

Say Hello to Our New, Delicious and Nutritious Range of GYM BITES Salads!

Tuesday 23 August, 2016

We are excited to introduce our jars of goodness to the world! Launched January 2016 into Selfridges London and online at GymBites.co.uk. Our range of three delicious options will satisfy anyone's taste-buds including health and fitness needs!

Now available on UBER Eats you can order our full range at a touch of a button on the Uber App for Android and iOS.

The Pack-A- Protein Chicken Salad, Oh Mega! Prawn Salad and last, but not least, the Lean Green Broccoli Supreme Salad, are all made fresh daily with natural ingredients, no additives or preservatives with a three day shelf life.

This is not a diet food, this is good for you food!

Anyone who knows their stuff, will know that the 30 minute recovery window is crucial to one's body. Research has shown that approximately 30 minutes after an intense workout, the body has the ability to replenish energy and also instigates muscle protein synthesis which allows the muscle tissue to recover and repair!

In other words this window is the best time to fuel your body with all the right nutrients.

So if you're the type of person who is constantly on the go and struggling to maintain a healthy diet alongside a hectic work and social life, or an individual grown tired of being greeted with a vending machine full of tasteless protein bars and not so exciting protein shakes, or even worse misses the 30 minute window of recovery all together, this is the product for you!

Literally grab your jar, pour the dressing, give it a good shake and take a bite. Finished?

Recycle or use it as a flower vase the choice is completely yours.

Pack-A- Protein Chicken Salad with a Sweet Honey & Mustard Dressing

- 7 different ingredients including free range boiled egg and avocado.
- Part of your 5 a day.
- Size available: 400g
- Under 400 Calories
- RRP: £5.99 - £6.50

Oh Mega! Prawn Salad with Garlic and Herb Dressing

- 7 different ingredients including olives and sundried tomatoes.
- Part of your 5 a day.
- Size available: 400g
- Under 500 calories
- RRP: £5.99 - £6.50

Green Supreme Broccoli Salad with a Fresh Lemon Tahini Dressing

- 6 different ingredients including asparagus and pumpkin seeds.
- Part of your 5 a day.
- Size available: 400g
- Under 500 calories
- RRP: £5.99 - £6.50

Female Founder and Director Alexis Felicia Oladipo, highlights that:

"The chilled food industry is growing every year, as is the health and fitness market which Gym Bites manages to tie into both markets. Our mission is to provide the fitness individual with healthy food options that aid healthy active living. With the chilled foods sector becoming one the fastest growing

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businesses in the UK, it currently makes up about 10% of all the UK's retail foods market by values.

With that said, we understand the demand and the convenience for healthy meals amongst Britons today, Gym Bites being the solution to this demand. A product that is available to consumers like no other; sure there are numerous healthy chilled food providers but Gym Bites is compact, convenient, filling, nutritious and aims to cater directly to those who have little or no time to prepare healthy meals to eat after a workout. With healthy fast food on the rise, we believe there is a real opportunity for Gym Bites to slot perfectly in the market.”

Gym Bites is currently retailed on UBER Eats App Android and iOS & online at GymBites.co.uk

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