



# POWFOOD

POWER OF WELLNESS

OUR AWARD WINNING READY MEAL RANGE

*Designed by nutritionists, handcrafted by chefs*

COMPOSTABLE, RECYCLABLE AND SUSTAINABLE  
PACKAGING. CARBON FREE DELIVERY.

[www.powfood.co.uk](http://www.powfood.co.uk)



Your POW meal is **DESIGNED** to help you  
**THINK** well, **FEEL** well and **WORK** well.

Each purchase also helps feed an  
underprivileged school child in London.



*All the food you eat is either brain fuel  
or potential brain fog.*

## OUR NUTRITIONAL PHILOSOPHY

We are meticulous about the way we prepare and cook food to lock in the nutritional value. We believe that the quality of the food you eat is more important than specifically defined calories, quantities or macronutrient ratios and we strive to ensure nutritional consistency.

**Nutrition, enriched with antiviral properties  
and formulated to support:**

ENERGY | PRODUCTIVITY | IMMUNITY



## PURCHASE WITH PURPOSE THROUGH POW FOOD

*We buy 100% British meat and fish and as many British vegetables, fruits and salads as possible to help reduce our carbon footprint and support the British economy and local businesses.*

**We want to make a direct impact, and help you do the same. That's why we do the following:**

- 1.**  
Donate a percentage of every meal sold to our charity partner, City Harvest to help feed underprivileged school children in London.
- 2.**  
Provide weekly food donations to City Mission Church kitchens, Harlesden, London.
- 3.**  
Our packaging, from our food containers and sleeves, to our temperature-regulating envelopes and postal boxes are all compostable, biodegradable or recyclable.
- 4.**  
Working to reduce our carbon footprint wherever we can across our value chain, we ensure that our transport partners are carbon neutral.



# OUR AWARD WINNING READY MEAL MENU

Complete meal including lean protein, complex carbs and vegetables.

## FISH



### HARRISA SALMON

Harissa Spiced baked British sourced fillet of Salmon served with rainbow Ratatouille and a Maris Piper Potato and Cauliflower Mash.

**390g Per box | Kcal: 406**

**GF DF NF | Allergens:** Fish-Salmon

### NUTRITIONAL BENEFITS

Heart Healthy and Energising

High in Protein and low in saturated fat

A source of Omega3 fatty acids that contribute to brain and cardiovascular health.

Low GI

A source of Vitamin D, Vitamin B12 and Vitamin C.



### BEST VERSIONS FISH PIE

Sustainable British sourced Fish and Vegetable Pie topped with Maris Piper Potato and Cauliflower Mash.

**445g Per box | Kcal: 503**

**GF DF NF | Allergens:** Fish-Salmon, Coley

### NUTRITIONAL BENEFITS

Nourishing, Wholesome and Filling.

High in Protein and low in saturated fat.

Low GI

A source of Vitamin B12.



### BEST VERSIONS ROAST CHICKEN

Classic Roasted Free-Range Chicken breast with Lemon and Thyme, Maris Piper Potato and Cauliflower Mash, Carrots and Peas, served with POW White Wine and Chicken Jus.

**400g Per box | Kcal: 323**

**GF DF NF | Allergens:** Sulphites-white wine

### NUTRITIONAL BENEFITS

Satiating and Immune Supporting.

Source of protein, low fat and low salt.

A source of vitamin A which contributes to healthy skin, vision and immune system function.



### CHICKEN TAPENADE

Free Range Chicken Breasts stuffed with an Olive and Red Pepper Tapenade, served with rainbow Ratatouille and Sweet Potato Mash.

**430g Per Box | Kcal: 323**

**GF DF NF**

### NUTRITIONAL BENEFITS

Satiating and Immune Supporting.

Source of protein, low fat and low salt.

A source of vitamin A which contributes to healthy skin, vision and immune system function.

## MEAT



### BEST VERSIONS COTTAGE PIE

Rare Breeds Beef mince in a rich tomato sauce topped with maris piper potato and cauliflower mash and peas.

**650g Per box | Kcal: 622**

**GF DF NF | Allergens:** Sulphites-Red Wine

### NUTRITIONAL BENEFITS

Comforting and Muscle Healthy.

Low in saturated fat and a source of protein.

Low GI



### BEST VERSIONS CHICKEN TIKKA MASALA

Free Range Chicken tikka masala served with black rice and mixed green vegetables.

**538g | Kcal: 538**

**GF DF NF | Allergens:** Sulphites

### NUTRITIONAL BENEFITS

Comforting and Muscle Healthy.

Low in saturated fat and a source of protein.

Low GI

\*Our Best Version options are POW Food adaptations of the Nation's favourite meals. Designed by nutritionists and handcrafted by our chefs using with the highest quality produce meaning you can enjoy the comforting classics with a clear conscience.



## VEGAN



### CAULIFLOWER AND CHICKPEA TIKKA MASALA

Cauliflower and chickpea tikka masala served with black rice and mixed green vegetables.

450g Per box | Kcal: 461

**VE GF DF NF | Allergens:** Sulphites

#### NUTRITIONAL BENEFITS

Indulgently healthy, Energising and Gut Supporting.

Low in saturated fat and low GI.

A source of live bacterial cultures that support gut health.



