

Asian Broccoli Salad w Rice Noodles		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>1810kJ (433Cal)</b>	<b>435kJ (104Cal)</b>
PROTEIN	31.2g	7.5g
FAT, TOTAL	16.6g	4.0g
- SATURATED	2.7g	0.6g
CARBOHYDRATE	35.6g	8.6g
- SUGARS	8.5g	2.0g
SODIUM	389mg	93mg
Ingredients: Rice Noodles, Broccoli, Poached Chicken Breast, Green Apple, Macadamias, Lime Juice, Mung Beans, Shallots, Soy Sauce (GF), Red Chilli, Coconut Sugar, Rice Vinegar, Sesame Seeds, Cayenne Pepper.		
Contains Tree Nuts, Sesame Seeds. May Contain Peanuts.		

Asian Broccoli Salad w Cucumber Noodles		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>1350kJ (323Cal)</b>	<b>324kJ (78Cal)</b>
PROTEIN	29.7g	7.1g
FAT, TOTAL	16.3g	3.9g
- SATURATED	2.7g	0.6g
CARBOHYDRATE	10.4g	2.5g
- SUGARS	10.0g	2.4g
SODIUM	384mg	92mg
Ingredients: Cucumber, Broccoli, Poached Chicken Breast, Green Apple, Macadamias, Lime Juice, Mung Beans, Shallots, Soy Sauce (GF), Red Chilli, Coconut Sugar, Rice Vinegar, Sesame Seeds, Cayenne Pepper.		
Contains Tree Nuts, Sesame Seeds. May Contain Peanuts.		

Chorizo, Kale & Potato Frittata		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>1800kJ (430Cal)</b>	<b>530kJ (127Cal)</b>
PROTEIN	28.9g	8.5g
FAT, TOTAL	24.5g	7.2g
- SATURATED	8.0g	2.4g
CARBOHYDRATE	21.7g	6.4g
- SUGARS	12.1g	3.6g
SODIUM	1620mg	476mg
Ingredients: Egg, Chorizo, Potato, Low Fat Milk, Rocket, Kale, Tomato Relish, Feta, Rosemary, Shallots, Olive Oil, Honey, Apple Cider Vinegar, Salt, Pepper, Seeded Mustard.		
Contains Egg, Milk.		

Rosemary Potato, Kale & Feta Frittata		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1180kJ (281Cal)	406kJ (97Cal)
PROTEIN	18.3g	6.3g
FAT, TOTAL	12.8g	4.4g
- SATURATED	3.8g	1.3g
CARBOHYDRATE	21.1g	7.3g
- SUGARS	11.7g	4.0g
SODIUM	1180mg	408mg
Ingredients: Egg, Potato, Low Fat Milk, Rocket, Kale, Tomato Relish, Feta, Rosemary, Shallots, Olive Oil, Honey, Apple Cider Vinegar, Salt, Pepper, Seeded Mustard.		

Sticky Chicken Poke Bowl w Rice Noodles		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>1560kJ (372Cal)</b>	<b>377kJ (90Cal)</b>
PROTEIN	29.7g	7.2g
FAT, TOTAL	9.4g	2.3g
- SATURATED	2.7g	0.7g
CARBOHYDRATE	38.7g	9.4g
- SUGARS	13.4g	3.2g
SODIUM	176mg	43mg
Ingredients: Rice Noodles, Chicken Thigh, Wombok, Orange Juice, Carrot, Bean Shoots, Edemame Beans, Red Cabbage, 100% Maple Syrup, Bok Choy, Red Chilli, Lime, Soy Sauce (GF), Coriander, Mint, Ginger Powder, Garlic Powder, Cayenne Pepper.		
May Contain Peanuts.		

Sticky Chicken Poke Bowl w Cucumber Noodles		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>1160kJ (277Cal)</b>	<b>274kJ (65Cal)</b>
PROTEIN	28.5g	6.7g
FAT, TOTAL	9.1g	2.2g
- SATURATED	2.7g	0.6g
CARBOHYDRATE	16.6g	3.9g
- SUGARS	14.8g	3.5g
SODIUM	172mg	41mg
Ingredients: Cucumber, Chicken Thigh, Wombok, Orange Juice, Carrot, Bean Shoots, Edemame Beans, Red Cabbage, 100% Maple Syrup, Bok Choy, Red Chilli, Lime, Soy Sauce (GF), Coriander, Mint, Ginger Powder, Garlic Powder, Cayenne Pepper.		

Grilled Salmon w Mango Salsa & Brown Rice		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>1950kJ (466Cal)</b>	<b>440kJ (105Cal)</b>
PROTEIN	32.8g	7.4g
FAT, TOTAL	15.7g	3.6g
- SATURATED	3.1g	0.7g
CARBOHYDRATE	44.6g	10.1g
- SUGARS	12.6g	2.9g
SODIUM	338mg	76mg

Grilled Salmon w Mango Salsa & Cauli Rice		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>1350kJ (324Cal)</b>	<b>345kJ (82Cal)</b>
PROTEIN	29.9g	7.6g
FAT, TOTAL	14.8g	3.8g
- SATURATED	2.9g	0.7g
CARBOHYDRATE	14.7g	3.7g
- SUGARS	14.2g	3.6g
SODIUM	354mg	90mg

Ingredients: Salmon, Brown Rice, Mango, Broccoli Stalk, Red Capsicum, Cucumber, Corriander, Olive Oil, Lime Juice, Salt.  
Contains Fish.

Ingredients: Salmon, Cauliflower, Mango, Red Capsicum, Cucumber, Corriander, Olive Oil, Lime Juice, Salt.  
Contains Fish.

Mediterranean Bowl		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>1680kJ (402Cal)</b>	<b>388kJ (93Cal)</b>
PROTEIN	35.2g	8.1g
FAT, TOTAL	13.9g	3.2g
- SATURATED	5.3g	1.2g
CARBOHYDRATE	29.0g	6.7g
- SUGARS	10.9g	2.5g
SODIUM	526mg	121mg
Ingredients: Potato, Chicken Breast Tenderloin, Yoghurt, Cucumber, Roma Tomato, Cos Lettuce, Feta, Olives, Lemon Juice, Oregano, Parsley, Paprika, Garlic Powder, Salt. Contains Milk.		

Pork Loin, Pear & Prosciutto		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>1910kJ (456Cal)</b>	<b>545kJ (130Cal)</b>
PROTEIN	37.3g	10.7g
FAT, TOTAL	21.2g	6.1g
- SATURATED	7.1g	2.0g
CARBOHYDRATE	24.7g	7.0g
- SUGARS	9.3g	2.7g
SODIUM	399mg	114mg
Ingredients: Green Beans, Potato, Pork Loin, Pear, Prosciutto, Rosemary, Olive Oil, Honey, Apple Cider Vinegar, Seeded Mustard.		

Naked Beef Burger		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>1500kJ (358Cal)</b>	<b>303kJ (72Cal)</b>
PROTEIN	33.3g	6.7g
FAT, TOTAL	10.7g	2.2g
- SATURATED	2.3g	0.4g
CARBOHYDRATE	33.4g	6.8g
- SUGARS	17.1g	3.5g
SODIUM	233mg	47mg
Ingredients: Sweet Potato, Extra Lean Beef Mince, Cucumber, Grated Beetroot, Grated Carrot, Zucchini, Carrot, Tomato, Caramelised Onion, Spinach, Garlic Powder, Onion Powder, Paprika, Oregano.		

Plant Power Bowl		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>1640kJ (392Cal)</b>	<b>385kJ (92Cal)</b>
PROTEIN	16.2g	3.8g
FAT, TOTAL	14.1g	3.3g
- SATURATED	2.6g	0.6g
CARBOHYDRATE	42.4g	9.9g
- SUGARS	15.2g	3.6g
SODIUM	407mg	96mg
Ingredients: Sweet Potato Mashed, Chickpeas, Cucumber, Yoghurt, Grated Beetroot, Rocket, Cherry Tomato, Carrot, Oats, Brown Lentils, Shallots, Garlic Clove, Tahini, Lemon Juice, Olive Oil, Curry Powder, Corriander, Garlic Powder, Salt. Contains Wheat, Oats, Milk, Sesame Seeds.		

Nasi Goreng		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>1550kJ (371Cal)</b>	<b>412kJ (99Cal)</b>
PROTEIN	14.6g	3.9g
FAT, TOTAL	9.7g	2.6g
- SATURATED	1.8g	0.5g
CARBOHYDRATE	52.2g	14.0g
- SUGARS	3.5g	1.0g
SODIUM	304mg	82mg
Ingredients: Brown Rice, Broccoli, Wombok, Egg, Shallots, Kale, Peas, Bean Shoots, Red Chilli, Soy Sauce (Gf), Sesame Oil, Coconut Aminos, Garlic Clove, Ginger. Contains Egg.		

Pulled Pork w Kale, Apple n Almond Slaw & Roasted Sweet Potato		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>1790kJ (427Cal)</b>	<b>460kJ (110Cal)</b>
PROTEIN	30.3g	7.8g
FAT, TOTAL	15.9g	4.1g
- SATURATED	3.7g	0.9g
CARBOHYDRATE	35.9g	9.2g
- SUGARS	23.1g	5.9g
SODIUM	287mg	74mg
Ingredients: Sweet Potato, Pork Shoulder, Red Cabbage, Carrot, Green Apple, Kale, Celery, Honey, Red Onion, Olive Oil, Apple Cider Vinegar, Seeded Mustard, Sliced Almonds, Red Wine Vinegar, Paprika, Salt, Black Pepper, Garlic Powder, Chilli Flakes, Rosemary. Contains Tree Nuts.		

Satay Chicken Bowl w Broc Brown Rice		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
	<b>2040kJ (488Cal)</b>	<b>482kJ (115Cal)</b>
ENERGY		
PROTEIN	33.0g	7.8g
FAT, TOTAL	19.9g	4.7g
- SATURATED	4.5g	1.1g
CARBOHYDRATE	40.6g	9.6g
- SUGARS	6.6g	1.6g
SODIUM	264mg	62mg
Ingredients: Brown Rice, Chicken Thigh, Zucchini, Water, Broccoli, Peanut Butter, Coconut Aminos, Lime, Coconut Sugar, Coriander, Lime Juice, Garlic Clove, Red Chilli, Salt.		
Contains Peanuts, Tree Nuts.		

Satay Chicken Bowl w Cauli Rice		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
	1510kJ (361Cal)	356kJ (85Cal)
ENERGY		
PROTEIN	32.4g	7.6g
FAT, TOTAL	19.1g	4.5g
- SATURATED	4.3g	1.0g
CARBOHYDRATE	10.9g	2.6g
- SUGARS	8.4g	2.0g
SODIUM	291mg	69mg
Ingredients: Cauliflower, Chicken Thigh, Zucchini, Water, Broccoli, Peanut Butter, Coconut Aminos, Lime, Coconut Sugar, Coriander, Lime Juice, Garlic Clove, Red Chilli, Salt.		
Contains Peanuts, Tree Nuts.		

Teriyaki Beef w Brown Rice		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
	<b>1900kJ (405Cal)</b>	<b>426kJ (102Cal)</b>
ENERGY		
PROTEIN	31g	5.3g
FAT, TOTAL	11.6g	2.9g
- SATURATED	1.5g	0.4g
CARBOHYDRATE	47.6g	12.0g
- SUGARS	13.6g	3.4g
SODIUM	715mg	180mg
Ingredients: Broccolini, Brown Rice, Rump Steak, Zucchini, Broccoli Stalk, Coconut Aminos, Japanese Mayonnaise, Honey, Ginger, Sesame Oil, Chilli Flakes.		
Contains Egg, Soybean.		

Teriyaki Beef w Cauli Rice		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
	<b>1420kJ (338Cal)</b>	<b>412kJ (99Cal)</b>
ENERGY		
PROTEIN	28.2g	8.2g
FAT, TOTAL	12.8g	3.7g
- SATURATED	4.5g	1.3g
CARBOHYDRATE	23.0g	6.7g
- SUGARS	15.2g	4.4g
SODIUM	742mg	216mg
Ingredients: Cauliflower, Broccolini, Rump Steak, Zucchini, Coconut Aminos, Japanese Mayonnaise, Honey, Ginger, Sesame Oil, Chilli Flakes.		
Contains Egg.		

Teriyaki Tofu Bowl		
NUTRITION INFORMATION		
	Average Quantity per Serving	Average Quantity per 100g
	<b>1600kJ (382Cal)</b>	<b>406kJ (97Cal)</b>
ENERGY		
PROTEIN	20.5g	5.2g
FAT, TOTAL	10.0g	2.6g
- SATURATED	1.3g	less than 1g
CARBOHYDRATE	44.8g	11.4g
- SUGARS	11.3g	2.9g
SODIUM	613mg	156mg
Ingredients: Firm Tofu, Broccoli, Brown Rice, Broccoli Stalk, Coconut Aminos, Zucchini, Honey, Ginger, Sesame Oil, Chilli Flakes.		
Contains Soybean.		

Teriyaki Chicken w Brown Rice		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
	<b>1880kJ (448Cal)</b>	<b>484kJ (116Cal)</b>
ENERGY		
PROTEIN	32.2g	8.3g
FAT, TOTAL	12.2g	3.2g
- SATURATED	3.2g	0.8g
CARBOHYDRATE	47.6g	12.3g
- SUGARS	13.6g	3.5g
SODIUM	671mg	173mg
Ingredients: Chicken Thigh, Broccolini, Brown Rice, Zucchini, Broccoli Stalk, Coconut Aminos, Japanese Mayonnaise, Honey, Ginger, Sesame Oil, Chilli Flakes.		

