

NUTRITION INFORMATION- Asian Broccoli Salad w Rice Noodles		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1810kJ (433Cal)	435kJ (104Cal)
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.		

NUTRITION INFORMATION- Asian Broccoli Salad w Cucumber Noodles		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1350kJ (323Cal)	324kJ (78Cal)
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.		

NUTRITION INFORMATION- Chorizo, Kale & Potato Frittata		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1800kJ (430Cal)	530kJ (127Cal)
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.		

NUTRITION INFORMATION- 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.		

NUTRITION INFORMATION- Sticky Chicken Poke Bowl w Rice Noodles		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1560kJ (372Cal)	377kJ (90Cal)
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
<p>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), Corriander, Mint, Ginger Powder, Garlic Powder, Cayenne Pepper.</p>		
<p>May Contain Peanuts.</p>		

NUTRITION INFORMATION- Sticky Chicken Poke Bowl w Cucumber Noodles		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1160kJ (277Cal)	274kJ (65Cal)
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
<p>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), Corriander, Mint, Ginger Powder, Garlic Powder, Cayenne Pepper.</p>		

NUTRITION INFORMATION- Grilled Salmon w Mango Salsa & Brown Rice		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1950kJ (466Cal)	440kJ (105Cal)
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
<p>Ingredients: Salmon, Brown Rice, Mango, Broccoli Stalk, Red Capsicum, Cucumber, Corriander, Olive Oil, Lime Juice, Salt.</p>		
<p>Contains Fish.</p>		

NUTRITION INFORMATION- Grilled Salmon w Mango Salsa & Cauli Rice		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1350kJ (324Cal)	345kJ (82Cal)
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
<p>Ingredients: Salmon, Cauliflower, Mango, Red Capsicum, Cucumber, Corriander, Olive Oil, Lime Juice, Salt.</p>		
<p>Contains Fish.</p>		

NUTRITION INFORMATION- Mediterranean Bowl		
Servings per package: 1	Average Quantity per Serving	Average Quantity per 100g
	1680kJ (402Cal)	388kJ (93Cal)
ENERGY		
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, Eggplant, Yoghurt, Cucumber, Roma Tomato, Cos Lettuce, Feta, Olives, Lemon Juice, Oregano, Parsley, Paprika, Garlic Powder, Salt.		
Contains Milk.		

NUTRITION INFORMATION- Pork Loin, Pear & Prosciutto		
Servings per package: 1	Average Quantity per Serving	Average Quantity per 100g
	1910kJ (456Cal)	545kJ (130Cal)
ENERGY		
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.		

NUTRITION INFORMATION- Naked Beef Burger		
Servings per package: 1	Average Quantity per Serving	Average Quantity per 100g
	1500kJ (358Cal)	303kJ (72Cal)
ENERGY		
PROTEIN	33.3g	6.7g
FAT, TOTAL	10.7g	2.2g
- SATURATED	2.2g	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.		

NUTRITION INFORMATION- Plant Power Bowl		
Servings per package: 1	Average Quantity per Serving	Average Quantity per 100g
	1640kJ (392Cal)	385kJ (92Cal)
ENERGY		
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.		

NUTRITION INFORMATION- Nasi Goreng		
Servings per package: 1	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1370kJ (327Cal)	368kJ (88Cal)
PROTEIN	14.6g	3.9g
FAT, TOTAL	4.7g	1.3g
- SATURATED	1.1g	0.3g
CARBOHYDRATE	52.2g	14.0g
- SUGARS	3.5g	1.0g
SODIUM	304mg	82mg
<p>Ingredients: Brown Rice, Broccoli, Wombok, Egg, Shallots, Kale, Peas, Bean Shoots, Red Chilli, Soy Sauce (Gf), Coconut Aminos, Garlic Clove, Ginger.</p>		
<p>Contains Egg.</p>		