### MEDITERRANEAN FALAFEL

Baked Chickpea Falafel served with a Butterbean rainbow Ratatouille.

379g Per box | Kcal: 252

**VE GF DF NF | Allergens:** Sulphites

#### NUTRITIONAL BENEFITS

Fibre Filling and Bone Healthy

Low GI

Low in fat and a source of plant based fibre.

High Vitamin C and Vitamin K.  
A source of folate.



### VEGAN AMAZONIAN CACAO AND THREE BEAN CHILLI

Three Bean Cacao Chilli with Black Rice, English Peas and Sweetcorn.

530g Per box | Kcal: 618

**VE GF DF NF**

#### NUTRITIONAL BENEFITS

Fibre Rich, Energy Boosting and Immune Supporting

Low in fat and high in fibre. Offers 180% of your recommended intake of fibre!

High in Copper, B6, Phosphorus and Folate which contributes to energy production and immune system health, Folate which

A source of Potassium, Magnesium and plant-based iron.



### SESAME CRUSTED TOFU TERIYAKI

Teriyaki Tofu skewers with a Sesame Crust served with Shiitake Mushroom and fermented Black Bean Brown Rice with Green Vegetables and Carrots.

375g Per box | Kcal: 500

**VE GF DF NF | Allergens:** Sesame, Soya

#### NUTRITIONAL BENEFITS

Plant Based Balanced Energy

Low GI

A source of Vitamin K and Manganese which contributes to energy production.

Rich in Vitamin C which plays a role in immune system function.



### VEGAN MUSHROOM AND LENTIL PIE

Mushroom and Puy Lentil Pie topped with a Sweet Potato Mash.

500g Per box | Kcal: 400

**VE GF DF NF | Allergens:** Mustard

#### NUTRITIONAL BENEFITS

Warming Plant Based Energy.

Low in saturated fat and salt.

A source of vitamin A which contributes to health immune system function.

## SNACKS



### SIGNATURE SUPERFOOD SNACK BOX

A collection of our signature nutritional snacks including:

Vegan and raw "cheezy" kale chips 20g  
Activated rosemary and chilli mixed nuts 50g

Vegan raw beetroot flax crackers 30g  
Organic gluten and dairy free focus and balance brownies x2

Vegan oat truffle POW balls x2

**V DF**



### BOX OF SIX MIXED OAT TRUFFLE POW BALLS

A selection of box of six mixed Matcha, Chocolate Protein and Berry Rose oat truffle POW Balls

**VE DF**



### BOX OF MIXED BROWNIES

A selection Box of our signature Gluten & Dairy Free Focus and Balance brownies

**Focus:** enriched with Rosemary and Goji Berries drenched in Orange  
**V GF DF NF | Allergens:** Eggs, sulphites

**Balance:** enriched with Chia Seeds and Sour Cherries

**V GF DF NF | Allergens:** Eggs



“HONESTLY THE BEST READY MEAL I’VE EVER HAD. REALLY HIGH QUALITY INGREDIENTS AND THERE IS NO COMPROMISE ON TASTE AT ALL - DIDN’T MAKE ME FEEL GROGGY AFTER EATING BUT WAS STILL VERY FILLING!”

- Kathryn, Highbury and Islington, London

## THE CASE FOR FROZEN FOOD

### FLASH FREEZING, THE BENEFITS

- Preserves shelf life using no preservatives.
- Preserves food quality and taste.
- Locks in the goodness.
- Helps reduce food waste.
- Kills harmful bacteria and keeps food safe.
- Arrives intact.

**Complete meal including lean protein, complex carbs and vegetables.**



“HANDS DOWN THE **BEST** FROZEN MEALS I HAVE EVER EATEN! AND THEY ARE HEALTHY WHICH MAKES IT EVEN BETTER, THANK YOU POW!”

- Tony, Macclesfield, Cheshire

“VERY FAST DELIVERY & PRO-ACTIVE CUSTOMER SERVICE. THE BROWNIES ARE ABSOLUTELY DELICIOUS! WILL DEFINITELY ORDER AGAIN :)”

- Rory, Chelsea, London



## OUR PRICING

POW Food prices include delivery and packaging within UK.

FEED YOUR TEAMS MONTHLY | WEEKLY | DAILY FROZEN READY MEALS

1 READY MEAL PER DELIVERY	£16.75	SIGNATURE SUPERFOOD SNACK BOX	£17.75
2 READY MEALS PER DELIVERY	<del>£33.50</del> £23.75	OAT TRUFFLE POW BALL BOX	£12.50
3 READY MEALS PER DELIVERY	<del>£50.25</del> £32.75	POW BROWNIE BOX	4 x £12.50 12 x £22.50
4 READY MEALS PER DELIVERY	<del>£67.00</del> £40.00	ADD A POW BROWNIE	£1.00
5 READY MEALS PER DELIVERY	<del>£83.75</del> £45.00	POW NUTRITIONAL TEAM QUIZZES- FOC WITH POW FOOD	

Help us help you engage and inspire your teams on Zoom

For enquiries contact us

hello@powfood.co.uk



If you would like to order POW food for your team please contact:

**ORDERS@POWFOOD.CO.UK**



**SCAN ME**