Teriyaki Chicken w Cauli		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
	<b>1420kJ (340Cal)</b>	<b>367kJ (88Cal)</b>
ENERGY		
PROTEIN	30.6g	7.9g
FAT, TOTAL	11.5g	3.0g
- SATURATED	3.0g	0.8g
CARBOHYDRATE	23.5g	6.1g
- SUGARS	15.7g	4.1g
SODIUM	697mg	180mg
Ingredients: Cauliflower, Broccolini, Chicken Thigh, Zucchini, Coconut Aminos, Japanese Mayonnaise, Honey, Ginger, Sesame Oil, Chilli Flakes.		

Thai Beef Salad w Rice Noodles		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
	<b>1450kJ (347Cal)</b>	<b>398kJ (95Cal)</b>
ENERGY		
PROTEIN	31.4g	8.6g
FAT, TOTAL	8.8g	2.4g
- SATURATED	2.0g	0.5g
CARBOHYDRATE	31.7g	8.7g
- SUGARS	7.3g	2.0g
SODIUM	273mg	75mg

Thai Beef Salad w Cucumber Noodles		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
	<b>1050kJ (250Cal)</b>	<b>287kJ (69Cal)</b>
ENERGY		
PROTEIN	30.1g	8.3g
FAT, TOTAL	8.5g	2.3g
- SATURATED	2.0g	0.5g
CARBOHYDRATE	9.5g	2.6g
- SUGARS	8.6g	2.4g
SODIUM	269mg	74mg

Ingredients: Rice Noodles, Rump Steak, Wombok, Carrot, Lime Juice, Bean Shoots, Lime, Red Chilli, Bok Choy, Dry Roasted Peanuts, Palm Sugar, Shallots, Corriander, Mint, Fish Sauce, Sesame Oil, Soy Sauce (Gf), Garlic Clove. Contains Peanuts.		
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Ingredients: Cucumber, Rump Steak, Wombok, Carrot, Lime Juice, Bean Shoots, Lime, Red Chilli, Bok Choy, Dry Roasted Peanuts, Palm Sugar, Corriander, Shallots, Mint, Fish Sauce, Soy Sauce (Gf), Sesame Oil, Garlic Clove. Contains Peanuts.		
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Thai Green Chicken Curry		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>1640kJ (393Cal)</b>	<b>424kJ (101Cal)</b>
PROTEIN	35.0g	9.0g
FAT, TOTAL	9.2g	2.4g
- SATURATED	6.4g	1.7g
CARBOHYDRATE	37.1g	9.6g
- SUGARS	2.8g	less than 1g
SODIUM	105mg	27mg
Ingredients: Brown Rice, Light Coconut Milk, Chicken Breast, Zucchini, Spinach, Broccoli, Thai Green Curry Paste.		

Thai Green Chicken Curry w Zoodles & Cauli Rice		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>1240kJ (296Cal)</b>	<b>296kJ (71Cal)</b>
PROTEIN	34.1g	8.2g
FAT, TOTAL	14.4g	3.4g
- SATURATED	11.4g	2.7g
CARBOHYDRATE	5.0g	1.2g
- SUGARS	4.7g	1.1g
SODIUM	114mg	27mg
Ingredients: Zucchini, Light Coconut Milk, Chicken Breast, Spinach, Light Coconut Cream, Cauliflower, Broccoli, Thai Green Curry Paste.		



Turkey Meatballs w Quinoa & Pomegranate Tabouli		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>2100kJ (501Cal)</b>	<b>436kJ (104Cal)</b>
PROTEIN	27.9g	5.8g
FAT, TOTAL	29.7g	6.2g
- SATURATED	6.6g	1.4g
CARBOHYDRATE	30.0g	6.3g
- SUGARS	16.8g	3.5g
SODIUM	849mg	177mg
Ingredients: Turkey Mince, Quinoa, Pumpkin, Cucumber, Spinach, Pomegranate, Zucchini, Carrot, Parsley, Yoghurt, Olive Oil, Lemon Juice, Mint, Shallots, Cranberry Sauce, Garlic Powder, Onion Powder, Salt. Contains Milk.		

Roast Vegetable & Quinoa Salad w Feta & Lemon Pepper Chicken		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>1880kJ (450Cal)</b>	<b>510kJ (122Cal)</b>
PROTEIN	34.5g	9.4g
FAT, TOTAL	23.6g	6.4g
- SATURATED	6.9g	1.9g
CARBOHYDRATE	21.2g	5.7g
- SUGARS	8.2g	2.2g
SODIUM	964mg	261mg
Ingredients: Chicken Breast Tenderloin, Pumpkin, Quinoa, Spinach, Capsicum, Feta, Lemon Juice, Olive Oil, Basil, Pepitas, Lemon Rind, Pepper, Salt, Garlic Powder. Contains Milk.		

Chicken and Bacon Carbonara		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>2230kJ (532Cal)</b>	<b>405kJ (97Cal)</b>
PROTEIN	40.1g	7.3g
FAT, TOTAL	18.0g	3.3g
- SATURATED	7.7g	1.4g
CARBOHYDRATE	44.3g	8.1g
- SUGARS	5.2g	0.9g
SODIUM	390mg	71mg
Ingredients: Wholemeal Pasta, Zucchini, Cauliflower, Chicken Breast, Short Cut Bacon, Low Fat Milk, Mushroom, Spinach, Peas, Cheddar Cheese, Butter, Wholemeal Flour. Contains Wheat, Milk.		

Chicken n Bacon Carbonara & Zucchini Pasta		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>1440kJ (343Cal)</b>	<b>263kJ (63Cal)</b>
PROTEIN	36.0g	6.6g
FAT, TOTAL	14.9g	2.7g
- SATURATED	5.9g	1.1g
CARBOHYDRATE	11.4g	2.1g
- SUGARS	6.7g	1.2g
SODIUM	369mg	67mg
Ingredients: Zucchini, Cauliflower, Chicken Breast, Short Cut Bacon, Low Fat Milk, Mushroom, Spinach, Peas, Cheddar Cheese, Wholemeal Flour, Butter. Contains Wheat, Milk.		

Italian Chicken Meatballs w Wholemeal Pasta		
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Italian Chicken Meatballs w Zoodles		
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Servings per package: 1		
	Quantity per Serving	Average Quantity per 100g
ENERGY	<b>2020kJ (483Cal)</b>	<b>368kJ (88Cal)</b>
PROTEIN	43.7g	7.9g
FAT, TOTAL	12.9g	2.4g
- SATURATED	3.3g	0.6g
CARBOHYDRATE	43.0g	7.8g
- SUGARS	6.6g	1.2g
SODIUM	607mg	110mg
Ingredients: Wholemeal Pasta, Canned Tomato, Chicken Mince, Zucchini, Carrot, Basil, Italian Herbs, Tomato Paste, Salt, Garlic Powder, Onion Powder. Contains Wheat.		

Servings per package: 1		
	Quantity per Serving	Average Quantity per 100g
ENERGY	<b>1320kJ (316Cal)</b>	<b>241kJ (58Cal)</b>
PROTEIN	39.6g	7.2g
FAT, TOTAL	12.2g	2.2g
- SATURATED	3.1g	0.6g
CARBOHYDRATE	10.1g	1.8g
- SUGARS	8.1g	1.5g
SODIUM	600mg	109mg
Ingredients: Zucchini, Canned Tomato, Chicken Mince, Carrot, Basil, Italian Herbs, Tomato Paste, Salt, Garlic Powder, Onion Powder.		

Lemongrass Chicken Poke Bowl		
Servings per package: 1	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>1430kJ (342Cal)</b>	<b>363kJ (87Cal)</b>
PROTEIN	29.5g	7.5g
FAT, TOTAL	9.4g	2.4g
- SATURATED	2.7g	0.7g
CARBOHYDRATE	31.3g	7.9g
- SUGARS	6.7g	1.7g
SODIUM	321mg	81mg
Ingredients: Rice Noodles, Chicken Thigh, Wombok, Carrot, Bean Shoots, Edamame Beans, Lime Juice, Rice Vinegar, Bok Choy, Red Chilli, Lime, Palm Sugar, Coriander, Shallots, Fish Sauce, Mint, Tamari, Garlic Clove, Lemon Grass Paste, Chilli Flakes, Ginger. Contains Soybean.		

Lemongrass Chicken Poke w Cucumber Noodles		
Servings per package: 1	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>1030kJ (245Cal)</b>	<b>260kJ (62Cal)</b>
PROTEIN	28.2g	7.1g
FAT, TOTAL	9.1g	2.3g
- SATURATED	2.7g	0.7g
CARBOHYDRATE	9.1g	2.3g
- SUGARS	8.0g	2.0g
SODIUM	316mg	80mg
Ingredients: Cucumber, Chicken Thigh, Wombok, Carrot, Bean Shoots, Edamame Beans, Lime Juice, Rice Vinegar, Bok Choy, Red Chilli, Lime, Palm Sugar, Coriander, Shallots, Fish Sauce, Mint, Tamari, Garlic Clove, Lemon Grass Paste, Chilli Flakes, Ginger. Contains Soybean.		

Cacao Energy Balls		
Servings per package: 3	Average Quantity per Serving	Average Quantity per 100g
ENERGY	780kJ (186Cal)	2190kJ (523Cal)
PROTEIN	4.1g	11.5g
FAT, TOTAL	14.7g	41.3g
- SATURATED	5.4g	15.0g
CARBOHYDRATE	8.5g	23.8g
- SUGARS	7.4g	20.8g
SODIUM	32mg	91mg
Ingredients: Almonds, Dates, Almond Butter, Coconut Oil, Protein Powder, Quinoa Puffs, Cacao, Vanilla. Contains Peanuts, Tree Nuts.		

Brownie		
Servings per package: 1	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1240kJ (297Cal)	2170kJ (519Cal)
PROTEIN	4.6g	8.0g
FAT, TOTAL	23.8g	41.5g
- SATURATED	14.9g	26.0g
CARBOHYDRATE	15.4g	26.9g
- SUGARS	12.6g	21.9g
SODIUM	35mg	61mg
Ingredients: Dates, Coconut Oil, Almond Meal, Chocolate, Egg, Cacao, 100% Maple Syrup, Vanilla, Baking Powder. Contains Egg, Tree Nuts. May Contain Peanuts.		

Bircher		
Servings per package: 1	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>1810kJ (433Cal)</b>	<b>633kJ (151Cal)</b>
PROTEIN	16.7g	5.8g
FAT, TOTAL	20.0g	7.0g
- SATURATED	4.9g	1.7g
CARBOHYDRATE	41.8g	14.6g
- SUGARS	17.9g	6.2g
SODIUM	81mg	28mg
Ingredients: Almond Milk, Yoghurt, Green Apple, Oats, Peppas, Almonds, Raisins, Walnuts, Shredded Coconut, Sunflower Seeds, Buckwheat, Chia Seeds.		

Blueberry Waffles		
Servings per package: 1	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>2050kJ (491Cal)</b>	<b>712kJ (170Cal)</b>
PROTEIN	16.4g	5.7g
FAT, TOTAL	18.0g	6.2g
- SATURATED	10.2g	3.5g
CARBOHYDRATE	61.6g	21.3g
- SUGARS	30.5g	10.6g
SODIUM	260mg	90mg
Ingredients: Low Fat Milk, Yoghurt, Blueberries, Wholemeal Flour, Egg, 100% Maple Syrup, Oats, Butter, Coconut Sugar, Baking Powder, Vanilla.		

Contains Wheat, Oats, Milk, Peanuts, Tree Nuts.

Contains Wheat, Oats, Egg, Milk.

Moroccan Lamb Balance Bowl		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>1860kJ (445Cal)</b>	<b>576kJ (138Cal)</b>
PROTEIN	31.7g	9.8g
FAT, TOTAL	18.9g	5.8g
- SATURATED	4.9g	1.5g
CARBOHYDRATE	33.2g	10.2g
- SUGARS	15.7g	4.9g
SODIUM	244mg	76mg
Ingredients: Lamb, Cherry Tomato, Chickpeas, Pumpkin, Carrot, Rocket, Red Quinoa, Raisins, Red Wine Vinegar, Olive Oil, Coriander, Mint, Coconut Sugar, Cumin, Ginger Powder, Cinnamon, Salt, Black Pepper, All Spice, Cloves, Cayenne Pepper.		

Naked Burrito Box		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>1620kJ (386Cal)</b>	<b>354kJ (85Cal)</b>
PROTEIN	27.2g	6.0g
FAT, TOTAL	10.5g	2.3g
- SATURATED	3.2g	less than 1g
CARBOHYDRATE	37.4g	8.2g
- SUGARS	16.3g	3.6g
SODIUM	52mg	11mg
Ingredients: Turkey Mince, Sweet Potato, Red Capsicum, Zucchini, Corn, Black Beans, Carrot, Yoghurt, Green Capsicum, Mushroom, Red Onion, Paprika, Cumin, Coriander.		

Lemongrass Beef Poke Bowl w Rice Noodles		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>1340kJ (320Cal)</b>	<b>348kJ (83Cal)</b>
PROTEIN	34.1g	8.9g
FAT, TOTAL	4.8g	1.2g
- SATURATED	1.4g	0.4g
CARBOHYDRATE	31.3g	8.1g
- SUGARS	6.7g	1.7g
SODIUM	359mg	93mg
Ingredients: Rice Noodles, Rump Steak, Wombok, Carrot, Bean Shoots, Edemame Beans, Lime Juice, Rice Vinegar, Bok Choy, Red Chili, Lime, Palm Sugar, Coriander, Shallots, Fish Sauce, Mint, Tamari, Garlic Clove, Lemon Grass Paste, Chilli Flakes, Ginger.		
Contains Soybean.		

