

Week Beginning  
20-Jun-22



Monday Delivery								
Monday Chicken - Tom Yum		Tuesday Meatballs - Swedish		Wednesday Beef - Creamy Dijon				
Nutritional Information Regular		Nutritional Information Regular		Nutritional Information Regular				
Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g			
Energy	1610.00 kJ	536.67 kJ	Energy	1648.00 kJ	549.33 kJ	Energy	1002.50 kJ	401.00 kJ
Protein	28.30 g	9.43 g	Protein	27.75 g	9.25 g	Protein	30.30 g	12.12 g
Fat, total	23.35 g	7.78 g	Fat, total	24.30 g	8.10 g	Fat, total	9.75 g	3.90 g
-saturated	5.25 g	1.75 g	-saturated	11.20 g	3.73 g	-saturated	3.55 g	1.42 g
Carbohydrate	12.15 g	4.05 g	Carbohydrate	12.10 g	4.03 g	Carbohydrate	5.35 g	2.14 g
-sugars	9.75 g	3.25 g	-sugars	9.00 g	3.00 g	-sugars	5.20 g	2.08 g
Sodium	1697.50 mg	565.83 mg	Sodium	815.00 mg	271.67 mg	Sodium	333.50 mg	133.40 mg
<b>Calories</b>	<b>384.80</b>		<b>Calories</b>	<b>393.88</b>		<b>Calories</b>	<b>239.60</b>	
Nutritional Information Warrior		Nutritional Information Warrior		Nutritional Information Warrior				
Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g			
Energy	2070.00 kJ	536.67 kJ	Energy	2493 kJ	549.33 kJ	Energy	1556.5 kJ	401.00 kJ
Protein	42.90 g	9.43 g	Protein	44.35 g	9.25 g	Protein	48.4 g	12.12 g
Fat, total	27.95 g	7.78 g	Fat, total	37.2 g	8.10 g	Fat, total	15.95 g	3.90 g
-saturated	6.85 g	1.75 g	-saturated	16.4 g	3.73 g	-saturated	5.85 g	1.42 g
Carbohydrate	14.55 g	4.05 g	Carbohydrate	15.6 g	4.03 g	Carbohydrate	6.25 g	2.14 g
-sugars	11.15 g	3.25 g	-sugars	11.7 g	3.00 g	-sugars	6 g	2.08 g
Sodium	1833.50 mg	565.83 mg	Sodium	1022 mg	271.67 mg	Sodium	489.5 mg	133.40 mg
<b>Calories</b>	<b>494.74</b>		<b>Calories</b>	<b>595.84</b>		<b>Calories</b>	<b>372.01</b>	

