



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

• TWO DIFFERENT SIZES •



CHICKEN MASALA

Rice, chicken, beans, green beans, tomato.

CHICKEN

■ Gluten-free

■ Lactose-free

REGULAR

540 G

Carb.86 g

Protein35 g

Fat12 g

Kcal610

Per meal

Per box (6)

Item code: 13504012

€ 6,50

€39,00

XL

730 G

Carb.99 g

Protein50 g

Fat20 g

Kcal760

Per meal

Per box (6)

Item code: 13503040

€ 6,78

€40,68

	PENNE PASTA BOLOGNESE KIP Pasta, chicken, tomato, zucchini, carrot.	REGULAR 660 G Carb. 86 g Protein 29 g Fat 18 g Kcal 637	Per meal Per box (6) € 5,75 €34,50 Item code: 13504017
	CHICKEN	XL 660 G Carb. 105 g Protein 34 g Fat 20 g Kcal 764	Per meal Per box (6) € 6,40 €38,40 Item code: 13503047



PREPARATION

	Microwave	Oven
Thawed	850 watt > 5-7 minutes	140°C 20 minutes
Frozen	850 watt > 8-10 minutes	140°C 40 minutes

Pierce holes. After heating, wait 2 minutes before opening.

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For more information contact maaltijden@topsport.amsterdam or
call Tim Keuter op +31655767851

5 NEW FLAVORS





• BALANCED AND FLAVOURFUL •

NEW



PASTA A LA NORMA

Penne pasta, ricotta, eggplant, tomato sauce.

VEGETARIAN

REGULAR

535 G

Carb. 107 g

Protein 32 g

Fat 18 g

Kcal 734

Per meal

Per box (6)

€ 5,75

€34,50

Item code: 13504021



SERVING TIP: GARNISH JUST BEFORE SERVING WITH FRESH ARUGULA, PINE NUTS & OLIVE OIL.



RAVIOLI TOMATO SAUCE

Pasta, ricotta, tomato, paprika, spinach.

VEGETARIAN

REGULAR

550 G

Carb. 116 g

Protein 23 g

Fat 24 g

Kcal 836

Per meal

Per box (6)

€ 6,50

€39,00

Item code: 13504014

XL

675 G

Carb. 149 g

Protein 31 g

Fat 32 g

Kcal 1026

Per meal

Per box (6)

€ 6,78

€40,68

Item code: 13503045



SERVING TIP: GARNISH JUST BEFORE SERVING WITH CRISPY FRIED ONIONS OR FRESH SPRING ONION.



VEGETARIAN CHICKEN MASALA

Rice, vegetarian chicken, tomato, green beans.

VEGETARIAN

■ Gluten-free

■ Lactose-free

REGULAR

570 G

Carb. 86 g

Protein 33 g

Fat 13 g

Kcal 621

Per meal

Per box (6)

€ 6,50

€39,00

Item code: 13504001



SERVING TIP: GARNISH JUST BEFORE SERVING WITH CRISPY FRIED ONIONS OR FRESH SPRING ONION.



INDIAN LENTAL CURRY AND PANEER

Rice, paneer cheese, spinach, lentils, bell pepper.

VEGETAR

■ Gluten-free

XL

650 G

Carb. 111 g

Protein 40 g

Fat 36 g

Kcal 975

Per meal

Per box (6)

€ 6,78

€40,68

Item code: 13503027



SERVING TIP: GARNISH JUST BEFORE SERVING WITH FRIED ONIONS AND CASHEW NUTS.

• RICH IN VEGETABLES •

MEAL	SIZE	WEIGHT	PRICE (EX. VAT)	
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 Per box (6)	€ 5,75 €34,50
	Item code: 13504011			
VEGETARIAN	 SERVING TIP: GARNISH JUST BEFORE SERVING WITH FRIED ONIONS AND CASHEW NUTS.			
	■ Gluten-free			

MEAL	SIZE	WEIGHT	PRICE (EX. VAT)	
PASTA PENNE 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 Per box (6)	€ 7,75 €46,50
	Item code: 13503044			
FISH	 SERVING TIP: GARNISH JUST BEFORE SERVING WITH OLIVE OIL AND LEMON.			

MEAL	SIZE	WEIGHT	PRICE (EX. VAT)	
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 Per box (6)	€ 7,40 €44,40
	Item code: 13504015			
FISH				

MEAL	SIZE	WEIGHT	PRICE (EX. VAT)	
PENNE PASTA BEEF STEW Penne pasta, pesto, beef stew	REGULAR	570 G Carb. 77 g Protein 33 g Fat 15 g Kcal 598	Per meal Per box (6)	€ 7,40 €44,40
	Item code: 13504019			
BEEF	 SERVING TIP: GARNISH JUST BEFORE SERVING WITH FRESH ARUGULA, PINE NUTS & OLIVE OIL.			
	■ Halal			

• DEVELOPED BY NUTRITION EXPERTS •

MEAL	SIZE	WEIGHT	PRICE (EX. VAT)	
BEEF TERIYAKI Rice, beef, green breans, carrot, bell pepper.	REGULAR	580 G Carb. 81 g Protein 30 g Fat 12 g Kcal 560	Per meal Per box (6)	€ 7,40 €44,40
	Item code: 13504005			
BEEF	XL	700 G Carb. 98 g Protein 36 g Fat 14 g Kcal 672	Per meal Per box (6)	€ 7,75 €46,50
	Item code: 13503043			
	■ Lactose-free			

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

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

MEAL	SIZE	WEIGHT	PRICE (EX. VAT)	
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 Per boxß (6)	€ 6,50 €39,00
	Artikelcode: 13504008			
BEEF	XL	700 G Carb. 105 g Protein 39 g Fat 27 g Kcal 833	Per meal Per box (6)	€ 7,75 €46,50
	Item code: 13503026			

• RECOMMENDED BY OLYMPIC ATHLETES •

MEAL	SIZE	WEIGHT	PRICE (EX. VAT)	
SHEPARD'S PIE BEEF Potato, beef, green peas, carrot, cheese.	REGULAR	580 G Carb. 70 g Protein 39 g Fat 19 g Kcal 630	Per meal Per box (6)	€ 7,40 €44,40
	Item code: 13504002			
BEEF	 SERVING TIP: GARNISH JUST BEFORE SERVING WITH FRIED ONIONS AND CASHEW NUTS.			
	■ Gluten-free			

MEAL	SIZE	WEIGHT	PRICE (EX. VAT)	
VEGA BONENSTOOF MET RIJST Lijstgebalanceerd en smakvol Bevat minimaal 150 gram groente Bereidingswijze door voedingsadviseurs en gecontroleerd door olympische atleten en gecontroleerd door Marfo BV	REGULAR	550 G Carb. 83 g Protein 33 g Fat 17 g Kcal 630	Per meal Per box (6)	€ 7,40 €44,40
	Item code: 13504004			
BEEF	XL	775 G Carb. 101 g Protein 42 g Fat 22 g Kcal 798	Per meal Per box (6)	€ 7,75 €46,50
	Item code: 13503033			
	■ Lactose-free			

These meals are prepared according to recipes from the Topsport Amsterdam High Performance Kitchen and are produced and delivered by our partner Marfo.