Lemongrass Beef Poke Bowl - Cucumber Noodles		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>934kJ (223Cal)</b>	<b>242kJ (58Cal)</b>
PROTEIN	32.8g	8.5g
FAT, TOTAL	4.4g	1.2g
- SATURATED	1.4g	0.4g
CARBOHYDRATE	9.1g	2.4g
- SUGARS	8.0g	2.1g
SODIUM	355mg	92mg
Ingredients: Cucumber, Rump Steak, Wombok, Carrot, Bean Shoots, Edemame Beans, Lime Juice, Rice Vinegar, Bok Choy, Red Chili, Lime, Palm Sugar, Coriander, Shallots, Fish Sauce, Mint, Tamari, Garlic Clove, Lemon Grass Paste, Chilli Flakes, Ginger.		
Contains Soybean.		

Teriyaki Salmon w Greens and Broc Brown Rice		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>1830kJ (436Cal)</b>	<b>463kJ (111Cal)</b>
PROTEIN	32.0g	8.1g
FAT, TOTAL	17.7g	4.5g
- SATURATED	3.3g	0.8g
CARBOHYDRATE	33.3g	8.4g
- SUGARS	6.3g	1.6g
SODIUM	313mg	79mg
Ingredients: Broccolini, Salmon, Brown Rice, Broccoli Stalk, Carrot, Cherry Tomato, Rocket, Cucumber, Spinach, Coconut Aminos, Olive Oil, Honey, 100% Maple Syrup, Japanese Mayonaisse, Tahini, Rice Vinegar, Sesame Oil, Soy Sauce (GF), Ginger, Sesame Seeds, Chilli Flakes.		
Contains Egg, Fish, Sesame Seeds.		

Teriyaki Salmon w Greens and Cauliflower Rice		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>1390kJ (332Cal)</b>	<b>352kJ (84Cal)</b>
PROTEIN	30.6g	7.8g
FAT, TOTAL	17.0g	4.3g
- SATURATED	3.1g	0.8g
CARBOHYDRATE	10.2g	2.6g
- SUGARS	8.4g	2.1g
SODIUM	337mg	86mg
Ingredients: Cauliflower, Broccolini, Salmon, Carrot, Cherry Tomato, Rocket, Cucumber, Spinach, Coconut Aminos, Olive Oil, Honey, 100% Maple Syrup, Japanese Mayonaisse, Tahini, Rice Vinegar, Sesame Oil, Soy Sauce (GF), Ginger, Sesame Seeds, Chilli Flakes.		
Contains Egg, Fish, Sesame Seeds.		

Teriyaki Glazed Mushrooms		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>1100kJ (263Cal)</b>	<b>248kJ (59Cal)</b>
PROTEIN	14.5g	3.3g
FAT, TOTAL	5.3g	1.2g
- SATURATED	less than 1g	1g
CARBOHYDRATE	33.3g	7.5g
- SUGARS	6.3g	1.4g
SODIUM	283mg	64mg
Ingredients: Mushroom, Broccolini, Brown Rice, Broccoli Stalk, Cherry Tomato, Cucumber, Spinach, Rocket, Carrot, Coconut Aminos, Honey, Tahini, Japanese Mayonaisse, Rice Vinegar, 100% Maple Syrup, Sesame Oil, Soy Sauce (GF), Ginger, Sesame Seeds, Chilli Flakes.		
Contains Egg, Sesame Seeds.		

Pesto Chicken Pasta		
NUTRITION INFORMATION		
Servings per package: 1		

Pesto Chicken with Zucchini Noodles		
NUTRITION INFORMATION		
Servings per package: 1		

Pesto Pasta with Pumpkin and Zoodles		
NUTRITION INFORMATION		
Servings per package: 1		

	Average Quantity per Serving	Average Quantity per 100g
	<b>1970kJ</b>	<b>493kJ (118Cal)</b>
ENERGY	<b>(471Cal)</b>	
PROTEIN	34.1g	8.5g
FAT, TOTAL	20.6g	5.2g
- SATURATED	3.1g	0.8g
CARBOHYDRATE	43.1g	10.8g
- SUGARS	4.8g	1.2g
SODIUM	57mg	14mg
Ingredients: Wholemeal Pasta, Chicken Breast Tenderloin, Zucchini, Pumpkin, Spinach, Cherry Tomato, Kale, Olive Oil, Lemon Juice, Lemon Rind, Sunflower Seeds, Basil, Pepper.		
Contains Wheat.		

	Average Quantity per Serving	Average Quantity per 100g
	1300kJ (310Cal)	412kJ (99Cal)
ENERGY		
PROTEIN	28.9g	9.2g
FAT, TOTAL	26.1g	8.3g
- SATURATED	2.9g	0.9g
CARBOHYDRATE	12.0g	3.8g
- SUGARS	5.4g	1.7g
SODIUM	50mg	16mg
Ingredients: Zucchini, Chicken Breast Tenderloin, Pumpkin, Spinach, Cherry Tomato, Kale, Lemon Juice, Olive Oil, Lemon Rind, Sunflower Seeds, Basil, Pepper.		

	Average Quantity per Serving	Average Quantity per 100g
	<b>1190kJ (285Cal)</b>	<b>380kJ (91Cal)</b>
ENERGY		
PROTEIN	11.7g	3.7g
FAT, TOTAL	10.0g	3.2g
- SATURATED	0.4g	0.1g
CARBOHYDRATE	42.9g	13.7g
- SUGARS	4.8g	1.5g
SODIUM	18mg	6mg
Ingredients: Wholemeal Pasta, Zucchini, Pumpkin, Spinach, Cherry Tomato, Kale, Lemon Juice, Sunflower Seeds, Olive Oil, Basil.		
Contains Wheat.		

Pumpkin and Greens Salad w Chorizo		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
	<b>2250kJ</b>	<b>562kJ (134Cal)</b>
ENERGY	<b>(538Cal)</b>	
PROTEIN	31.7g	7.9g
FAT, TOTAL	28.8g	7.2g
- SATURATED	7.6g	1.9g
CARBOHYDRATE	33.8g	8.4g
- SUGARS	16.0g	4.0g
SODIUM	640mg	160mg
Ingredients: Egg, Chorizo, Broccolini, Pumpkin, Kale, Red Quinoa, Asparagus, Spinach, Peas, Shallots, 100% Maple Syrup, Balsamic Vinegar, Olive Oil, Raspberries.		
Contains Egg.		

Pumpkin and Greens salad w Haloumi		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
	<b>2120kJ (506Cal)</b>	<b>529kJ (126Cal)</b>
ENERGY		
PROTEIN	31.8g	7.9g
FAT, TOTAL	25.1g	6.3g
- SATURATED	9.2g	2.3g
CARBOHYDRATE	34.2g	8.5g
- SUGARS	16.6g	4.1g
SODIUM	1020mg	254mg
Ingredients: Egg, Haloumi, Broccolini, Pumpkin, Kale, Red Quinoa, Asparagus, Spinach, Peas, Shallots, 100% Maple Syrup, Balsamic Vinegar, Olive Oil, Raspberries.		
Contains Egg, Milk.		

Chilli Lime Chicken w Mexican		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
	<b>1980kJ</b>	<b>414kJ (99Cal)</b>
ENERGY	<b>(472Cal)</b>	
PROTEIN	31.9g	6.7g
FAT, TOTAL	17.7g	3.7g
- SATURATED	3.8g	0.8g
CARBOHYDRATE	40.9g	8.6g
- SUGARS	17.3g	3.6g
SODIUM	42mg	9mg
Ingredients: Quinoa, Chicken Thigh, Corn, Spinach, Red Capsicum, Tomato, Black Beans, Zucchini, Orange Juice, Carrot, Lime Juice, Cherry Tomato, Red Onion, Honey, Olive Oil, Garlic Clove, Vegetable Stock, Coriander, Chilli Flakes, Cumin, Salt.		

Mexican Quinoa Salad		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
	<b>1320kJ (315Cal)</b>	<b>340kJ (81Cal)</b>
ENERGY		
PROTEIN	10.1g	2.6g
FAT, TOTAL	9.9g	2.6g
- SATURATED	1.4g	0.4g
CARBOHYDRATE	40.9g	10.6g
- SUGARS	17.3g	4.5g
SODIUM	42mg	11mg
Ingredients: Quinoa, Corn, Spinach, Red Capsicum, Tomato, Black Beans, Zucchini, Orange Juice, Carrot, Lime Juice, Cherry Tomato, Red Onion, Honey, Olive Oil, Garlic Clove, Vegetable Stock, Coriander, Chilli Flakes, Cumin, Salt.		

Mongolian Beef w Broc Brown Rice		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
	<b>1850kJ</b>	<b>421kJ (101Cal)</b>
ENERGY	<b>(441Cal)</b>	
PROTEIN	37.3g	8.5g
FAT, TOTAL	7.1g	1.6g
- SATURATED	1.7g	0.4g
CARBOHYDRATE	50.8g	11.6g

Mongolian Beef w Cauli Rice		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
	<b>1260kJ (301Cal)</b>	<b>316kJ (76Cal)</b>
ENERGY		
PROTEIN	34.6g	8.7g
FAT, TOTAL	6.1g	1.5g
- SATURATED	1.5g	0.4g
CARBOHYDRATE	21.1g	5.3g

Mongolian Mushroom With Brown Rice		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
	1440kJ (344Cal)	320kJ (77Cal)
ENERGY		
PROTEIN	15.3g	3.4g
FAT, TOTAL	4.4g	less than 1g
- SATURATED	less than 1g	less than 1g
CARBOHYDRATE	53.8g	12.0g

- SUGARS	12.3g	2.8g
SODIUM	621mg	141mg
<p>Ingredients: Broccoli, Brown Rice, Rump Steak, Capsicum, Broccoli Stalk, Coconut Aminos, Shallots, 100% Maple Syrup, Sunflower Butter, White Vinegar, Sesame Oil, Chilli Flakes, Black Pepper, Garlic Powder.</p>		

- SUGARS	14.1g	3.5g
SODIUM	639mg	160mg
<p>Ingredients: Cauliflower, Broccoli, Rump Steak, Capsicum, Coconut Aminos, Shallots, 100% Maple Syrup, Sunflower Butter, White Vinegar, Sesame Oil, Chilli Flakes, Black Pepper, Garlic Powder.</p>		

- SUGARS	12.1g	2.7g
SODIUM	598mg	133mg
<p>Ingredients: Mushroom, Brown Rice, Broccoli, Capsicum, Coconut Aminos, Shallots, 100% Maple Syrup, Sunflower Butter, White Vinegar, Sesame Oil, Chilli Flakes, Black Pepper, Garlic Powder.</p>		

Moroccan Chicken Meatballs W Saffron Rice		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1410kJ (336Cal)	301kJ (72Cal)
PROTEIN	40.2g	8.6g
FAT, TOTAL	11.4g	2.4g
- SATURATED	3.0g	0.6g
CARBOHYDRATE	13.5g	2.9g
- SUGARS	9.7g	2.1g
SODIUM	398mg	85mg
<p>Ingredients: Broccoli, Chicken Mince, Cauliflower, Canned Tomato, Spinach, Peas, Raisins, Corriander, Ginger Powder, Cumin, Cinnamon, Salt, Turmeric, Garlic Powder, Vegetable Stock, Saffron, Black Pepper, Cayenne Pepper, Cloves, All Spice.</p>		

Moroccan Chicken Meatballs w Cauli Saffron Rice		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1410kJ (336Cal)	301kJ (72Cal)
PROTEIN	40.2g	8.6g
FAT, TOTAL	11.4g	2.4g
- SATURATED	3.0g	0.6g
CARBOHYDRATE	13.5g	2.9g
- SUGARS	9.7g	2.1g
SODIUM	398mg	85mg
<p>Ingredients: Broccoli, Chicken Mince, Cauliflower, Canned Tomato, Spinach, Peas, Raisins, Corriander, Ginger Powder, Cumin, Cinnamon, Salt, Turmeric, Garlic Powder, Vegetable Stock, Saffron, Black Pepper, Cayenne Pepper, Cloves, All Spice.</p>		

Steak w Thick Cut Chips		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2020kJ (483Cal)	544kJ (130Cal)
PROTEIN	38.7g	10.4g
FAT, TOTAL	25.3g	6.8g
- SATURATED	6.9g	1.9g
CARBOHYDRATE	20.6g	5.5g
- SUGARS	5.2g	1.4g
SODIUM	163mg	44mg
<p>Ingredients: Potato, Rib Fillet Steak, Green Beans, Broccoli, Spinach, Parsley, Olive Oil, Basil, Lemon Juice, Garlic Clove, Capers.</p>		

Mushroom W Thick Cut Chips And Seasonal Greens		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	880kJ (210Cal)	271kJ (65Cal)
PROTEIN	11.0g	3.4g
FAT, TOTAL	9.9g	3.0g
- SATURATED	1.5g	less than 1g
CARBOHYDRATE	14.6g	4.5g
- SUGARS	3.4g	1.0g
SODIUM	70mg	22mg
<p>Ingredients: Mushroom, Potato, Green Beans, Broccoli, Spinach, Parsley, Olive Oil, Basil, Lemon Juice, Garlic Clove, Capers.</p>		

Pork, Apple and Fennel Burger w Potato		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1510kJ (361Cal)	394kJ (94Cal)
PROTEIN	26.6g	7.0g
FAT, TOTAL	12.0g	3.1g
- SATURATED	3.4g	0.9g
CARBOHYDRATE	31.3g	8.2g
- SUGARS	15.0g	3.9g
SODIUM	494mg	129mg
<p>Ingredients: Pork Mince, Potato, Red Cabbage, White Cabbage, Carrot, Spinach, Corn, Green Apple, Honey, Apple Cider Vinegar, Olive Oil, 100% Maple Syrup, Seeded Mustard, Salt, Onion Powder, Fennel, Paprika, Garlic Powder, Rosemary, Chilli Flakes, Pepper.</p>		

Pork, Apple and Fennel Burger Make it a Burger		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2630kJ (628Cal)	476kJ (114Cal)
PROTEIN	37.1g	6.7g
FAT, TOTAL	14.1g	2.6g
- SATURATED	3.8g	0.7g
CARBOHYDRATE	78.8g	14.3g
- SUGARS	19.5g	3.5g
SODIUM	888mg	161mg
<p>Ingredients: Potato, Pork Mince, Wholemeal Roll, Red Cabbage, White Cabbage, Carrot, Spinach, Corn, Green Apple, Honey, Apple Cider Vinegar, Olive Oil, 100% Maple Syrup, Seeded Mustard, Salt, Onion Powder, Fennel, Paprika, Garlic Powder, Rosemary, Chilli Flakes, Pepper.</p>		
Contains Wheat.		
May Contain Rye, Barley, Oats, Spelt, Egg.		

