

Week Beginning
8-Aug-22



Monday Delivery								
Monday Chicken - Peri Peri		Tuesday Koftas - Persian		Wednesday Beef - Black Pepper				
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	1274.00 kJ	318.50 kJ	Energy	1947.00 kJ	486.75 kJ	Energy	1537.50 kJ	410.00 kJ
Protein	26.15 g	6.54 g	Protein	27.90 g	6.98 g	Protein	32.20 g	8.59 g
Fat, total	8.90 g	2.23 g	Fat, total	21.85 g	5.46 g	Fat, total	19.50 g	5.20 g
-saturated	2.75 g	0.69 g	-saturated	8.10 g	2.03 g	-saturated	8.28 g	2.21 g
Carbohydrate	25.45 g	6.36 g	Carbohydrate	32.80 g	8.20 g	Carbohydrate	12.93 g	3.45 g
-sugars	14.25 g	3.56 g	-sugars	28.90 g	7.23 g	-sugars	9.45 g	2.52 g
Sodium	557.00 mg	139.25 mg	Sodium	927.50 mg	231.88 mg	Sodium	471.00 mg	125.60 mg
Calories	304.49		Calories	465.34		Calories	367.47	
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	1715.00 kJ	318.50 kJ	Energy	2791 kJ	486.75 kJ	Energy	2176.5 kJ	410.00 kJ
Protein	41.15 g	6.54 g	Protein	44.5 g	6.98 g	Protein	50 g	8.59 g
Fat, total	13.10 g	2.23 g	Fat, total	34.75 g	5.46 g	Fat, total	28.1 g	5.20 g
-saturated	3.95 g	0.69 g	-saturated	13.3 g	2.03 g	-saturated	11.475 g	2.21 g
Carbohydrate	26.95 g	6.36 g	Carbohydrate	36.1 g	8.20 g	Carbohydrate	13.925 g	3.45 g
-sugars	15.65 g	3.56 g	-sugars	31.5 g	7.23 g	-sugars	10.35 g	2.52 g
Sodium	694.00 mg	139.25 mg	Sodium	1135.5 mg	231.88 mg	Sodium	608 mg	125.60 mg
Calories	409.89		Calories	667.07		Calories	520.20	

THURSDAY DELIVERY											
Thursday Chicken - Mexican		Friday Beef Mince - Dahl		Saturday Lamb - Pulled Orange		Sunday Beef - Madras					
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	1175.50 kJ	293.88 kJ	Energy	1762.50 kJ	503.57 kJ	Energy	1725.50 kJ	493.00 kJ	Energy	1256.00 kJ	314.00 kJ
Protein	26.50 g	6.63 g	Protein	28.00 g	8.00 g	Protein	25.50 g	7.29 g	Protein	28.75 g	7.19 g
Fat, total	8.10 g	2.03 g	Fat, total	23.95 g	6.84 g	Fat, total	24.85 g	7.10 g	Fat, total	11.20 g	2.80 g
-saturated	2.05 g	0.51 g	-saturated	10.85 g	3.10 g	-saturated	9.80 g	2.80 g	-saturated	4.70 g	1.18 g
Carbohydrate	21.70 g	5.43 g	Carbohydrate	19.15 g	5.47 g	Carbohydrate	16.50 g	4.71 g	Carbohydrate	16.65 g	4.16 g
-sugars	15.25 g	3.81 g	-sugars	7.90 g	2.26 g	-sugars	16.10 g	4.60 g	-sugars	11.05 g	2.76 g
Sodium	728.50 mg	182.13 mg	Sodium	606.50 mg	173.29 mg	Sodium	346.50 mg	99.00 mg	Sodium	487.00 mg	121.75 mg
Calories	280.95		Calories	421.25		Calories	412.40		Calories	300.19	
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	1616.5 kJ	293.88 kJ	Energy	2635.5 kJ	503.57 kJ	Energy	2478.5 kJ	493.00 kJ	Energy	1830.00 kJ	314.00 kJ
Protein	41.5 g	6.63 g	Protein	44.4 g	8.00 g	Protein	38.3 g	7.29 g	Protein	45.65 g	7.19 g
Fat, total	12.3 g	2.03 g	Fat, total	39.05 g	6.84 g	Fat, total	37.35 g	7.10 g	Fat, total	17.80 g	2.80 g
-saturated	3.25 g	0.51 g	-saturated	17.95 g	3.10 g	-saturated	14.8 g	2.80 g	-saturated	7.70 g	1.18 g
Carbohydrate	23.2 g	5.43 g	Carbohydrate	20.05 g	5.47 g	Carbohydrate	19.9 g	4.71 g	Carbohydrate	18.75 g	4.16 g
-sugars	16.65 g	3.81 g	-sugars	8.7 g	2.26 g	-sugars	19.3 g	4.60 g	-sugars	12.95 g	2.76 g
Sodium	865.5 mg	182.13 mg	Sodium	811.5 mg	173.29 mg	Sodium	533.5 mg	99.00 mg	Sodium	619.00 mg	121.75 mg
Calories	386.35		Calories	629.90		Calories	592.38		Calories	437.38	