THURSDAY DELIVERY											
Thursday Chicken - Mexican		Friday Beef Mince - Lasagne NO SAUCE		Saturday Lamb - Coconut Sambal		Sunday Fish - Cakes Mexican					
Nutritional Information Regular		Nutritional Information Regular		Nutritional Information Regular		Nutritional Information Regular					
Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g				
Energy	1172.50 kJ	390.83 kJ	Energy	1735.00 kJ	495.71 kJ	Energy	1264.50 kJ	505.80 kJ	Energy	1455.00 kJ	485.00 kJ
Protein	31.15 g	10.38 g	Protein	27.70 g	7.91 g	Protein	22.45 g	8.98 g	Protein	19.75 g	6.58 g
Fat, total	11.25 g	3.75 g	Fat, total	26.15 g	7.47 g	Fat, total	15.55 g	6.22 g	Fat, total	15.40 g	5.13 g
-saturated	2.90 g	0.97 g	-saturated	12.70 g	3.63 g	-saturated	7.10 g	2.84 g	-saturated	3.35 g	1.12 g
Carbohydrate	9.50 g	3.17 g	Carbohydrate	12.85 g	3.67 g	Carbohydrate	16.85 g	6.74 g	Carbohydrate	10.85 g	3.62 g
-sugars	8.95 g	2.98 g	-sugars	9.55 g	2.73 g	-sugars	6.70 g	2.68 g	-sugars	9.80 g	3.27 g
Sodium	734.00 mg	244.67 mg	Sodium	402.00 mg	114.86 mg	Sodium	273.50 mg	109.40 mg	Sodium	1586.00 mg	528.67 mg
<b>Calories</b>	<b>280.23</b>		<b>Calories</b>	<b>414.67</b>		<b>Calories</b>	<b>302.22</b>		<b>Calories</b>	<b>347.75</b>	
Nutritional Information Warrior		Nutritional Information Warrior		Nutritional Information Warrior		Nutritional Information Warrior					
Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g				
Energy	1752.5 kJ	390.83 kJ	Energy	2551 kJ	495.71 kJ	Energy	1893.5 kJ	505.80 kJ	Energy	2251.00 kJ	485.00 kJ
Protein	48.65 g	10.38 g	Protein	44.2 g	7.91 g	Protein	36.25 g	8.98 g	Protein	30.25 g	6.58 g
Fat, total	18.25 g	3.75 g	Fat, total	39.05 g	7.47 g	Fat, total	25.65 g	6.22 g	Fat, total	24.20 g	5.13 g
-saturated	4.7 g	0.97 g	-saturated	17.8 g	3.63 g	-saturated	11.8 g	2.84 g	-saturated	5.35 g	1.12 g
Carbohydrate	10.7 g	3.17 g	Carbohydrate	15.15 g	3.67 g	Carbohydrate	18.05 g	6.74 g	Carbohydrate	15.25 g	3.62 g
-sugars	9.95 g	2.98 g	-sugars	10.25 g	2.73 g	-sugars	7.7 g	2.68 g	-sugars	13.70 g	3.27 g
Sodium	1082 mg	244.67 mg	Sodium	460 mg	114.86 mg	Sodium	401.5 mg	109.40 mg	Sodium	2238.00 mg	528.67 mg
<b>Calories</b>	<b>418.86</b>		<b>Calories</b>	<b>609.70</b>		<b>Calories</b>	<b>452.56</b>		<b>Calories</b>	<b>538.00</b>	

\* Disclaimer. Our nutritional panels are as accurately calculated as possible however they are still considered approximates so shouldn't be depended upon for calculations which may impact on a persons medical status or wellbeing. Please bear this in mind when using them.

The Panels Below are for the Protein Components Only

Monday Delivery								
Monday Chicken - Tom Yum		Tuesday Meatballs - Swedish		Wednesday Beef - Creamy Dijon				
Nutritional Information Regular		Nutritional Information Regular		Nutritional Information Regular				
Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g			
Energy	690.00 kJ	460.00 kJ	Energy	1267.50 kJ	845.00 kJ	Energy	831.00 kJ	554.00 kJ
Protein	21.90 g	14.60 g	Protein	24.90 g	16.60 g	Protein	27.15 g	18.10 g
Fat, total	6.90 g	4.60 g	Fat, total	19.35 g	12.90 g	Fat, total	9.30 g	6.20 g
-saturated	2.40 g	1.60 g	-saturated	7.80 g	5.20 g	-saturated	3.45 g	2.30 g
Carbohydrate	3.60 g	2.40 g	Carbohydrate	5.25 g	3.50 g	Carbohydrate	1.35 g	0.90 g
-sugars	2.10 g	1.40 g	-sugars	4.05 g	2.70 g	-sugars	1.20 g	0.80 g
Sodium	204.00 mg	136.00 mg	Sodium	310.50 mg	207.00 mg	Sodium	234.00 mg	156.00 mg
Calories	164.91		Calories	302.94		Calories	198.61	
Nutritional Information Warrior		Nutritional Information Warrior		Nutritional Information Warrior				
Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g			
Energy	1150.00 kJ	460.00 kJ	Energy	2112.5 kJ	845.00 kJ	Energy	1385 kJ	554.00 kJ
Protein	36.50 g	14.60 g	Protein	41.5 g	16.60 g	Protein	45.25 g	18.10 g
Fat, total	11.50 g	4.60 g	Fat, total	32.25 g	12.90 g	Fat, total	15.5 g	6.20 g
-saturated	4.00 g	1.60 g	-saturated	13 g	5.20 g	-saturated	5.75 g	2.30 g
Carbohydrate	6.00 g	2.40 g	Carbohydrate	8.75 g	3.50 g	Carbohydrate	2.25 g	0.90 g
-sugars	3.50 g	1.40 g	-sugars	6.75 g	2.70 g	-sugars	2 g	0.80 g
Sodium	340.00 mg	136.00 mg	Sodium	517.5 mg	207.00 mg	Sodium	390 mg	156.00 mg
Calories	274.86		Calories	504.90		Calories	331.02	