Pork, Apple and Fennel Burger- With wholemeal burger		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2270kJ (542Cal)	501kJ (120Cal)
PROTEIN	33.6g	7.4g
FAT, TOTAL	14.1g	3.1g
- SATURATED	3.8g	0.8g
CARBOHYDRATE	62.5g	13.8g
- SUGARS	17.1g	3.8g
SODIUM	881mg	195mg
<p>Ingredients: Pork Mince, Potato, Wholemeal Roll, Red Cabbage, White Cabbage, Carrot, Spinach, Corn, Green Apple, Honey, Apple Cider Vinegar, Olive Oil, 100% Maple Syrup, Seeded Mustard, Salt, Onion Powder, Fennel, Paprika, Garlic Powder, Rosemary, Chilli Flakes, Pepper.</p>		
Contains Wheat.		
May Contain Rye, Barley, Oats, Spelt, Egg.		



Beef Meatball Massaman Curry - Brown Rice		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1990kJ (475Cal)	374kJ (89Cal)
PROTEIN	38.1g	7.2g
FAT, TOTAL	20.1g	3.8g
- SATURATED	8.9g	1.7g
CARBOHYDRATE	31.2g	5.9g
- SUGARS	6.0g	1.1g
SODIUM	443mg	83mg
Ingredients: Extra Lean Beef Mince, Light Coconut Milk, Tomato, Brown Rice, Broccoli, Broccoli Stalk, Spinach, Coriander, Masaman Curry Paste, Kale, Olive Oil, Garlic Clove, Dry Roasted Peanuts.		
Contains Peanuts.		

Beef Meatball Massaman Curry - Cauli Rice		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1590kJ (380Cal)	299kJ (71Cal)
PROTEIN	36.8g	6.9g
FAT, TOTAL	19.5g	3.7g
- SATURATED	8.9g	1.7g
CARBOHYDRATE	10.0g	1.9g
- SUGARS	7.9g	1.5g
SODIUM	465mg	88mg
Ingredients: Extra Lean Beef Mince, Cauliflower, Light Coconut Milk, Tomato, Broccoli, Spinach, Coriander, Masaman Curry Paste, Kale, Olive Oil, Garlic Clove, Dry Roasted Peanuts.		
Contains Peanuts.		

Chicken Caesar Salad		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1860kJ (444Cal)	510kJ (122Cal)
PROTEIN	43.4g	11.9g
FAT, TOTAL	18.8g	5.2g
- SATURATED	7.7g	2.1g
CARBOHYDRATE	22.1g	6.1g
- SUGARS	11.7g	3.2g
SODIUM	819mg	225mg
Ingredients: Sweet Potato, Chicken Breast Tenderloin, Hard Boiled Egg, Yoghurt, Kale, Cos Lettuce, Broccoli, Short Cut Bacon, Parmesan, Lemon Juice, Anchovy, Worcestershire, English Mustard.		
Contains Egg, Fish, Milk.		

Teriyaki Chicken Poke Bowl		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1540kJ (368Cal)	399kJ (95Cal)
PROTEIN	28.1g	7.3g
FAT, TOTAL	9.2g	2.4g
- SATURATED	2.5g	0.7g
CARBOHYDRATE	39.1g	10.1g
- SUGARS	10.4g	2.7g
SODIUM	718mg	186mg
Ingredients: Rice Noodles, Chicken Thigh, Cucumber, Red Cabbage, Carrot, Edemame Beans, Coconut Aminos, Pickled Ginger, Lime Juice, Wakame, Soy Sauce (GF), Honey, Coconut Sugar, Rice Vinegar, Ginger, Sesame Oil, Chilli Flakes, Cayenne Pepper.		

Teriyaki Tofu Poke Bowl		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1400kJ (334Cal)	357kJ (85Cal)
PROTEIN	19.4g	5.0g
FAT, TOTAL	9.3g	2.4g
- SATURATED	1.2g	0.3g
CARBOHYDRATE	37.7g	9.6g
- SUGARS	9.6g	2.4g
SODIUM	718mg	183mg
Ingredients: Firm Tofu, Rice Noodles, Red Cabbage, Carrot, Cucumber, Edemame Beans, Pickled Ginger, Coconut Aminos, Lime Juice, Wakame, Soy Sauce (GF), Honey, Coconut Sugar, Rice Vinegar, Ginger, Sesame Oil, Chilli Flakes, Cayenne Pepper.		
Contains Soybean.		

Teriyaki Chicken Poke Bowl w. Cucumber Noodles		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1130kJ (270Cal)	301kJ (72Cal)
PROTEIN	26.7g	7.1g
FAT, TOTAL	8.8g	2.4g
- SATURATED	2.5g	0.7g
CARBOHYDRATE	16.8g	4.5g
- SUGARS	11.6g	3.1g
SODIUM	713mg	190mg
Ingredients: Cucumber, Chicken Thigh, Red Cabbage, Carrot, Edemame Beans, Coconut Aminos, Pickled Ginger, Lime Juice, Wakame, Soy Sauce (GF), Honey, Coconut Sugar, Rice Vinegar, Ginger, Sesame Oil, Chilli Flakes, Cayenne Pepper.		

Teriyaki Tofu Poke Bowl w. Cucumber Noodles		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	994kJ (238Cal)	254kJ (61Cal)
PROTEIN	18.1g	4.6g
FAT, TOTAL	8.9g	2.3g
- SATURATED	1.2g	0.3g
CARBOHYDRATE	15.5g	4.0g
- SUGARS	10.9g	2.8g
SODIUM	714mg	182mg
Ingredients: Cucumber, Firm Tofu, Red Cabbage, Carrot, Edemame Beans, Pickled Ginger, Coconut Aminos, Lime Juice, Wakame, Soy Sauce (GF), Honey, Coconut Sugar, Rice Vinegar, Ginger, Sesame Oil, Chilli Flakes, Cayenne Pepper.		
Contains Soybean.		

Chicken Tikka Masala w Basmati Rice		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1670kJ (398Cal)	395kJ (94Cal)
PROTEIN	37.1g	8.8g
FAT, TOTAL	7.7g	1.8g
- SATURATED	4.9g	1.2g
CARBOHYDRATE	42.1g	10.0g

Chicken Tikka Masala w Cauliflower rice		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1100kJ (264Cal)	261kJ (63Cal)
PROTEIN	36.7g	8.7g
FAT, TOTAL	7.8g	1.8g
- SATURATED	4.9g	1.2g
CARBOHYDRATE	8.2g	2.0g

- SUGARS	5.4g	1.3g
SODIUM	205mg	49mg
<p>Ingredients: Basmati Rice, Chicken Breast, Broccoli, Canned Tomato, Light Coconut Milk, Spinach, Brown Onion, Light Coconut Cream, Tomato Paste, Garlic Clove, Ginger, Red Chili, Turmeric, Paprika, Corriander, Garam Masala, Chilli Flakes.</p>		

- SUGARS	7.4g	1.8g
SODIUM	184mg	44mg
<p>Ingredients: Cauliflower, Chicken Breast, Broccoli, Canned Tomato, Light Coconut Milk, Spinach, Brown Onion, Light Coconut Cream, Tomato Paste, Garlic Clove, Ginger, Red Chili, Turmeric, Paprika, Corriander, Garam Masala, Chilli Flakes.</p>		

Tofu Tikka Masala w Basmati Rice		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>1640kJ (392Cal)</b>	<b>367kJ (88Cal)</b>
PROTEIN	20.5g	4.6g
FAT, TOTAL	14.0g	3.1g
- SATURATED	5.4g	1.2g
CARBOHYDRATE	41.5g	9.3g
- SUGARS	4.8g	1.1g
SODIUM	203mg	46mg
<p>Ingredients: Firm Tofu, Basmati Rice, Broccoli, Canned Tomato, Light Coconut Milk, Spinach, Brown Onion, Light Coconut Cream, Tomato Paste, Garlic Clove, Ginger, Red Chili, Turmeric, Paprika, Corriander, Garam Masala, Chilli Flakes.</p>		
Contains Soybean.		

Tofu Tikka Masala w Cauliflower Rice		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>1080kJ (257Cal)</b>	<b>241kJ (58Cal)</b>
PROTEIN	20.1g	4.5g
FAT, TOTAL	14.1g	3.2g
- SATURATED	5.4g	1.2g
CARBOHYDRATE	7.6g	1.7g
- SUGARS	6.8g	1.5g
SODIUM	182mg	41mg
<p>Ingredients: Firm Tofu, Cauliflower, Broccoli, Canned Tomato, Light Coconut Milk, Spinach, Brown Onion, Light Coconut Cream, Tomato Paste, Garlic Clove, Ginger, Red Chili, Turmeric, Paprika, Corriander, Garam Masala, Chilli Flakes.</p>		
Contains Soybean.		

Gado Gado w Chicken & Egg		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>1830kJ (438Cal)</b>	<b>409kJ (98Cal)</b>
PROTEIN	38.0g	8.5g
FAT, TOTAL	16.6g	3.7g
- SATURATED	3.4g	0.8g
CARBOHYDRATE	29.1g	6.5g
- SUGARS	13.1g	2.9g
SODIUM	339mg	76mg
<p>Ingredients: Potato, Hard Boiled Egg, Chicken Breast, Green Beans, Red Cabbage, Water, Wombok, Carrot, Radish, Peanut Butter, Dry Roasted Peanuts, Corriander, Palm Sugar, Soy Sauce (Gf), Tamarind Paste, Fish Sauce, Chilli Flakes, Garlic Clove, Lime Juice.</p>		
Contains Egg, Peanuts, Tree Nuts.		

Gado Gado w Egg Only		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>1490kJ (357Cal)</b>	<b>375kJ (90Cal)</b>
PROTEIN	20.5g	5.2g
FAT, TOTAL	15.6g	3.9g
- SATURATED	3.1g	0.8g
CARBOHYDRATE	28.8g	7.2g
- SUGARS	12.7g	3.2g
SODIUM	312mg	78mg
<p>Ingredients: Potato, Hard Boiled Egg, Green Beans, Red Cabbage, Water, Wombok, Carrot, Radish, Peanut Butter, Dry Roasted Peanuts, Corriander, Palm Sugar, Soy Sauce (Gf), Tamarind Paste, Fish Sauce, Chilli Flakes, Garlic Clove, Lime Juice.</p>		
Contains Egg, Peanuts, Tree Nuts.		

Gado Gado W Tofu And Egg		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>1890kJ (453Cal)</b>	<b>396kJ (95Cal)</b>
PROTEIN	30.1g	6.3g
FAT, TOTAL	21.4g	4.5g
- SATURATED	3.8g	less than 1g
CARBOHYDRATE	28.8g	6.0g
- SUGARS	12.7g	2.7g
SODIUM	344mg	72mg
<p>Ingredients: Potato, Firm Tofu, Hard Boiled Egg, Green Beans, Red Cabbage, Water, Wombok, Carrot, Radish, Peanut Butter, Dry Roasted Peanuts, Corriander, Palm Sugar, Soy Sauce (Gf), Tamarind Paste, Fish Sauce, Chilli Flakes, Garlic Clove, Lime Juice.</p>		
Contains Egg, Peanuts, Soybean, Tree Nuts.		

Pork & Ginger Meatballs w Sesame Soba Noodles		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>1810kJ (431Cal)</b>	<b>457kJ (109Cal)</b>
PROTEIN	31.2g	7.9g
FAT, TOTAL	13.2g	3.4g
- SATURATED	3.5g	0.9g
CARBOHYDRATE	39.8g	10.1g
- SUGARS	3.5g	0.9g
SODIUM	543mg	137mg

Pork & Ginger Meatballs w Sesame Zucchini Ribbons		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>1290kJ (309Cal)</b>	<b>316kJ (75Cal)</b>
PROTEIN	28.4g	6.9g
FAT, TOTAL	12.5g	3.1g
- SATURATED	3.4g	0.8g
CARBOHYDRATE	12.1g	3.0g
- SUGARS	3.9g	1.0g
SODIUM	518mg	126mg

Asian Mushroom W Green Tea Soba Noodles		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>1180kJ (282Cal)</b>	<b>282kJ (68Cal)</b>
PROTEIN	17.8g	4.3g
FAT, TOTAL	2.5g	less than 1g
- SATURATED	less than 1g	less than 1g
CARBOHYDRATE	38.3g	9.2g
- SUGARS	2.8g	less than 1g
SODIUM	220mg	53mg

Ingredients: Pork Mince, Bok Choy, Zucchini, Green Tea Soba Noodles, Spinach, Rice Vinegar, Edemame Beans, Sweet Chilli Sauce, Coconut Aminos, Soy Sauce (GF), Ginger, Sesame Oil, Sesame Seeds, Chilli Flakes, Garlic Powder.		
Contains Wheat, Sesame Seeds.		
May Contain Egg.		