NUTRITION INFORMATION- Pulled Pork w Kale, Apple n Almond Slaw & Roasted Sweet Potato		
Servings per package: 1	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1790kJ (427Cal)	460kJ (110Cal)
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
<p>Cabbage, Carrot, Green Apple, Kale, Celery, Honey, Red Onion, Olive Oil, Apple Cider Vinegar, Seeded Mustard, Slithered Almonds, Red Wine Vinegar, Paprika, Salt, Black Pepper, Garlic Powder, Chilli Flakes, Rosemary, Thyme.</p>		
<p>Contains Tree Nuts.</p>		

NUTRITION INFORMATION- Satay Chicken Bowl w Brown Rice		
Servings per package: 1	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2170kJ (519Cal)	512kJ (122Cal)
PROTEIN	33.9g	8.0g
FAT, TOTAL	28.6g	6.8g
- SATURATED	4.5g	1.1g
CARBOHYDRATE	44.3g	10.4g
- SUGARS	6.6g	1.6g
SODIUM	264mg	62mg
<p>Ingredients: Brown Rice, Chicken Thigh, Zucchini, Water, Broccoli, Peanut Butter, Coconut Aminos, Lime, Coconut Sugar, Corriander, Lime Juice, Garlic Clove, Red Chilli, Salt.</p>		
<p>Contains Peanuts, Tree Nuts.</p>		

NUTRITION INFORMATION- Satay Chicken Bowl w Cauli Rice		
Servings per package: 1	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1640kJ (391Cal)	386kJ (92Cal)
PROTEIN	33.3g	7.9g
FAT, TOTAL	27.9g	6.6g
- SATURATED	4.3g	1.0g
CARBOHYDRATE	14.6g	3.4g
- SUGARS	8.4g	2.0g
SODIUM	291mg	69mg
<p>Ingredients: Cauliflower, Chicken Thigh, Zucchini, Water, Broccoli, Peanut Butter, Coconut Aminos, Lime, Coconut Sugar, Corriander, Lime Juice, Garlic Clove, Red Chilli, Salt.</p>		
<p>Contains Peanuts, Tree Nuts.</p>		

NUTRITION INFORMATION- Teriyaki Beef w Brown Rice		
Servings per package: 1	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1900kJ (405Cal)	426kJ (102Cal)
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, Lean Beef, Broccoli Stalk, Coconut Aminos, Japanese Mayonnaise, Honey, Ginger, Sesame Oil, Chilli Flakes.		
Contains Egg, Soybean.		

NUTRITION INFORMATION- Teriyaki Beef w Cauli Rice		
Servings per package: 1	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1420kJ (338Cal)	412kJ (99Cal)
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, Beef Brisket, Coconut Aminos, Japanese Mayonnaise, Honey, Ginger, Sesame Oil, Chilli Flakes.		
Contains Egg.		

NUTRITION INFORMATION- Teriyaki Chicken w Brown Rice		
Servings per package: 1	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1880kJ (448Cal)	484kJ (116Cal)
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, Broccoli Stalk, Coconut Aminos, Japanese Mayonnaise, Honey, Ginger, Sesame Oil, Chilli Flakes.		
Contains Egg.		

NUTRITION INFORMATION- Teriyaki Chicken w Brown Rice		
Servings per package: 1	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1420kJ (340Cal)	367kJ (88Cal)
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, Coconut Aminos, Japanese Mayonnaise, Honey, Ginger, Sesame Oil, Chilli Flakes.		
Contains Egg.		

NUTRITION INFORMATION- Thai Beef Salad w Rice Noodles		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1450kJ (347Cal)	398kJ (95Cal)
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
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.		

NUTRITION INFORMATION- Thai Beef Salad w Cucumber Noodles		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1050kJ (250Cal)	287kJ (69Cal)
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: 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.		

