



• EASY AND QUICK •

• READY WITHIN 10 MINUTES •

• TWO DIFFERENT SIZES •

PRICE LIST

HIGH PERFORMANCE MEALS

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

5 NEW
FLAVORS

MEAL	SIZE	WEIGHT	PRICE [EX. VAT]
NEW  INDONESIAN SPICY CHICKEN BALADO Rice, chicken, carrot, corn, beans, sambal, chili peper, shallot, garlic, tomato. CHICKEN ■ Halal ■ Gluten-free	REGULAR	550 G Carb. 81 g Protein 31 g Fat 14 g Kcal 581	Per meal € 6,50 Per box (6) €39,00 Item code: 13504022
	XL	705 G Carb. 100 g Protein 37 g Fat 17 g Kcal 719	Per meal € 6,78 Per box (6) €40,68 Item code: 13503050
NEW  SURINAMESE ROTI CHICKEN Roti chicken, curried potato, long bean, fried egg. CHICKEN ■ Halal ■ Gluten-free	REGULAR	598 G Carb. 71 g Protein 36 g Fat 25 g Kcal 668	Per meal € 7,40 Per box (6) €44,40 Item code: 13504020
 SERVING TIP: GARNISH JUST BEFORE SERVING WITH FRIED ONIONS AND CASHEW NUTS.			
NEW  NASI WITH CHICKEN IN SATAY SAUCE Nasi kuning, chicken, satay sauce and sayur beans. CHICKEN ■ Halal	REGULAR	580 G Carb. 79 g Protein 36 g Fat 23 g Kcal 688	Per meal € 6,50 Per box (6) €39,00 Item code: 13504023
	XL	750 G Carb. 97 g Protein 45 g Fat 31 g Kcal 870	Per meal € 6,78 Per box (6) €40,68 Item code: 13503051
 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

 PASTA PENNE PESTO 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 DISH 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 TAGINE WITH COUSCOUS Couscous, chicken, zucchini, pumpkin, raisins. CHICKEN	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
 SERVING TIP: GARNISH JUST BEFORE SERVING WITH POMEGRANATE SEEDS AND SPINACH.			
 PENNE PASTA BOLOGNESE KIP 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: 13504017
	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

 THREE CUP CHICKEN Rice, chicken, broccoli, soja sauce, 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: 13503031
 SWEET & SOUR CHICKEN WITH WHITE RICE Rice, chicken, sweet and sour sauce. LOW IN FIBER ■ Gluten-free ■ Lactose-free	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
PREPARATION  Thawed Microwave Frozen 850 watt > 5-7 minutes 850 watt > 8-10 minutes Oven 140°C 20 minutes 140°C 40 minutes Pierce holes. After heating, wait 2 minutes before opening.			

• CONTACT •

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





• 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



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	REGULAR	560 G	Per meal	€ 5,75
	Rice, cauliflower, paneer cheese, potato, tomato.		Carb. 78 g Protein 24 g Fat 18 g Kcal 605	Per box (6)	€34,50
	Item code: 13504011				
	VEGETARIAN	 SERVING TIP: GARNISH JUST BEFORE SERVING WITH FRIED ONIONS AND CASHEW NUTS.			
	■ Gluten-free				
	PASTA PENNE WITH PESTO AND SMOKED SALMON	XL	700 G	Per meal	€ 7,75
	Pasta, salmon, spinach, olives, tomato.		Carb. 98 g Protein 50 g Fat 40 g Kcal 994	Per box (6)	€46,50
	Item code: 13503044				
	FISH	 SERVING TIP: GARNISH JUST BEFORE SERVING WITH OLIVE OIL AND LEMON.			
	PASTA PUTTANESCA WITH SALMON	REGULAR	480 G	Per meal	€ 7,40
	Pasta, salmon, tomato, ricotta, kale, cheese.		Carb. 84 g Protein 30 g Fat 15 g Kcal 612	Per box (6)	€44,40
	Item code: 13504015				
	FISH				
	PENNE PASTA BEEF STEW	REGULAR	570 G	Per meal	€ 7,40
	Penne pasta, pesto, beef stew		Carb. 77 g Protein 33 g Fat 15 g Kcal 598	Per box (6)	€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				
	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				
	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				
	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 ■ Gluten-free				



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