Ingredients: Zucchini, Pork Mince, Bok Choy, Spinach, Rice Vinegar, Edemame Beans, Sweet Chilli Sauce, Coconut Aminos, Soy Sauce (GF), Ginger, Sesame Oil, Sesame Seeds, Chilli Flakes, Garlic Powder.		
Contains Sesame Seeds.		

Ingredients: Mushroom, Broccolini, Zucchini, Green Tea Soba Noodles, Spinach, Rice Vinegar, Edemame Beans, Coconut Aminos, Soy Sauce (GF), Chilli Flakes.		
Contains Wheat.		
May Contain Egg.		

Chicken and Vegetable Loaded Lasagne		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
	<b>2180kJ (521Cal)</b>	<b>391kJ (93Cal)</b>
ENERGY		
PROTEIN	40.1g	7.2g
FAT, TOTAL	15.5g	2.8g
- SATURATED	6.1g	1.1g
CARBOHYDRATE	45.4g	8.1g
- SUGARS	14.9g	2.7g
SODIUM	342mg	61mg
Ingredients: Passata, Chicken Mince, Wholemeal Lasagne Sheet, Cauliflower, Ricotta, Frozen Spinach, Zucchini, Capsicum, Carrot, Mushroom, Brown Onion, Cheddar Cheese, Garlic Clove, Tomato.		
Contains Wheat, Milk.		
May Contain Egg.		

Beef And Vegetable Lasagne		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
	<b>2040kJ (487Cal)</b>	<b>365kJ (87Cal)</b>
ENERGY		
PROTEIN	38.3g	6.9g
FAT, TOTAL	12.9g	2.3g
- SATURATED	5.6g	1.0g
CARBOHYDRATE	44.5g	8.0g
- SUGARS	14.8g	2.7g
SODIUM	318mg	57mg
Ingredients: Passata, Extra Lean Beef Mince, Wholemeal Lasagne Sheet, Cauliflower, Ricotta, Frozen Spinach, Zucchini, Capsicum, Carrot, Mushroom, Brown Onion, Cheddar Cheese, Garlic Clove, Tomato.		
Contains Wheat, Milk.		
May Contain Egg.		

Kangaroo Burger w Smokey Potatoes		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
	<b>1280kJ (307Cal)</b>	<b>327kJ (78Cal)</b>
ENERGY		
PROTEIN	29.6g	7.5g
FAT, TOTAL	2.1g	0.5g
- SATURATED	0.6g	0.1g
CARBOHYDRATE	36.4g	9.3g
- SUGARS	13.8g	3.5g
SODIUM	409mg	104mg
Ingredients: Potato, Kangaroo Mince, Carrot, Kale, Red Cabbage, Spinach, Breadcrumbs, Grated Beetroot, Red Onion, 100% Maple Syrup, Balsamic Vinegar, Rosemary, Thyme, Parsley, Garlic Powder, Onion Powder, Salt, Lemon Rind, Pepper, Paprika.		
Contains Wheat, Rye.		

Kangaroo Burger w Wholemeal Bun		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
	<b>1680kJ (401Cal)</b>	<b>464kJ (111Cal)</b>
ENERGY		
PROTEIN	33.1g	9.1g
FAT, TOTAL	4.1g	1.1g
- SATURATED	0.9g	0.3g
CARBOHYDRATE	51.2g	14.1g
- SUGARS	13.5g	3.7g
SODIUM	788mg	218mg
Ingredients: Kangaroo Mince, Wholemeal Roll, Carrot, Kale, Red Cabbage, Spinach, Breadcrumbs, Grated Beetroot, Red Onion, 100% Maple Syrup, Balsamic Vinegar, Rosemary, Thyme, Parsley, Garlic Powder, Onion Powder, Salt, Lemon Rind, Pepper.		
Contains Wheat, Rye.		
May Contain Barley, Oats, Spelt, Egg.		

Kangaroo Burger - Make it a burger		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
	<b>2040kJ (488Cal)</b>	<b>442kJ (106Cal)</b>
ENERGY		
PROTEIN	36.6g	7.9g
FAT, TOTAL	4.1g	0.9g
- SATURATED	0.9g	0.2g
CARBOHYDRATE	67.5g	14.6g
- SUGARS	15.9g	3.4g
SODIUM	796mg	172mg
Ingredients: Potato, Kangaroo Mince, Wholemeal Roll, Carrot, Kale, Red Cabbage, Spinach, Breadcrumbs, Grated Beetroot, Red Onion, 100% Maple Syrup, Balsamic Vinegar, Rosemary, Thyme, Parsley, Garlic Powder, Onion Powder, Salt, Lemon Rind, Pepper, Paprika.		
Contains Wheat, Rye.		
May Contain Barley, Oats, Spelt, Egg.		

Turkey Steak w Sweet Potato & Pumpkin Mash		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
	<b>1710kJ (409Cal)</b>	<b>457kJ (109Cal)</b>
ENERGY		
PROTEIN	38.7g	10.3g
FAT, TOTAL	12.8g	3.4g
- SATURATED	3.2g	0.8g
CARBOHYDRATE	29.2g	7.8g
- SUGARS	17.4g	4.6g
SODIUM	259mg	69mg
Ingredients: Turkey Breast Steak, Sweet Potato Mash, Pumpkin, Zucchini, Gravy, Green Beans, Cranberry Sauce, Peas, Pepper, Salt.		

Mushroom Steak W Sweet Potato & Pumpkin Mash		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
	<b>1250kJ (299Cal)</b>	<b>294kJ (70Cal)</b>
ENERGY		
PROTEIN	15.8g	3.7g
FAT, TOTAL	10.0g	2.4g
- SATURATED	2.3g	less than 1g
CARBOHYDRATE	29.2g	6.9g
- SUGARS	17.4g	4.1g
SODIUM	74mg	17mg
Ingredients: Mushroom, Pumpkin, Sweet Potato Mash, Zucchini, Green Beans, Gravy, Cranberry Sauce, Peas, Salt, Pepper.		

Corn Waffles w Egg & Bacon		
Servings per package: 1		

Corn Waffles w Haloumi and Egg		
Servings per package: 1		

	Average Quantity per Serving	Average Quantity per 100g
<b>ENERGY</b>	<b>1360kJ (326Cal)</b>	<b>489kJ (117Cal)</b>
PROTEIN	19.3g	6.9g
FAT, TOTAL	11.7g	4.2g
- SATURATED	3.4g	1.2g
CARBOHYDRATE	32.9g	11.8g
- SUGARS	10.0g	3.6g
SODIUM	579mg	207mg

Ingredients: Corn, Egg, Pumpkin, Short Cut Bacon, Tomato Relish, Wholemeal Flour, Red Onion, Rocket, Corriander, Olive Oil, Baking Powder, Salt.  
Contains Wheat, Egg.

	Average Quantity per Serving	Average Quantity per 100g
<b>ENERGY</b>	<b>1380kJ (329Cal)</b>	<b>494kJ (118Cal)</b>
PROTEIN	20.3g	7.3g
FAT, TOTAL	11.4g	4.1g
- SATURATED	4.6g	1.7g
CARBOHYDRATE	33.4g	12.0g
- SUGARS	10.4g	3.7g
SODIUM	699mg	250mg

Ingredients: Corn, Egg, Pumpkin, Haloumi, Tomato Relish, Wholemeal Flour, Red Onion, Rocket, Corriander, Olive Oil, Baking Powder, Salt.  
Contains Wheat, Egg, Milk.

Beef Ragu w Sweet Potato Noodles		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
<b>ENERGY</b>	<b>2010kJ (481Cal)</b>	<b>373kJ (89Cal)</b>
PROTEIN	32.0g	5.9g
FAT, TOTAL	20.9g	3.9g
- SATURATED	6.1g	1.1g
CARBOHYDRATE	28.7g	5.3g
- SUGARS	13.3g	2.5g
SODIUM	408mg	76mg

Ingredients: Sweet Potato, Beef Brisket, Beef Stock, Canned Tomato, Zucchini, Dry Red Wine, Spinach, Water, Basil, Brown Onion, Olive Oil, Tomato Paste, Celery, Coconut Sugar, Garlic Clove, Bay Leaves, Pepper, Salt.

Beef Ragu w Zucchini Noodles		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
<b>ENERGY</b>	<b>1720kJ (412Cal)</b>	<b>360kJ (86Cal)</b>
PROTEIN	31.3g	6.5g
FAT, TOTAL	20.8g	4.3g
- SATURATED	6.1g	1.3g
CARBOHYDRATE	11.6g	2.4g
- SUGARS	5.8g	1.2g
SODIUM	394mg	82mg

Ingredients: Zucchini, Beef Brisket, Beef Stock, Canned Tomato, Dry Red Wine, Spinach, Water, Basil, Brown Onion, Olive Oil, Tomato Paste, Celery, Coconut Sugar, Garlic Clove, Bay Leaves, Pepper, Salt.

Autumn Rainbow Salad w Chicken & Goats Cheese		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
<b>ENERGY</b>	<b>1520kJ (364Cal)</b>	<b>474kJ (113Cal)</b>
PROTEIN	38.7g	12.0g
FAT, TOTAL	10.1g	3.2g
- SATURATED	3.1g	1.0g
CARBOHYDRATE	26.2g	8.1g
- SUGARS	10.5g	3.3g
SODIUM	162mg	50mg

Ingredients: Quinoa, Chicken Breast, Pumpkin, Roasted Beetroot, Kale, Goats Cheese, Slithered Almonds, Parsley, Balsamic Vinegar, 100% Maple Syrup, Olive Oil, Cumin, Pepper, Salt.  
Contains Tree Nuts.

Autumn Rainbow Salad w Goats cheese only		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
<b>ENERGY</b>	<b>1160kJ (276Cal)</b>	<b>450kJ (108Cal)</b>
PROTEIN	13.9g	5.4g
FAT, TOTAL	11.8g	4.6g
- SATURATED	4.7g	1.9g
CARBOHYDRATE	25.8g	10.0g
- SUGARS	10.1g	3.9g
SODIUM	164mg	64mg

Ingredients: Quinoa, Pumpkin, Roasted Beetroot, Goats Cheese, Kale, Slithered Almonds, Parsley, Balsamic Vinegar, 100% Maple Syrup, Olive Oil, Cumin, Pepper, Salt.  
Contains Tree Nuts.

Shakshuka w Mixed Seed Sourdough & Choritzo		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
<b>ENERGY</b>	<b>1540kJ (367Cal)</b>	<b>501kJ (120Cal)</b>
PROTEIN	26.6g	8.7g
FAT, TOTAL	17.7g	5.8g
- SATURATED	5.4g	1.8g
CARBOHYDRATE	22.0g	7.2g
- SUGARS	4.5g	1.5g

Shakshuka w Mixed Seed Sourdough & Egg Only		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
<b>ENERGY</b>	<b>912kJ (218Cal)</b>	<b>356kJ (85Cal)</b>
PROTEIN	16.0g	6.2g
FAT, TOTAL	6.0g	2.4g
- SATURATED	1.2g	0.5g
CARBOHYDRATE	21.4g	8.3g
- SUGARS	4.0g	1.6g

Shakshuka w Egg & Choritzo		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
<b>ENERGY</b>	<b>1120kJ (267Cal)</b>	<b>419kJ (100Cal)</b>
PROTEIN	22.1g	8.3g
FAT, TOTAL	15.7g	5.9g
- SATURATED	5.1g	1.9g
CARBOHYDRATE	7.4g	2.8g
- SUGARS	3.7g	1.4g

Shakshuka w Egg only		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
<b>ENERGY</b>	<b>815kJ (195Cal)</b>	<b>266kJ (64Cal)</b>
PROTEIN	19.3g	6.3g
FAT, TOTAL	7.4g	2.4g
- SATURATED	1.8g	0.6g
CARBOHYDRATE	10.2g	3.3g
- SUGARS	4.5g	1.5g

SODIUM	864mg	282mg
<p>Ingredients: Chorizo, Egg, Sourdough, Mushroom, Canned Tomato, Red Kidney Beans, Capsicum, Spinach, Parsley, Brown Onion, Pepper, Garlic Clove, Salt.</p> <p>Contains Wheat, Egg.</p> <p>May Contain Rye, Barley, Oats, Spelt.</p>		

SODIUM	430mg	168mg
<p>Ingredients: Egg, Sourdough, Mushroom, Canned Tomato, Red Kidney Beans, Capsicum, Spinach, Parsley, Brown Onion, Pepper, Garlic Clove, Salt.</p> <p>Contains Wheat, Egg.</p> <p>May Contain Rye, Barley, Oats, Spelt.</p>		

SODIUM	736mg	276mg
<p>Ingredients: Chorizo, Egg, Mushroom, Canned Tomato, Red Kidney Beans, Spinach, Capsicum, Parsley, Brown Onion, Pepper, Garlic Clove, Salt.</p> <p>Contains Egg.</p>		

SODIUM	378mg	123mg
<p>Ingredients: Egg, Canned Tomato, Red Kidney Beans, Mushroom, Spinach, Capsicum, Parsley, Brown Onion, Pepper, Garlic Clove, Salt.</p> <p>Contains Egg.</p>		

Prawn Laksa		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>1470kJ (350Cal)</b>	<b>342kJ (82Cal)</b>
PROTEIN	24.4g	5.7g
FAT, TOTAL	14.3g	3.3g
- SATURATED	7.4g	1.7g
CARBOHYDRATE	28.1g	6.6g
- SUGARS	4.9g	1.1g
SODIUM	768mg	179mg
<p>Ingredients: Light Coconut Milk, Rice Noodles, King Prawns, Firm Tofu, Broccoli, Pumpkin, Laksa Paste, Bean Shoots, Chicken Stock, Coriander, Dry Roasted Peanuts.</p> <p>Contains Peanuts, Soybean.</p> <p>May Contain Fish.</p>		

