

MOVE NOURISH RENEW

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ZEST & ACTIVE BY SERENITY

ZEST
MIND. BODY AND SOUL

ACTIVE
by Serenity

MENU

**TREINA COM
ENERGIA.
COME COM
EQUILÍBRIO.
SENTE-TE
INCRÍVEL.**

Seja qual for a tua rotina, temos
a combinação perfeita para ti!

**TRAIN HARD.
EAT CLEAN.
FEEL AMAZING.**

*Whether you like to eat before or after
your workout, we've got the perfect
combo to match your flow!*

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EAT FIRST

PACK 79€

STEP 1 ENERGY MEAL

30 MINUTOS ANTES DO TREINO

Fornece hidratos complexos para energia contínua, proteína magra para suporte muscular e gorduras saudáveis para energia estável.

30 MINUTES BEFORE TRAINING

Provides complex carbs for sustained energy, lean protein for muscle support, and healthy fats for steady fuel.

TOSTA DE ABACATE AVOCADO TOAST

Pão integral sem glúten, pure abacate, peito de peru, azeite virgem extra
Gluten free whole grain bread, mashed avocado, lean turkey breast, EVOO.

MACROS: ENERGY: ~320 KCAL | PROTEIN: 18 G | CARBS: 28 G | FAT: 15 G

COCOBREW

Café cold brew, leite de coco, canela e xarope de agave
Cold brew coffee, coconut milk foam, agave syrup, cinnamon

MACROS: CALORIES: ~25 KCAL | PROTEIN: 0 G | CARBS: 1 G | FAT: 2.5 G | CAFFEINE: ~90 MG

STEP 2 ACTION TREAT

DURANTE O TREINO

Reidrata, repõe eletrólitos e dá um impulso rápido de energia durante o treino

DURING TRAINING

Replenishes electrolytes, hydrates muscles, and provides a quick energy boost during the workout

CITRUS ELECTRO SHOT

Água de côco, sumo de limão, mel ôrganico e pitada de sal rosa
Coconut water, lemon juice, organic honey, pink salt

MACROS: ~60 KCAL | 0 G PROTEIN | 16 G CARBS | 0 G FAT

STEP 3 RECOVERY TREAT

DEPOIS DO TREINO

Ajuda na recuperação e reparação muscular com alto teor de proteína, enquanto os hidratos de carbono repõem as reservas de glicogénio e as gorduras saudáveis facilitam a absorção dos nutrientes

AFTER TRAINING

Supports muscle recovery and repair with high protein, while carbs replenish glycogen stores and healthy fats aid absorption of nutrients

PROTEIN BOWL

logurte grego, proteína whey de baunilha, mirtilos, amêndoa torrada, mel

Greek yogurt, vanilla whey protein, blueberries, toasted almond, drizzel of honey

MACROS: ENERGY: ~300 KCAL | PROTEIN: 35 G | CARBS: 18 G | FAT: 10 G



TRAIN FIRST

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STEP 1

PRE-WORKOUT TREAT

30 MINUTOS ANTES DO TREINO

Hidratos para energia rápida, proteína para proteger os músculos e cafeína para maior foco e desempenho

30 MINUTES BEFORE TRAINING

Balanced carbs for quick energy, protein for muscle protection, and caffeine boost for alertness

COCOBREW

Café cold brew, leite de coco, canela e xarope de agave

Cold brew coffee, coconut milk foam, agave syrup, cinnamon

MACROS: ~300 KCAL | 15 G PROTEIN | 40 G CARBS | 10 G FAT | CAFFEINE: ~90 MG

STEP 2

ACTION TREAT

DURANTE O TREINO

Reidrata, repõe eletrólitos e dá um impulso rápido de energia durante o treino.

DURING TRAINING

Replenishes electrolytes, hydrates muscles, and provides a quick energy boost during the workout

CITRUS ELECTRO SHOT

Água de côco, sumo de limão, mel orgânico e pitada de sal rosa

Coconut water, lemon juice, organic honey, pink salt

MACROS: ~60 KCAL | 0 G PROTEIN | 16 G CARBS | 0 G FAT

STEP 3

RECOVERY TREAT

DEPOIS DO TREINO

Proteína alta para reparação muscular, hidratos complexos para recuperar glicogénio e gorduras saudáveis para reduzir inflamação

AFTER TRAINING

Supports muscle recovery and repair with high protein, while carbs replenish glycogen stores and healthy fats aid absorption of nutrients

SALMON BOWL

Grilled salmon, quinoa, broccolini, spinach, lemon & sumac vinaigrette

MACROS: ~550 KCAL | 40 G PROTEIN | 45 G CARBS | 20 G FAT



Glúten
Gluten



Crustáceos
Crustacean



Ovos
Egg



Peixe
Fish



Amendoins
Peanuts



Soja
Soya



Leite
Milk



Frutos de casca
Rijja nuts



Alpo
Celery



Mostarda
Mustard



Sementes
de sésamo
Sesame



Sulfitos
Sulphite



Moluscos
Shellfish



Tremoços
Lupins



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