



FIT & Flex[®]

OATS

Indulge in our delightful goodness of 100% natural Australian oats - rich in flavour and nutrients, perfect for a quick and wholesome meal. With no cooking required, these oats are ready to eat, offering a convenient and nutritious option for a busy lifestyle.

Our oats not just add health benefits but a crisp and flavourful addition to your diet.



WHOLE SOME INGREDIENTS



100% Natural
Australian Oats



Natural
Honey



Natural
Peanut Butter

BENEFITS



High Protein



High Fiber



No Refined
Sugar



HONEY

SKU:	400 g
Unit/ Case:	32 pcs



PEANUT BUTTER CHOCOLATE

SKU:	400 g	1 kg
Unit/ Case:	32 pcs	12 pcs

MUESLI

Our Muesli is not just tasty but it is also loaded with the goodness of fruits, nuts, oats and fibre, to give you that perfect balance of health and taste.

Our delicious flavours cater to every palate and being baked, add that extra special crunch to every bite.

WHOLE SOME INGREDIENTS



Rolled
Oats



Fruits, Nuts
& Seeds



Rice
Flakes



Wheat
Flakes

BENEFITS



High in
Protein



High Dietary
Fibre



Goodness
of Oats &
Almonds





HIGH PROTEIN CHOCO ALMOND & CRANBERRY

SKU:	450 g
Unit/ Case:	18 pcs



ZERO ADDED SUGAR FRUITS, NUTS & SEEDS

SKU:	450 g
Unit/ Case:	18 pcs



FRUITY CRUNCH

SKU:	210 g	450 g
Unit/ Case:	40 pcs	18 pcs



CHOCO ALMOND COOKIE DELIGHTS

SKU:	210 g	450 g
Unit/ Case:	40 pcs	18 pcs



NUTS ABOUT NUTS

SKU:	210 g	450 g
Unit/ Case:	40 pcs	18 pcs

GRANOLA



Our Granola is not just crunchy and tasty, it is also full of goodness. Entirely baked, easy to chew and amazingly high on flavour, it packs quite a nutritious punch.

The perfect start to every morning, Fit & Flex Granola is just right, anytime of the day or night!

WHOLESOME INGREDIENTS



Oats



Rice
Puffs



Pumpkin
Seeds



Candied
Fruits

BENEFITS



Less than a
teaspoon of added sugar



No Palm Oil



Fibre of
2 Apples#





CHOCO ALMONDS & COOKIES

SKU:	22 g	275 g	450 g
Unit/ Case:	360 pcs	28 pcs	18 pcs



HAPPY BERRIES

SKU:	22 g	275 g	450 g
Unit/ Case:	360 pcs	28 pcs	18 pcs



MANGO COCONUT

SKU:	22 g	275 g	450 g
Unit/ Case:	360 pcs	28 pcs	18 pcs



MIXED FRUIT

SKU:	22 g	275 g	450 g
Unit/ Case:	360 pcs	28 pcs	18 pcs



TROPICAL

SKU:	500 g
Unit/ Case:	24 pcs



RAISIN & ALMOND

SKU:	500 g
Unit/ Case:	24 pcs

MULTIGRAIN MIXTURE

Our savoury snacks add that special zing to your day. A delightful range of snacks that can be devoured, all time, anytime!

Our three specially crafted multigrain mixture flavours are tantalizingly tangy and tasty and make mouths water.

WHOLESOME INGREDIENTS



Nuts &
Seeds



Oats



Multigrain
Crispies



Rice Puffs

BENEFITS



Baked
& Extra
Crunchy



High
Dietary
Fibre



Goodness
of Oats & Real
Almonds





TANGY TOMATO

SKU:	35 g	100 g	180 g
Unit/ Case:	180 pcs	36 pcs	24 pcs



LEMONY MINT

SKU:	35 g	100 g	180 g
Unit/ Case:	180 pcs	36 pcs	24 pcs



CHEESY CHEESE

SKU:	35 g	100 g	180 g
Unit/ Case:	180 pcs	36 pcs	24 pcs



PROTEIN PUFFS



Light, crispy and tasty, our Protein Puffs are loaded with protein and fiber for a perfect anytime snack!

Made from millet, lentils and grains blend, our Protein Puffs provide all essential nutrients for a balanced blend of taste and health!

WHOLE SOME INGREDIENTS (MILLETS)



Chickpeas



Sorghum
(Jowar)



Yellow
Lentils



Finger
Millet



Corn



Rice

BENEFITS



Gluten Free



No Refined Flour



65% Less Fat



No Palm oil



Roasted Not Fried



No MSG



Guilt Free



No Transfat



CHEESE & HERBS

SKU:	55 g
Unit/ Case:	24 pcs



LEMON & MINT

SKU:	55 g
Unit/ Case:	24 pcs



MASALA

SKU:	55 g
Unit/ Case:	24 pcs



CREAM & ONION

SKU:	55 g
Unit/ Case:	24 pcs

MINI BITES

Got a sweet tooth but want to eat healthy? We have just the answer for you! Our incredibly indulgent Mini Bites! As the name suggests, these perfectly portioned clusters of all things good literally are M.I.N.I and sure are delectable.

Our three delectable flavours pack quite a wholesome punch, morning, or night.

WHOLESUME INGREDIENTS



Oats



Multigrain
Crispies



Rice Puffs

BENEFITS



Easy to
digest



Healthy
& delicious



Guilt-free
snacking



Incredibly
tasty





CHOCO CORNFLAKES

SKU:	70 g	250 g
Unit/ Case:	32 pcs	24 pcs



CHOCO ALMOND

SKU:	70 g	250 g
Unit/ Case:	32 pcs	24 pcs



CRANBERRY OATS

SKU:	70 g	250 g
Unit/ Case:	32 pcs	24 pcs