Chicken Laksa		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>1800kJ (430Cal)</b>	<b>411kJ (98Cal)</b>
PROTEIN	33.0g	7.5g
FAT, TOTAL	19.8g	4.5g
- SATURATED	9.7g	2.2g
CARBOHYDRATE	28.1g	6.4g
- SUGARS	4.9g	1.1g
SODIUM	467mg	107mg
<p>Ingredients: Chicken Thigh, Rice Noodles, Light Coconut Milk, Broccoli, Pumpkin, Laksa Paste, Bean Shoots, Chicken Stock, Coriander, Dry Roasted Peanuts.</p> <p>Contains Peanuts.</p>		

Tofu Laksa		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>1550kJ (369Cal)</b>	<b>353kJ (84Cal)</b>
PROTEIN	19.5g	4.5g
FAT, TOTAL	18.2g	4.2g
- SATURATED	7.8g	1.8g
CARBOHYDRATE	28.1g	6.4g
- SUGARS	4.9g	1.1g
SODIUM	511mg	117mg
<p>Ingredients: Firm Tofu, Rice Noodles, Light Coconut Milk, Broccoli, Pumpkin, Laksa Paste, Bean Shoots, Chicken Stock, Coriander, Dry Roasted Peanuts.</p> <p>Contains Peanuts, Soybean.</p>		

Cumin Roasted Cauliflower Salad W Pulled Lamb		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>1870kJ (448Cal)</b>	<b>440kJ (105Cal)</b>
PROTEIN	32.5g	7.6g
FAT, TOTAL	23.7g	5.6g
- SATURATED	5.5g	1.3g
CARBOHYDRATE	21.4g	5.0g
- SUGARS	9.0g	2.1g
SODIUM	103mg	24mg
<p>Ingredients: Lamb, Cauliflower, Quinoa, Pumpkin, Eggplant, Kale, Lemon Juice, Parsley, Mint, Spinach, Olive Oil, Tahini, Pomegranate, Garlic Clove, Cumin.</p> <p>Contains Sesame Seeds.</p>		

Sweet Chilli Chicken Burger		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>1590kJ (379Cal)</b>	<b>338kJ (81Cal)</b>
PROTEIN	33.0g	7.0g
FAT, TOTAL	9.2g	2.0g
- SATURATED	2.7g	less than 1g
CARBOHYDRATE	34.4g	7.3g
- SUGARS	19.2g	4.1g
SODIUM	176mg	38mg
<p>Ingredients: Sweet Potato, Chicken Mince, Cucumber, Grated Carrot, Grated Beetroot, Tomato, Yoghurt, Carrot, Zucchini, Sweet Chilli Sauce, Spinach, Rocket, Lime, Coriander, Shallots, Garlic Powder.</p> <p>Contains Milk.</p>		

Beet'n'blackbean Pattie		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>1190kJ (285Cal)</b>	<b>595kJ (142Cal)</b>
PROTEIN	13.1g	6.6g
FAT, TOTAL	15.4g	7.7g
- SATURATED	1.1g	less than 1g
CARBOHYDRATE	18.3g	9.1g
- SUGARS	6.1g	3.0g
SODIUM	26mg	13mg
<p>Ingredients: Black Beans, Quinoa, Mushroom, Walnuts, Red Onion, Grated Beetroot, Cumin, Red Chilli, Paprika, Salt, Pepper.</p> <p>Contains Tree Nuts.</p> <p>May Contain Peanuts.</p>		

Nasi Goreng w Beef strips and Fried Egg		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
	<b>1730Kj (412Cal)</b>	<b>409kj (98Cal)</b>
ENERGY	30.6g	7.3g
PROTEIN	7.0g	1.7g
FAT, TOTAL	1.8g	less than 1g
- SATURATED		
CARBOHYDRATE	52.2g	12.4g
- SUGARS	3.5g	less than 1g
SODIUM	326mg	77mg
Ingredients: Brown Rice, Broccoli, Wombok, Rump Steak, Egg, Shallots, Kale, Peas, Bean Shoots, Red Chilli, Soy Sauce (Gf), Coconut Aminos, Garlic Clove, Ginger.		
Contains Egg.		

Nasi Goreng W Fried Egg		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
	1370kj (327Cal)	368kj (88Cal)
ENERGY	14.6g	3.9g
PROTEIN	4.7g	1.3g
FAT, TOTAL	1.1g	less than 1g
- SATURATED		
CARBOHYDRATE	52.2g	14.0g
- SUGARS	3.5g	less than 1g
SODIUM	304mg	82mg
Ingredients: Brown Rice, Broccoli, Wombok, Egg, Shallots, Kale, Peas, Bean Shoots, Red Chilli, Soy Sauce (Gf), Coconut Aminos, Garlic Clove, Ginger.		
Contains Egg.		

Cauli Nasi Goreng W Beef Strips And Fried Egg		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
	<b>1490kj (357Cal)</b>	<b>338kj (81Cal)</b>
ENERGY	36.6g	8.3g
PROTEIN	7.3g	1.7g
FAT, TOTAL	2.0g	less than 1g
- SATURATED		
CARBOHYDRATE	31.4g	7.1g
- SUGARS	4.8g	1.1g
SODIUM	353mg	80mg
Ingredients: Brown Rice, Cauliflower, Rump Steak, Broccoli, Wombok, Egg, Peas, Kale, Shallots, Bean Shoots, Red Chilli, Soy Sauce (Gf), Coconut Aminos, Garlic Clove, Ginger.		
Contains Egg.		

Naked Turkey & Cranberry Burger W Roasted Potato		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
	<b>1980kj (472Cal)</b>	<b>465kj (111Cal)</b>
ENERGY	29.4g	6.9g
PROTEIN	21.3g	5.0g
FAT, TOTAL	5.5g	1.3g
- SATURATED		
CARBOHYDRATE	37.2g	8.8g
- SUGARS	20.3g	4.8g
SODIUM	277mg	65mg
Ingredients: Turkey Mince, Potato, Pumpkin, Mixed Lettuce, Cucumber, Cranberry Sauce, Carrot, Zucchini, Olive Oil, Lemon Juice, 100% Maple Syrup, Dijon Mustard, Cumin, Salt, Garlic Powder, Onion Powder, Pepper.		

Naked Turkey & Cranberry Burger W Bun Only		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
	<b>2650kj (632Cal)</b>	<b>623kj (149Cal)</b>
ENERGY	37.1g	8.7g
PROTEIN	24.3g	5.7g
FAT, TOTAL	6.0g	1.4g
- SATURATED		
CARBOHYDRATE	61.1g	14.4g
- SUGARS	20.2g	4.8g
SODIUM	781mg	184mg
Ingredients: Turkey Mince, Capeseed Roll, Pumpkin, Cucumber, Mixed Lettuce, Cranberry Sauce, Zucchini, Carrot, 100% Maple Syrup, Lemon Juice, Olive Oil, Cumin, Dijon Mustard, Salt, Garlic Powder, Onion Powder, Pepper.		

Naked Turkey & Cranberry Burger W Roasted Potato + Capeseed Roll		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
	<b>3010kj (718Cal)</b>	<b>573kj (137Cal)</b>
ENERGY	40.5g	7.7g
PROTEIN	24.3g	4.6g
FAT, TOTAL	6.0g	1.1g
- SATURATED		
CARBOHYDRATE	77.5g	14.8g
- SUGARS	22.6g	4.3g
SODIUM	789mg	150mg
Ingredients: Turkey Mince, Capeseed Roll, Potato, Pumpkin, Cucumber, Mixed Lettuce, Cranberry Sauce, Zucchini, Carrot, 100% Maple Syrup, Lemon Juice, Olive Oil, Cumin, Dijon Mustard, Salt, Garlic Powder, Onion Powder, Pepper.		

Cranberry Balsmic Glazed Chicken		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
	1870kj (447Cal)	456kj (109Cal)
ENERGY	33.1g	8.1g
PROTEIN	14.7g	3.6g
FAT, TOTAL	3.6g	less than 1g
- SATURATED		
CARBOHYDRATE	38.6g	9.4g
- SUGARS	18.4g	4.5g
SODIUM	154mg	38mg
Ingredients: Potato, Chicken Thigh, Broccolini, Zucchini, Spinach, Cranberry Sauce, Balsamic Vinegar, Coconut Aminos, 100% Maple Syrup, Olive Oil, Garlic Clove, Salt, Pepper.		

Cranberry Balsmic Glazed Haloumi		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
	1960kj (468Cal)	501kj (120Cal)
ENERGY	26.0g	6.6g
PROTEIN	19.7g	5.0g
FAT, TOTAL	9.7g	2.5g
- SATURATED		
CARBOHYDRATE	40.0g	10.3g
- SUGARS	19.8g	5.1g
SODIUM	1350mg	347mg
Ingredients: Potato, Haloumi, Broccolini, Zucchini, Spinach, Cranberry Sauce, Balsamic Vinegar, Coconut Aminos, 100% Maple Syrup, Olive Oil, Garlic Clove, Salt, Pepper.		
Contains Milk.		

Veg Loaded Minestrone Soup W Italian Chicken Meatballs		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per	Average Quantity per 100g
	1830kJ (436Cal)	340kJ (81Cal)
ENERGY	42.9g	8.0g
PROTEIN	11.8g	2.2g
FAT, TOTAL	3.2g	less than 1g
- SATURATED	32.7g	6.1g
CARBOHYDRATE	9.0g	1.7g
- SUGARS	331mg	62mg
SODIUM	Ingredients: Chicken Mince, Canned Tomato, Zucchini, Broccoli, Beef Stock, Red Kidney Beans, Carrot, Risoni, Celery, Kale, Brown Onion, Italian Herbs, Tomato Paste, Garlic Powder, Onion Powder.	
Contains Wheat, Egg.		

Veg Loaded Minestrone Soup W Italian Chicken Meatballs And Zoodles Only		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per	Average Quantity per 100g
	1570kJ (375Cal)	293kJ (70Cal)
ENERGY	41.3g	7.7g
PROTEIN	11.5g	2.1g
FAT, TOTAL	3.1g	less than 1g
- SATURATED	19.2g	3.6g
CARBOHYDRATE	8.7g	1.6g
- SUGARS	331mg	62mg
SODIUM	Ingredients: Chicken Mince, Canned Tomato, Zucchini, Broccoli, Beef Stock, Red Kidney Beans, Carrot, Celery, Kale, Brown Onion, Italian Herbs, Tomato Paste, Garlic Powder, Onion Powder.	

Veg Loaded Minestrone Soup W Veg Only		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per	Average Quantity
	811kJ (194Cal)	213kJ (51Cal)
ENERGY	10.2g	2.7g
PROTEIN	1.7g	1g
FAT, TOTAL	less than 1g	1g
- SATURATED	28.9g	7.6g
CARBOHYDRATE	7.8g	2.1g
- SUGARS	261mg	69mg
SODIUM	Ingredients: Canned Tomato, Broccoli, Zucchini, Beef Stock, Red Kidney Beans, Risoni, Carrot, Celery, Kale, Brown Onion, Tomato Paste.	
Contains Wheat, Egg.		

Veg Loaded Minestrone Soup W Zoodles Only		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity
	555kJ (133Cal)	146kJ (35Cal)
ENERGY	8.5g	2.2g
PROTEIN	1.4g	1g
FAT, TOTAL	less than 1g	1g
- SATURATED	15.5g	4.1g
CARBOHYDRATE	7.5g	2.0g
- SUGARS	261mg	69mg
SODIUM	Ingredients: Canned Tomato, Zucchini, Broccoli, Beef Stock, Red Kidney Beans, Carrot, Celery, Kale, Brown Onion, Tomato Paste.	

Sweet Potato Shepards Pie		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per	Average Quantity per 100g
	1290kJ (308Cal)	308kJ (74Cal)
ENERGY	28.0g	6.7g
PROTEIN	4.4g	1.0g
FAT, TOTAL	1.7g	less than 1g
- SATURATED	30.6g	7.3g
CARBOHYDRATE	12.9g	3.1g
- SUGARS	527mg	126mg
SODIUM	Ingredients: Sweet Potato, Beef Mince, Carrot, Zucchini, Celery, Broccoli, Brown Onion, Coconut Aminos, Peas, Spinach, Tomato Paste, Garlic Clove, Bay Leaf, Rosemary, Thyme, Chilli Flakes, Salt.	

Chicken Ramen		
NUTRITION INFORMATION		
Servings per package: 1		
	Quantity per	per 100g
	1860kJ (445Cal)	607kJ (145Cal)
ENERGY	36.2g	11.8g
PROTEIN	12.1g	4.0g
FAT, TOTAL	3.4g	1.1g
- SATURATED	41.7g	13.6g
CARBOHYDRATE	9.0g	2.9g
- SUGARS	4.8g	1.6g
DIETARY FIBRE	1190mg	389mg
SODIUM	Ingredients: Chicken Thigh, Egg, Green Tea Soba Noodles, Soy Sauce (Gf), Shitake Mushroom, Snow Peas, Carrot, Mirin, Ginger, Red Chilli, Garlic Clove.	
Contains Wheat, Egg.		

Chicken Ramen With Zucchini Noodles		
NUTRITION INFORMATION		
Servings per package: 1		
	Quantity per	per 100g
	1480kJ (353Cal)	397kJ (95Cal)
ENERGY	35.1g	9.5g
PROTEIN	11.4g	3.1g
FAT, TOTAL	3.3g	less than 1g
- SATURATED	17.0g	4.6g
CARBOHYDRATE	10.0g	2.7g
- SUGARS	3.4g	less than 1g
DIETARY FIBRE	1170mg	315mg
SODIUM	Ingredients: Zucchini, Chicken Thigh, Egg, Soy Sauce (Gf), Shitake Mushroom, Snow Peas, Carrot, Mirin, Ginger, Red Chilli, Garlic Clove.	
Contains Egg.		

