

ORDER FORM

Name

Date

Address

Contact Number

Email:

RPM MENU ITEMS	QTY
COMPETITION MEALS	
Reverse Seared Rump with Herb Roasted Vegetables and Rosemary Beefsteak Tomato Cals – 237 – Protein 36 – Carbs – 10 – Fats – 8	
Clean Poached Chicken with Roasted Pumpkin, Broccoli and Almonds Cals – 221 – Protein 32 – Carbs – 6 Fats – 6	
Moroccan Kangaroo Fillet with Roasted Beetroot, Kale, Rosemary Beefsteak Tomato and Cumin Yoghurt Cals – 202 – Protein 31 – Carbs – 15 – Fats – 4	
Roasted Peri Peri Chicken with Roasted Pumpkin, Broccoli, Peri Peri Sauce and Almonds Cals – 236 – Protein 32 – Carbs – 8 – Fats – 6	
Thai Beef Salad with Lemongrass Nahm Jim Cals – 255 – Protein 36 – Carbs – 21 – Fats – 2	
Cajun Lime Snapper with Herb Roasted Vegetables, Kale and Pepitas Cals – 231 – Protein 33 – Carbs – 7 – Fats – 7	
BULKING AND GAINING MUSCLE MEALS	
Muscle Building Wholemeal Spaghetti and Meatballs Cals – 407 – Protein 36 – Carbs – 39 – Fats – 16	
Sweet Chilli Soy Chicken with Not So Fried Rice, Broccoli and Sesame Seeds Cals – 316 – Protein 41 – Carbs – 34 – Fats – 5	
Southwestern Pork Medallions with Coconut Cayenne Sweet Potato Smash, Rosemary Beefsteak Tomato and Kale Cals – 412 – Protein 45 – Carbs – 38 – Fats – 9	
Jerked Chicken Breast with Rosemary Beefsteak Tomato, Spicy Black Beans and Quinoa Cals – 365 – Protein 41 – Carbs – 36 – Fats – 7	
Ginger Beef and Bok Choy Stir-Fry with Coconut Cayenne Sweet Potato Smash and Citrus Kale Salad Cals – 424 – Protein 40 – Carbs – 40 – Fats – 12	
VEGAN AND VEGETARIAN MEALS	
Naked Vegan Burrito Power Meal Cals – 567 – Protein 16 – Carbs – 48 – Fats – 29	
Vegan Gladiator Pasta – Sweet Potato, Mushroom, Broccoli, Carrot, Wholemeal Spaghetti, Vegan Parmesan and Napolitana Sauce Cals – 324 – Protein 11 – Carbs – 63 – Fats – 3	
Raw Power Fitness Meal - Sweet Potato, Russet Potatoes, Broccoli, Tofu, Brown Rice, Mushrooms, Baby Spinach, Lentils, Chickpeas, Sweet Chilli Sauce, Light Soy Sauce, Garlic, Spring Onion Cals – 350 – Protein 20 – Carbs – 53 – Fats – 7	
Some Vegan's Like It Hot Curry With Mixed Vegetables, Chickpeas, Lentils, Brown Rice, Raisins, Coconut and Coriander Cals – 440 – Protein 14 – Carbs – 73 – Fats – 11	
"Not So Beef" Burgers – Served with Salad, Beetroot Relish, Vegan Cheddar and Vegan Mayonnaise Cals – 447 – Protein 19 – Carbs – 35 – Fats – 19	
"Not So Chicken" Burgers – Served with Salad, Vegan Cheddar and Vegan Mayonnaise Cals – 472 – Protein 14 – Carbs – 38 – Fats – 26	
TOTAL	

KIDS MENU ITEMS	QTY
Kids Spaghetti Bolognese with Parmesan	
Kids Secret Cottage Pie with Sweet Potato Mash, Cheese and Broccoli	
Kids Roasted Asian Chicken Bites with Not So Fried Rice and Mild Sweet Chilli Dipping Sauce	
Kids Not So Spicy Tex-Mex Burritos with Spinach and Tomato Salad	

Preferred Delivery Day: ☐ Tuesday _____ ☐ Friday _____

Weekly ordering cut off times are

- Monday midnight for the following Tuesday delivery
- Thursday midnight for the following Friday delivery

☐ Please tick if you wish for pick-up and a member of our team will discuss pick up day/time

Delivery instructions: _____

Any comments: _____

- Suspension available – Please see a member of staff regarding suspension details
- Raw Power Meals takeaway meals have an average shelf life of four days in the fridge. We recommend eating any meals with fish within the first two days. (Meal expiry is inclusive of day of delivery.) Our meals are packed and portioned according to weight, which means the quantity/pieces may vary.
- Our chef take the highest care to keep allergy-prone ingredients out of certain meals. However, they may still be present, as all of our products are produced in the same kitchen. If you have any food allergies please contact a member of our team to help answer your questions. We suggest checking the allergen statement on our meals prior to consumption. Always check the best before date before consumption. In the case where products are unavailable due to unforeseen circumstances we will be in contact to advise you of any changes.
- Minimum order for deliveries is \$35.00 per order to facilitate home delivery with no contracts. Pick ups are available and will be discussed on confirmation of payment. Free delivery is within a 20km radius, please speak to our team to discuss delivery charges.
- For more information on joining our subscription plan, please contact a member of our team on 3053 3170.
- Please leave delivery notes with instructions on how to enter the complex (such as a code or buzzer), our Delivery driver will contact you prior to delivery. We value the safety of our delivery drivers and ask prior to delivery that there is safe access. Please note our delivery driver will not leave meals unattended. Ownership of the products will transfer to you once we have delivered in accordance with your delivery instructions. We cannot commit to a smaller delivery window. We will try to accommodate, but cannot guarantee special requests. We will aim to deliver during the window that you select. However, if an event occurs that is beyond our control, then we may not be able to do so and will not be liable to you or any other person for any such delay. In this instance, we will endeavour to provide you with notice of the delay as soon as reasonably possible.
- If you wish to pick up your order – please advise on ordering and you will be contacted by a member of our Raw Power team.
- If you need to make changes to or cancel your order, you'll need to do so 48 hours after placing your order. Please contact a member of our team on 3053 3170. We're not able to customise individual meals based on preference or dietary requirements.
- Product prices and delivery charges include taxes including GST where applicable
- Zero \$0 Cancellation Fee - All cancellations must be made in club in person with fourteen (14) days prior notice.
- Raw Power meals is not associated with World Gym Burpengary Gym and therefore we will not be honouring discounts offered by World Gym Burpengary.

Signature: _____ Date: _____