* 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 - Peri Peri		Tuesday Koftas - Persian		Wednesday Beef - Black Pepper				
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	661.50 kJ	441.00 kJ	Energy	1266.00 kJ	844.00 kJ	Energy	958.50 kJ	639.00 kJ
Protein	22.50 g	15.00 g	Protein	24.90 g	16.60 g	Protein	26.70 g	17.80 g
Fat, total	6.30 g	4.20 g	Fat, total	19.35 g	12.90 g	Fat, total	12.90 g	8.60 g
-saturated	1.80 g	1.20 g	-saturated	7.80 g	5.20 g	-saturated	4.80 g	3.20 g
Carbohydrate	2.25 g	1.50 g	Carbohydrate	4.95 g	3.30 g	Carbohydrate	1.50 g	1.00 g
-sugars	2.10 g	1.40 g	-sugars	3.90 g	2.60 g	-sugars	1.35 g	0.90 g
Sodium	205.50 mg	137.00 mg	Sodium	312.00 mg	208.00 mg	Sodium	205.50 mg	137.00 mg
Calories	158.10		Calories	302.58		Calories	229.09	
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	1102.50 kJ	441.00 kJ	Energy	2110 kJ	844.00 kJ	Energy	1597.5 kJ	639.00 kJ
Protein	37.50 g	15.00 g	Protein	41.5 g	16.60 g	Protein	44.5 g	17.80 g
Fat, total	10.50 g	4.20 g	Fat, total	32.25 g	12.90 g	Fat, total	21.5 g	8.60 g
-saturated	3.00 g	1.20 g	-saturated	13 g	5.20 g	-saturated	8 g	3.20 g
Carbohydrate	3.75 g	1.50 g	Carbohydrate	8.25 g	3.30 g	Carbohydrate	2.5 g	1.00 g
-sugars	3.50 g	1.40 g	-sugars	6.5 g	2.60 g	-sugars	2.25 g	0.90 g
Sodium	342.50 mg	137.00 mg	Sodium	520 mg	208.00 mg	Sodium	342.5 mg	137.00 mg
Calories	263.50		Calories	504.30		Calories	381.81	

THURSDAY DELIVERY											
Thursday Chicken - Mexican		Friday Beef Mince - Dahl		Saturday Lamb - Pulled Orange		Sunday Beef - Madras					
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	Average Quantity per Serving	Average Quantity per 100 g		
Energy	661.50 kJ	441.00 kJ	Energy	1309.50 kJ	873.00 kJ	Energy	1129.50 kJ	753.00 kJ	Energy	861.00 kJ	574.00 kJ
Protein	22.50 g	15.00 g	Protein	24.60 g	16.40 g	Protein	19.20 g	12.80 g	Protein	25.35 g	16.90 g
Fat, total	6.30 g	4.20 g	Fat, total	22.65 g	15.10 g	Fat, total	18.75 g	12.50 g	Fat, total	9.90 g	6.60 g
-saturated	1.80 g	1.20 g	-saturated	10.65 g	7.10 g	-saturated	7.50 g	5.00 g	-saturated	4.50 g	3.00 g
Carbohydrate	2.25 g	1.50 g	Carbohydrate	1.35 g	0.90 g	Carbohydrate	5.10 g	3.40 g	Carbohydrate	3.15 g	2.10 g
-sugars	2.10 g	1.40 g	-sugars	1.20 g	0.80 g	-sugars	4.80 g	3.20 g	-sugars	2.85 g	1.90 g
Sodium	205.50 mg	137.00 mg	Sodium	307.50 mg	205.00 mg	Sodium	280.50 mg	187.00 mg	Sodium	198.00 mg	132.00 mg
Calories	158.10		Calories	312.98		Calories	269.96		Calories	205.78	
Nutritional Information Warrior		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	Average Quantity per Serving	Average Quantity per 100 g		
Energy	1102.5 kJ	441.00 kJ	Energy	2182.5 kJ	873.00 kJ	Energy	1882.5 kJ	753.00 kJ	Energy	1435.00 kJ	574.00 kJ
Protein	37.5 g	15.00 g	Protein	41 g	16.40 g	Protein	32 g	12.80 g	Protein	42.25 g	16.90 g
Fat, total	10.5 g	4.20 g	Fat, total	37.75 g	15.10 g	Fat, total	31.25 g	12.50 g	Fat, total	16.50 g	6.60 g
-saturated	3 g	1.20 g	-saturated	17.75 g	7.10 g	-saturated	12.5 g	5.00 g	-saturated	7.50 g	3.00 g
Carbohydrate	3.75 g	1.50 g	Carbohydrate	2.25 g	0.90 g	Carbohydrate	8.5 g	3.40 g	Carbohydrate	5.25 g	2.10 g
-sugars	3.5 g	1.40 g	-sugars	2 g	0.80 g	-sugars	8 g	3.20 g	-sugars	4.75 g	1.90 g
Sodium	342.5 mg	137.00 mg	Sodium	512.5 mg	205.00 mg	Sodium	467.5 mg	187.00 mg	Sodium	330.00 mg	132.00 mg
Calories	263.50		Calories	521.63		Calories	449.93		Calories	342.97	