Vegetarian Ramen With Zucchini Noodles		
NUTRITION INFORMATION		
Servings per package: 1		
	per Serving	Quantity
	1520kJ (362Cal)	413kJ (99Cal)
ENERGY	20.5g	5.6g
PROTEIN	5.4g	1.5g
FAT, TOTAL	less than 1g	1g
- SATURATED	1.3g	12.9g
CARBOHYDRATE	47.4g	3.3g
- SUGARS	12.2g	2.3g
DIETARY FIBRE	8.3g	328mg
SODIUM	Ingredients: Egg, Carrot, Zucchini, Broccoli, Green Tea Soba Noodles, Soy Sauce (Gf), Shitake Mushroom, Snow Peas, Mirin, Ginger, Red Chilli, Garlic Clove.	
Contains Wheat, Egg.		

Moroccan Chicken Salad		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per	Average Quantity per 100g
	1720kJ (412Cal)	526kJ (126Cal)
ENERGY	29.3g	9.0g
PROTEIN	20.4g	6.2g
FAT, TOTAL	3.8g	1.2g
- SATURATED		

CARBOHYDRATE	24.0g	7.3g
- SUGARS	8.4g	2.6g
SODIUM	212mg	65mg
Ingredients: Quinoa, Chicken Thigh, Carrot, Kale, Spinach, Orange Juice, Slithered Almonds, Olive Oil, Apple Cider Vinegar, Parsley, Coconut Sugar, Cumin, Coriander, Ginger, Black Pepper, Cayenne Pepper, Salt, Cinnamon.		
Contains Tree Nuts.		

Greek Lamb With Potato		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per	Average Quantity per 100g
	<b>2080kJ</b>	<b>428kJ (102Cal)</b>
	<b>(498Cal)</b>	
ENERGY		
PROTEIN	35.6g	7.3g
FAT, TOTAL	22.1g	4.6g
- SATURATED	6.0g	1.2g
CARBOHYDRATE	33.4g	6.9g
- SUGARS	17.7g	3.6g
SODIUM	220mg	45mg
Ingredients: Grated Beetroot, Potato, Lamb, Mixed Lettuce, Cucumber, Yoghurt, Cherry Tomato, Olive Oil, Lemon Juice, Red Wine Vinegar, Garlic Clove, Dill, Oregano, Bay Leaf, Salt, Pepper.		
Contains Milk.		

Greek Haloumi With Potato		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per	Average Quantity per 100g
	<b>2080kJ</b>	<b>437kJ (104Cal)</b>
	<b>(497Cal)</b>	
ENERGY		
PROTEIN	26.5g	5.6g
FAT, TOTAL	25.6g	5.4g
- SATURATED	10.9g	2.3g
CARBOHYDRATE	34.9g	7.3g
- SUGARS	19.1g	4.0g
SODIUM	1360mg	285mg
Ingredients: Grated Beetroot, Potato, Haloumi, Mixed Lettuce, Cucumber, Yoghurt, Cherry Tomato, Olive Oil, Lemon Juice, Red Wine Vinegar, Garlic Clove, Dill, Oregano, Bay Leaf, Salt, Pepper.		
Contains Milk.		

Italian Beef Cheeks		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per	Average Quantity per 100g
	<b>1840kJ</b>	<b>364kJ (87Cal)</b>
	<b>(440Cal)</b>	
ENERGY		
PROTEIN	37.3g	7.4g
FAT, TOTAL	11.1g	2.2g
- SATURATED	1.3g	less than 1g
CARBOHYDRATE	26.0g	5.1g
- SUGARS	6.2g	1.2g
SODIUM	71mg	14mg
Ingredients: Beef Cheek, Potato, Broccolini, Zucchini, Dry Red Wine, Mushroom, Spinach, Brown Onion, Carrot, Celery, Tomato Paste, Garlic Clove, Cinnamon, Bay Leaf, Beef Stock.		

Italian Mushrooms		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per	Average Quantity per 100g
	<b>1140kJ</b>	<b>225kJ (54Cal)</b>
	<b>(273Cal)</b>	
ENERGY		
PROTEIN	16.8g	3.3g
FAT, TOTAL	1.7g	less than 1g
- SATURATED	less than 1g	less than 1g
CARBOHYDRATE	26.0g	5.1g
- SUGARS	6.2g	1.2g
SODIUM	97mg	19mg
Ingredients: Mushroom, Potato, Broccolini, Zucchini, Dry Red Wine, Spinach, Brown Onion, Carrot, Celery, Tomato Paste, Garlic Clove, Cinnamon, Bay Leaf, Beef Stock.		

Pork, Apples And Sage		
NUTRITION INFORMATION		
Servings per package: 1		
	Quantity per	per 100g
	<b>1620kJ</b>	<b>497kJ (119Cal)</b>
	<b>(386Cal)</b>	
ENERGY		
PROTEIN	31.2g	9.6g
FAT, TOTAL	15.9g	4.9g
- SATURATED	5.4g	1.7g
CARBOHYDRATE	23.7g	7.3g
- SUGARS	10.3g	3.2g
SODIUM	69mg	21mg
Ingredients: Sweet Potato, Pork Loin, Broccolini,		

Mushroom, Apples And Sage		
NUTRITION INFORMATION		
Servings per package: 1		
	Quantity per	per 100g
	<b>1440kJ</b>	<b>444kJ (106Cal)</b>
	<b>(345Cal)</b>	
ENERGY		
PROTEIN	23.5g	7.2g
FAT, TOTAL	14.1g	4.4g
- SATURATED	8.8g	2.7g
CARBOHYDRATE	25.1g	7.7g
- SUGARS	11.8g	3.6g
SODIUM	1230mg	377mg
Ingredients: Sweet Potato, Haloumi, Broccolini, Zucchini,		
Contains Milk.		



Eggplant And Sweet Potato Massman Curry W Brown Rice		
NUTRITION INFORMATION		
Servings per package: 1		
	Average	Average Quantity
ENERGY	1510kJ (361Cal)	344kJ (82Cal)
PROTEIN	10.1g	2.3g
FAT, TOTAL	9.0g	2.1g
- SATURATED	6.1g	1.4g
CARBOHYDRATE	54.6g	12.4g
- SUGARS	10.5g	2.4g
DIETARY FIBRE	9.7g	2.2g
SODIUM	251mg	57mg
Ingredients: Brown Rice, Light Coconut Milk, Sweet Potato, Eggplant, Broccoli, Chickpeas, Kale, Masaman Curry Paste, Kaffir Lime, Lime, Turmeric.		

Beef Massman Curry W Brown Rice		
NUTRITION INFORMATION		
Servings per package: 1		
	Average	Average Quantity
ENERGY	2150kJ (513Cal)	537kJ (128Cal)
PROTEIN	34.6g	8.7g
FAT, TOTAL	21.7g	5.4g
- SATURATED	10.9g	2.7g
CARBOHYDRATE	41.9g	10.5g
- SUGARS	5.7g	1.4g
DIETARY FIBRE	5.1g	1.3g
SODIUM	213mg	53mg
Ingredients: Brown Rice, Chuck Steak, Light Coconut Milk, Broccoli, Sweet Potato, Kale, Masaman Curry Paste, Kaffir Lime, Lime, Turmeric.		

Beef Ragu W Gnocchi		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per	Average Quantity per 100g
	<b>1650kJ (395Cal)</b>	<b>503kJ (120Cal)</b>
ENERGY		
PROTEIN	26.0g	7.9g
FAT, TOTAL	13.7g	4.2g
- SATURATED	4.3g	1.3g
CARBOHYDRATE	37.4g	11.4g
- SUGARS	2.9g	less than 1g
DIETARY FIBRE	4.7g	1.4g
SODIUM	708mg	216mg
Ingredients: Gnocchi, Beef Brisket, Zucchini, Beef Stock, Canned Tomato, Spinach, Basil, Brown Onion, Olive Oil, Dry Red Wine, Tomato Paste, Celery, Coconut Sugar, Garlic Clove, Salt, Pepper.		
Contains Wheat.		

Moroccan Lamb Meatballs		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per	Average Quantity per 100g
	<b>1650kJ (394Cal)</b>	<b>395kJ (94Cal)</b>
ENERGY		
PROTEIN	32.1g	7.7g
FAT, TOTAL	15.8g	3.8g
- SATURATED	6.8g	1.6g
CARBOHYDRATE	29.9g	7.2g
- SUGARS	15.1g	3.6g
DIETARY FIBRE	6.8g	1.6g
SODIUM	746mg	178mg
Ingredients: Canned Tomato, Lamb Mince, Quinoa, Broccoli, Raisins, Parsley, Salt, Tomato Paste, Cumin, Cinnamon, Ginger Powder, Black Pepper, Coriander, All Spice, Cayenne Pepper, Cloves.		

Moroccan Haloumi		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per	Average Quantity per 100g
	<b>1590kJ (379Cal)</b>	<b>405kJ (97Cal)</b>
ENERGY		
PROTEIN	24.6g	6.3g
FAT, TOTAL	17.0g	4.3g
- SATURATED	9.1g	2.3g
CARBOHYDRATE	31.2g	8.0g
- SUGARS	16.4g	4.2g
DIETARY FIBRE	6.4g	1.6g
SODIUM	1860mg	474mg
Ingredients: Canned Tomato, Quinoa, Haloumi, Broccoli, Raisins, Parsley, Tomato Paste, Salt.		

Choc And Ginger Cookies		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 60g		

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1380kJ (330Cal)	2290kJ (547Cal)
PROTEIN	6.7g	11.1g
FAT, TOTAL	29.2g	48.5g
- SATURATED	13.8g	22.8g
CARBOHYDRATE	9.6g	15.9g
- SUGARS	7.1g	11.8g
SODIUM	65mg	108mg
Ingredients: Almond Meal, Chocolate, Coconut Oil, Contains Egg, Tree Nuts, May Contain Peanuts.		

Chicken, Pumpkin And Sage Risotto		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2400kJ (574Cal)	423kJ (101Cal)
PROTEIN	33.3g	5.9g
FAT, TOTAL	17.1g	3.0g
- SATURATED	4.8g	less than 1g
CARBOHYDRATE	59.7g	10.5g
- SUGARS	6.7g	1.2g
SODIUM	135mg	24mg
Ingredients: Water, Pumpkin, Chicken Breast Tenderloin, Arborio Rice, Broccoli, Zucchini, White Wine, Brown Onion, Feta, Olive Oil, Garlic Clove, Pepper, Sage, Chicken Stock, Lemon Rind, Salt. Contains Milk.		

Feta, Pumpkin And Sage Risotto		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2310kJ (551Cal)	414kJ (99Cal)
PROTEIN	18.8g	3.4g
FAT, TOTAL	19.9g	3.6g
- SATURATED	8.7g	1.6g
CARBOHYDRATE	62.2g	11.1g
- SUGARS	8.6g	1.6g
SODIUM	360mg	65mg
Ingredients: Water, Pumpkin, Arborio Rice, Broccoli, Feta, Zucchini, White Wine, Brown Onion, Olive Oil, Garlic Clove, Pepper, Sage, Chicken Stock, Lemon Rind, Salt. Contains Milk.		

Roast Vegetable Gnocchi w Lemon Pepper Chicken		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2630kJ (628Cal)	511kJ (122Cal)
PROTEIN	40.2g	7.8g
FAT, TOTAL	21.6g	4.2g
- SATURATED	6.7g	1.3g
CARBOHYDRATE	59.9g	11.6g
- SUGARS	8.4g	1.6g
SODIUM	1680mg	326mg
Ingredients: Gnocchi, Chicken Breast Tenderloin, Pumpkin, Zucchini, Spinach, Capsicum, Feta, Lemon Juice, Olive Oil, Basil, Lemon Rind, Pepper, Garlic Powder, Salt. Contains Wheat, Milk.		

Roast Vegetable Gnocchi		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2150kJ (514Cal)	401kJ (96Cal)
PROTEIN	19.1g	3.6g
FAT, TOTAL	14.8g	2.8g
- SATURATED	4.5g	less than 1g
CARBOHYDRATE	65.9g	12.3g
- SUGARS	12.9g	2.4g
SODIUM	1640mg	305mg
Ingredients: Gnocchi, Pumpkin, Capsicum, Zucchini, Spinach, Feta, Lemon Juice, Olive Oil, Basil, Lemon Rind, Pepper, Garlic Powder, Salt. Contains Wheat, Milk.		

Panang Chicken Curry		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1630kJ (390Cal)	400kJ (96Cal)
PROTEIN	34.2g	8.4g
FAT, TOTAL	9.5g	2.2g
- SATURATED	6.5g	1.6g
CARBOHYDRATE	37.6g	9.2g
- SUGARS	5.3g	1.3g
SODIUM	228mg	56mg
Ingredients: Brown Rice, Light Coconut Milk, Chicken Breast, Carrot, Spinach, Green Beans, Broccoli, Penang Curry Paste.		

Panang Chicken Curry With Cauli Rice		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1100kJ (262Cal)	269kJ (64Cal)
PROTEIN	33.6g	8.2g
FAT, TOTAL	8.7g	2.1g
- SATURATED	6.3g	1.5g
CARBOHYDRATE	7.9g	1.9g
- SUGARS	7.1g	1.7g
SODIUM	254mg	62mg
Ingredients: Cauliflower, Light Coconut Milk, Chicken Breast, Carrot, Spinach, Green Beans, Broccoli, Penang Curry Paste.		

Panang Tofu Curry With Cauli Rice		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1110kJ (264Cal)	252kJ (60Cal)
PROTEIN	18.8g	4.3g
FAT, TOTAL	15.2g	3.5g
- SATURATED	6.9g	1.6g
CARBOHYDRATE	7.4g	1.7g
- SUGARS	6.5g	1.5g
SODIUM	255mg	58mg
Ingredients: Firm Tofu, Cauliflower, Light Coconut Milk, Carrot, Spinach, Green Beans, Broccoli, Penang Curry Paste. Contains Soybean.		