NUTRITION INFORMATION- Thai Green Chicken Curry w Brown Rice		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1880kJ (450Cal)	450kJ (108Cal)
PROTEIN	35.4g	8.5g
FAT, TOTAL	20.9g	5.0g
- SATURATED	11.5g	2.8g
CARBOHYDRATE	38.2g	9.1g
- SUGARS	3.9g	0.9g
SODIUM	117mg	28mg
Ingredients: Brown Rice, Light Coconut Milk, Chicken Breast, Zucchini, Spinach, Light Coconut Cream, Broccoli, Thai Green Curry Paste.		

NUTRITION INFORMATION- Thai Green Chicken Curry w Cauli Rice		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1490kJ (357Cal)	357kJ (85Cal)
PROTEIN	36.0g	8.6g
FAT, TOTAL	31.9g	7.6g
- SATURATED	11.4g	2.7g
CARBOHYDRATE	12.4g	3.0g
- SUGARS	4.7g	1.1g
SODIUM	114mg	27mg
Ingredients: Zucchini, Light Coconut Milk, Chicken Breast, Spinach, Light Coconut Cream, Broccoli, Thai Green Curry Paste.		

NUTRITION INFORMATION- Turkey & Cranberry Rissolle w Pomegrante & Quinoa Tabouli		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	4780kJ (1140Cal)	541kJ (129Cal)
PROTEIN	80.5g	9.1g
FAT, TOTAL	67.6g	7.7g
- SATURATED	18.4g	2.1g
CARBOHYDRATE	57.2g	6.5g
- SUGARS	41.9g	4.8g
SODIUM	1030mg	116mg
Ingredients: Turkey Mince, Quinoa, Cranberry Sauce, Carrot, Cucumber, Pumpkin, Zucchini, Spinach, Pomegranate, Parsley, Yoghurt, Lemon Juice, Olive Oil, Mint, Shallots, Salt, Garlic Powder, Onion Powder.		
Contains Milk.		

NUTRITION INFORMATION- Roast Vegetable & Quinoa Salad w Feta & Lemon Pepper Chicken		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1880kJ (450Cal)	510kJ (122Cal)
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.		

NUTRITION INFORMATION- Cauli Carbonara w Chicken & Bacon & Wholemeal Pasta		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2440kJ (583Cal)	444kJ (106Cal)
PROTEIN	41.7g	7.6g
FAT, TOTAL	32.7g	5.9g
- SATURATED	7.7g	1.4g
CARBOHYDRATE	50.4g	9.2g
- SUGARS	5.2g	0.9g
SODIUM	390mg	71mg
Ingredients: Wholemeal Pasta, Zucchini, Cauliflower, Chicken Mince, Short Cut Bacon, Spinach, Low Fat Milk, Mushroom, Peas, Cheddar Cheese, Wholemeal Flour, Butter.		
Contains Wheat, Milk.		

NUTRITION INFORMATION - Cauli Carbonara w Chicken & Bacon & Zoodles only		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1980kJ (472Cal)	360kJ (86Cal)
PROTEIN	39.4g	7.2g
FAT, TOTAL	48.3g	8.8g
- SATURATED	7.5g	1.4g
CARBOHYDRATE	24.4g	4.4g
- SUGARS	6.7g	1.2g
SODIUM	383mg	70mg
Ingredients: Zucchini, Cauliflower, Chicken Mince, Low Fat Milk, Spinach, Short Cut Bacon, Mushroom, Peas, Cheddar Cheese, Wholemeal Flour, Butter.		
Contains Wheat, Milk.		

NUTRITION INFORMATION - Bircher		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1810kJ (433Cal)	633kJ (151Cal)
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, Pepitas, Almonds, Raisins, Walnuts, Shredded Coconut, Sunflower Seeds, Buckwheat, Chia Seeds.		
Contains Wheat, Oats, Milk, Peanuts, Tree		

NUTRITION INFORMATION- Blueberry Waffles		
Servings per package: 1		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2050kJ (491Cal)	712kJ (170Cal)
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, Egg, Milk.		

NUTRITION INFORMATION- Cacao Energy		
Servings per package: 3		
Serving size: 36g		
	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.		

NUTRITION INFORMATION- 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.		