THURSDAY DELIVERY											
Thursday Chicken - Mexican		Friday Beef Mince - Lasagne NO SAUCE		Saturday Lamb - Coconut Sambal		Sunday Fish - Cakes Mexican					
Nutritional Information Regular		Nutritional Information Regular		Nutritional Information Regular		Nutritional Information Regular					
Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g				
Energy	870.00 kJ	580.00 kJ	Energy	1224.00 kJ	816.00 kJ	Energy	943.50 kJ	629.00 kJ	Energy	1194.00 kJ	796.00 kJ
Protein	26.25 g	17.50 g	Protein	24.75 g	16.50 g	Protein	20.70 g	13.80 g	Protein	15.75 g	10.50 g
Fat, total	10.50 g	7.00 g	Fat, total	19.35 g	12.90 g	Fat, total	15.15 g	10.10 g	Fat, total	13.20 g	8.80 g
-saturated	2.70 g	1.80 g	-saturated	7.65 g	5.10 g	-saturated	7.05 g	4.70 g	-saturated	3.00 g	2.00 g
Carbohydrate	1.80 g	1.20 g	Carbohydrate	3.45 g	2.30 g	Carbohydrate	1.80 g	1.20 g	Carbohydrate	6.60 g	4.40 g
-sugars	1.50 g	1.00 g	-sugars	1.05 g	0.70 g	-sugars	1.50 g	1.00 g	-sugars	5.85 g	3.90 g
Sodium	522.00 mg	348.00 mg	Sodium	87.00 mg	58.00 mg	Sodium	192.00 mg	128.00 mg	Sodium	978.00 mg	652.00 mg
Calories	207.93		Calories	292.54		Calories	225.50		Calories	285.37	
Nutritional Information Warrior		Nutritional Information Warrior		Nutritional Information Warrior		Nutritional Information Warrior					
Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g				
Energy	1450 kJ	580.00 kJ	Energy	2040 kJ	816.00 kJ	Energy	1572.5 kJ	629.00 kJ	Energy	1990.00 kJ	796.00 kJ
Protein	43.75 g	17.50 g	Protein	41.25 g	16.50 g	Protein	34.5 g	13.80 g	Protein	26.25 g	10.50 g
Fat, total	17.5 g	7.00 g	Fat, total	32.25 g	12.90 g	Fat, total	25.25 g	10.10 g	Fat, total	22.00 g	8.80 g
-saturated	4.5 g	1.80 g	-saturated	12.75 g	5.10 g	-saturated	11.75 g	4.70 g	-saturated	5.00 g	2.00 g
Carbohydrate	3 g	1.20 g	Carbohydrate	5.75 g	2.30 g	Carbohydrate	3 g	1.20 g	Carbohydrate	11.00 g	4.40 g
-sugars	2.5 g	1.00 g	-sugars	1.75 g	0.70 g	-sugars	2.5 g	1.00 g	-sugars	9.75 g	3.90 g
Sodium	870 mg	348.00 mg	Sodium	145 mg	58.00 mg	Sodium	320 mg	128.00 mg	Sodium	1630.00 mg	652.00 mg
Calories	346.56		Calories	487.57		Calories	375.84		Calories	475.62	