Panang Tofu Curry		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1640kJ (391Cal)	374kJ (89Cal)
PROTEIN	19.4g	4.4g
FAT, TOTAL	15.9g	3.6g
- SATURATED	7.0g	1.6g
CARBOHYDRATE	37.1g	8.5g
- SUGARS	4.7g	1.1g
SODIUM	228mg	52mg
Ingredients: Firm Tofu, Brown Rice, Light Coconut Milk, Carrot, Spinach, Green Beans, Broccoli, Penang Curry Paste. Contains Soybean.		

Asian Beef Cheeks W Brown Rice		
NUTRITION INFORMATION		

Asian Beef Cheeks W Cauli Rice		
NUTRITION INFORMATION		

Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
	1960kJ (469Cal)	398kJ (95Cal)
ENERGY		
PROTEIN	36.8g	7.5g
FAT, TOTAL	12.0g	2.4g
- SATURATED	1.5g	less than 1g
CARBOHYDRATE	45.3g	9.2g
- SUGARS	7.2g	1.5g
DIETARY FIBRE	5.5g	1.1g
SODIUM	1160mg	235mg

Ingredients: Beef Cheek, Brown Rice, Broccolini, Zucchini, Soy Sauce (Gf), Orange Juice, Rice Vinegar, Spinach, Mushroom, Brown Onion, Pickled Ginger, Red Chilli, Coconut Sugar, Garlic Clove, Ginger, Star Anise.

Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
	1360kJ (324Cal)	284kJ (68Cal)
ENERGY		
PROTEIN	35.5g	7.4g
FAT, TOTAL	11.1g	2.3g
- SATURATED	1.2g	less than 1g
CARBOHYDRATE	12.6g	2.6g
- SUGARS	9.1g	1.9g
DIETARY FIBRE	6.7g	1.4g
SODIUM	1180mg	248mg

Ingredients: Beef Cheek, Cauliflower, Broccolini, Zucchini, Soy Sauce (Gf), Orange Juice, Rice Vinegar, Spinach, Brown Onion, Pickled Ginger, Red Chilli, Coconut Sugar, Garlic Clove, Ginger, Star Anise.

Moroccan Chicken Balance Bowl		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
	1870kJ (446Cal)	563kJ (134Cal)
ENERGY		
PROTEIN	28.9g	8.7g
FAT, TOTAL	20.2g	6.1g
- SATURATED	4.1g	1.2g
CARBOHYDRATE	33.2g	10.0g
- SUGARS	15.7g	4.7g
SODIUM	187mg	56mg

Ingredients: Chicken Thigh, Cherry Tomato, Chickpeas, Pumpkin, Carrot, Rocket, Red Quinoa, Raisins, Red Wine Vinegar, Olive Oil, Coriander, Mint, Coconut Sugar, Cumin, Cinnamon, Ginger Powder, Salt, Black Pepper, All Spice, Cayenne Pepper, Cloves.

Moroccan Haloumi Balance Bowl		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
	2060kJ (493Cal)	632kJ (151Cal)
ENERGY		
PROTEIN	25.4g	7.8g
FAT, TOTAL	26.5g	8.1g
- SATURATED	10.6g	3.3g
CARBOHYDRATE	34.6g	10.6g
- SUGARS	17.1g	5.3g
SODIUM	1390mg	425mg

Ingredients: Haloumi, Cherry Tomato, Chickpeas, Pumpkin, Carrot, Rocket, Red Quinoa, Raisins, Red Wine Vinegar, Olive Oil, Coriander, Mint, Coconut Sugar, Cumin, Cinnamon, Ginger Powder, Salt, Black Pepper, All Spice, Cayenne Pepper, Cloves.  
Contains Milk.

Sweet Potato, Dill, Goats Cheese And Broccoli Frittata		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 397g		
	Average Quantity per Serving	Average Quantity per 100g
	1320kJ (315Cal)	332kJ (79Cal)
ENERGY		
PROTEIN	22.8g	5.8g
FAT, TOTAL	9.3g	2.4g
- SATURATED	3.9g	less than 1g
CARBOHYDRATE	29.0g	7.3g
- SUGARS	14.6g	3.7g
DIETARY FIBRE	6.5g	1.6g
SODIUM	246mg	62mg

Ingredients: Egg, Sweet Potato, Broccoli, Low Fat Milk, Zucchini, Tomato Relish, Spinach, Goats Cheese, Dill, Salt, Pepper.  
Contains Egg, Milk.

Mediterranean Tuna Steak		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 391g		
	Average Quantity per Serving	Average Quantity per 100g
	1660kJ (397Cal)	425kJ (101Cal)
ENERGY		
PROTEIN	39.5g	10.1g
FAT, TOTAL	13.2g	3.4g
- SATURATED	2.1g	less than 1g
CARBOHYDRATE	23.6g	6.0g
- SUGARS	7.0g	1.8g
SODIUM	106mg	27mg

Ingredients: Tuna Steak, Potato, Zucchini, Capsicum, Eggplant, Parsley, Olive Oil, Spinach, Basil, Lemon Juice, Garlic Clove, Capers.  
Contains Fish.

Italian Beef Meatballs With Zoodles Only		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
	1220kJ (291Cal)	278kJ (67Cal)
ENERGY		
PROTEIN	35.4g	8.1g
FAT, TOTAL	6.4g	1.5g
- SATURATED	2.3g	less than 1g
CARBOHYDRATE	14.6g	3.3g
- SUGARS	6.7g	1.5g
DIETARY FIBRE	4.8g	1.1g

SODIUM	614mg	141mg
<p>Ingredients: Zucchini, Canned Tomato, Beef Mince, Carrot, Basil, Tomato Paste, Salt, Italian Herbs, Garlic Powder, Onion Powder.</p>		

Salmon With House Made Chilli Jam & Sweet Potato Chips		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 357g		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1780kJ (424Cal)	497kJ (119Cal)
PROTEIN	30.1g	8.4g
FAT, TOTAL	13.9g	3.9g
- SATURATED	2.7g	less than 1g
CARBOHYDRATE	38.9g	10.9g
- SUGARS	25.7g	7.2g
DIETARY FIBRE	6.1g	1.7g
SODIUM	128mg	36mg
<p>Ingredients: Sweet Potato, Salmon, Broccolini, Zucchini, 100% Maple Syrup, Red Wine Vinegar, Spinach, Olive Oil, Lime Juice, Fish Sauce, Red Chilli, Garlic Clove, Salt, Pepper.</p> <p>Contains Fish.</p>		

Satay Chicken Poke with Rice Noodles		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1480kJ (353Cal)	401kJ (96Cal)
PROTEIN	28.3g	7.7g
FAT, TOTAL	10.7g	2.9g
- SATURATED	2.8g	less than 1g
CARBOHYDRATE	32.3g	8.8g
- SUGARS	7.5g	2.0g
SODIUM	232mg	63mg
<p>Ingredients: Rice Noodles, Chicken Thigh, Red Cabbage, Carrot, Edemame Beans, Cucumber, Spinach, Lime Juice, Soy Sauce (GF), Peanut Butter, Coconut Sugar, Rice Vinegar, Palm Sugar, Tamarind Paste, Fish Sauce, Chilli Flakes, Garlic Clove, Cayenne Pepper.</p> <p>Contains Peanuts, Tree Nuts.</p>		

Satay Chicken Poke - Cucumber Noodles		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1070kJ (256Cal)	298kJ (71Cal)
PROTEIN	26.9g	7.5g
FAT, TOTAL	10.3g	2.9g
- SATURATED	2.8g	less than 1g
CARBOHYDRATE	9.9g	2.8g
- SUGARS	8.7g	2.4g
SODIUM	227mg	63mg
<p>Ingredients: Cucumber, Chicken Thigh, Red Cabbage, Carrot, Edemame Beans, Spinach, Lime Juice, Soy Sauce (GF), Peanut Butter, Coconut Sugar, Rice Vinegar, Palm Sugar, Tamarind Paste, Fish Sauce, Chilli Flakes, Garlic Clove, Cayenne Pepper.</p> <p>Contains Peanuts, Tree Nuts.</p>		

Beef And Vegetable Lasange		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2030kJ (485Cal)	364kJ (87Cal)
PROTEIN	38.4g	6.9g
FAT, TOTAL	12.8g	2.3g
- SATURATED	5.6g	1.0g
CARBOHYDRATE	43.9g	7.9g
- SUGARS	14.2g	2.6g
DIETARY FIBRE	16.3g	2.9g
SODIUM	324mg	58mg
<p>Ingredients: Passata, Extra Lean Beef Mince, Broccoli, Wholemeal Lasange Sheet, Cauliflower, Ricotta, Frozen Spinach, Zucchini, Carrot, Brown Onion, Cheddar Cheese, Garlic Clove, Tomato.</p> <p>Contains Wheat, Milk.</p> <p>May Contain Egg.</p>		

Mongolian Lamb W Brown Rice		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1510kJ (361Cal)	458kJ (109Cal)
PROTEIN	26.3g	8.0g
FAT, TOTAL	9.4g	2.9g
- SATURATED	3.0g	less than 1g
CARBOHYDRATE	38.2g	11.6g
- SUGARS	9.2g	2.8g
DIETARY FIBRE	6.2g	1.9g
SODIUM	484mg	147mg
<p>Ingredients: Broccoli, Brown Rice, Lamb, Capsicum, Broccoli Stalk, Coconut Aminos, Shallots, 100% Maple Syrup, Sunflower Butter, White Vinegar, Sesame Oil, Chilli Flakes, Black Pepper, Garlic Powder.</p>		

Lamb Shakshuka With Pita		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>1730kJ</b> <b>(413Cal)</b>	<b>505kJ (121Cal)</b>
PROTEIN	31.9g	9.3g
FAT, TOTAL	12.8g	3.7g
- SATURATED	5.2g	1.5g
CARBOHYDRATE	38.0g	11.1g
- SUGARS	5.4g	1.6g
SODIUM	648mg	189mg
Ingredients: Wholemeal Pita Pocket, Lamb Mince, Egg, Canned Tomato, Mushroom, Red Kidney Beans, Capsicum, Spinach, Parsley, Brown Onion, Garlic Clove, Salt, Pepper.		
Contains Wheat, Egg.		

Lamb Shakshuka With Sweet Potato		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>1380kJ (331Cal)</b>	<b>368kJ (88Cal)</b>
PROTEIN	28.5g	7.6g
FAT, TOTAL	11.6g	3.1g
- SATURATED	4.9g	1.3g
CARBOHYDRATE	24.0g	6.4g
- SUGARS	10.1g	2.7g
SODIUM	350mg	93mg
Ingredients: Sweet Potato, Lamb Mince, Egg, Canned Tomato, Mushroom, Red Kidney Beans, Capsicum, Spinach, Parsley, Brown Onion, Garlic Clove, Salt, Pepper.		
Contains Egg.		

Bean Mix Shakshuka With Sweet Potato		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>1290kJ (308Cal)</b>	<b>310kJ (74Cal)</b>
PROTEIN	21.3g	5.1g
FAT, TOTAL	4.8g	1.2g
- SATURATED	1.0g	less than 1g
CARBOHYDRATE	36.9g	8.9g
- SUGARS	13.7g	3.3g
SODIUM	323mg	77mg
Ingredients: Sweet Potato, Red Kidney Beans, Egg, Black Beans, Canned Tomato, Mushroom, Capsicum, Spinach, Parsley, Brown Onion, Garlic Clove, Salt, Pepper.		
Contains Egg.		

Bean Mix Shakshuka With Pita		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>1630kJ (390Cal)</b>	<b>427kJ (102Cal)</b>
PROTEIN	24.6g	6.4g
FAT, TOTAL	6.0g	1.6g
- SATURATED	1.3g	less than 1g
CARBOHYDRATE	50.9g	13.3g
- SUGARS	8.9g	2.3g
SODIUM	621mg	162mg
Ingredients: Red Kidney Beans, Wholemeal Pita Pocket, Egg, Black Beans, Canned Tomato, Mushroom, Capsicum, Spinach, Parsley, Brown Onion, Garlic Clove, Salt, Pepper.		
Contains Wheat, Egg.		

Chicken Masaman Curry With Cauli Rice		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>1270kJ</b> <b>(303Cal)</b>	<b>332kJ (79Cal)</b>
PROTEIN	26.6g	7.0g
FAT, TOTAL	15.3g	4.0g
- SATURATED	8.2g	2.2g
CARBOHYDRATE	11.6g	3.0g
- SUGARS	6.8g	1.8g
DIETARY FIBRE	6.3g	1.7g
SODIUM	193mg	51mg
Ingredients: Cauliflower, Light Coconut Milk, Chicken Thigh, Broccoli, Sweet Potato, Spinach, Masaman Curry Paste, Kaffir Lime, Coriander, Dry Roasted Peanuts.		
Contains Peanuts.		

Chicken Masaman Curry With Brown Rice		
NUTRITION INFORMATION		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	<b>1800kJ (430Cal)</b>	<b>471kJ (113Cal)</b>
PROTEIN	27.2g	7.1g
FAT, TOTAL	16.1g	4.2g
- SATURATED	8.4g	2.2g
CARBOHYDRATE	41.3g	10.8g
- SUGARS	5.0g	1.3g
DIETARY FIBRE	4.9g	1.3g
SODIUM	167mg	44mg
Ingredients: Brown Rice, Light Coconut Milk, Chicken Thigh, Broccoli, Sweet Potato, Spinach, Masaman Curry Paste, Kaffir Lime, Coriander, Dry Roasted Peanuts.		
Contains Peanuts.		