH			

 BEEF TERIYAKI Rice, beef, green beans, carrot, bell pepper.	REGULAR	580 G Carb. 81 g Protein 30 g Fat 12 g Kcal 560	Per meal €7,40 Per box (6) €44,40 Item code: 13504005
	XL	700 G Carb. 98 g Protein 36 g Fat 14 g Kcal 672	Per meal €7,75 Per box (6) €46,50 Item code: 13503043
BEEF			

January 2026



• RECOMMENDED BY OLYMPIC ATHLETES •

SALE We are expanding our assortment and therefore want to clear some of our current stock. These meals are now available at a reduced price: the same high quality, and a sustainable choice. Limited stock available. **SALE**

MEAL	SIZE	WEIGHT	PRICE [EX. VAT]
 ASIAN NOODLES WITH BEEF Noodles, beef, mushrooms, green beans, black pepperauce	REGULAR	550 G Carb. 83 g Protein 33 g Fat 17 g Kcal 630	Per meal €7,40 Per box (6) €44,40 Item code: 13504004
	XL	775 G Carb. 101 g Protein 42 g Fat 22 g Kcal 798	Per meal €7,75 Per box (6) €46,50 Item code: 13503033
BEEF			

 PASTA BOLOGNESE Pasta, beef, tomato, zucchini, carrot.	REGULAR	560 G Carb. 81 g Protein 24 g Fat 15 g Kcal 566	Per meal €5,75 Per box (6) €34,50 Item code: 13504010
	XL	660 G Carb. 112 g Protein 33 g Fat 22 g Kcal 799	Per meal €6,40 Per box (6) €38,40 Item code: 13503024
BEEF			

 SHEPARD'S PIE WITH BEEF Potato, beef, green peas, carrot, cheese.	REGULAR	580 G Carb. 70 g Protein 39 g Fat 19 g Kcal 630	Per meal €6,50 Per box (6) €39,00 Item code: 13504002
	XL	710 G Carb. 92 g Protein 45 g Fat 21 g Kcal 760	Per meal €4,05 Per box (6) €24,30 Item code: 13503032
BEEF			

 PASTA ARRABIATA WITH MEATBALLS Pasta, beef, zucchini, bell pepper, tomato.	REGULAR	545 G Carb. 82 g Protein 32 g Fat 19 g Kcal 627	Per meal €6,50 Per box (6) €39,00 Item code: 13504008
	XL	700 G Carb. 105 g Protein 39 g Fat 27 g Kcal 833	Per meal €7,75 Per box (6) €46,50 Item code: 13503026
BEEF			

January 2026

