



| Monday Delivery | | | | | | | | |
|---------------------------------|----------------------------|---------------------------------|----------------------------|---------------------------------|----------------------------|-------------|------------|-----------|
| Monday | | Tuesday | | Wednesday | | | | |
| Chicken - French Roasted | | Meatballs - Beef, Buffalo | | Beef - Chipotle | | | | |
| 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 | 1058.50 kJ | 352.83 kJ | Energy | 1587.00 kJ | 520.33 kJ | Energy | 1380.00 kJ | 520.75 kJ |
| Protein | 24.85 g | 8.28 g | Protein | 30.18 g | 9.90 g | Protein | 28.89 g | 10.90 g |
| Fat, total | 9.90 g | 3.30 g | Fat, total | 21.57 g | 7.07 g | Fat, total | 16.90 g | 6.38 g |
| -saturated | 2.40 g | 0.80 g | -saturated | 8.96 g | 2.94 g | -saturated | 6.97 g | 2.63 g |
| Carbohydrat | 12.85 g | 4.28 g | Carbohydrat | 11.10 g | 3.64 g | Carbohydrat | 13.21 g | 4.98 g |
| -sugars | 9.65 g | 3.22 g | -sugars | 9.70 g | 3.18 g | -sugars | 5.68 g | 2.14 g |
| Sodium | 751.00 mg | 250.33 mg | Sodium | 673.00 mg | 220.66 mg | Sodium | 403.00 mg | 152.08 mg |
| Calories | 252.99 | | Calories | 379.30 | | Calories | 329.83 | |
| 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 | 1584.50 kJ | 352.83 kJ | Energy | 2432 kJ | 520.33 kJ | Energy | 2019 kJ | 520.75 kJ |
| Protein | 39.85 g | 8.28 g | Protein | 46.78 g | 9.90 g | Protein | 46.69 g | 10.90 g |
| Fat, total | 15.80 g | 3.30 g | Fat, total | 34.465 g | 7.07 g | Fat, total | 25.5 g | 6.38 g |
| -saturated | 3.90 g | 0.80 g | -saturated | 14.155 g | 2.94 g | -saturated | 10.165 g | 2.63 g |
| Carbohydrat | 15.55 g | 4.28 g | Carbohydrat | 14.6 g | 3.64 g | Carbohydrat | 14.205 g | 4.98 g |
| -sugars | 12.05 g | 3.22 g | -sugars | 12.4 g | 3.18 g | -sugars | 6.58 g | 2.14 g |
| Sodium | 1060.00 mg | 250.33 mg | Sodium | 880 mg | 220.66 mg | Sodium | 540 mg | 152.08 mg |
| Calories | 378.70 | | Calories | 581.26 | | Calories | 482.55 | |

| THURSDAY DELIVERY | | | | | | | | | | | |
|---------------------------------|----------------------------|---------------------------------|----------------------------|---------------------------------|----------------------------|---------------------------------|----------------------------|-----------|-------------|------------|-----------|
| Thursday | | Friday | | Saturday | | Sunday | | | | | |
| Chicken - Firecracker | | Pork - Yucatan | | Lamb - Peri Peri | | Fish - Thai Cakes | | | | | |
| 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 | 1067.00 kJ | 355.67 kJ | Energy | 1224.00 kJ | 489.60 kJ | Energy | 1467.00 kJ | 523.93 kJ | Energy | 1420.00 kJ | 507.14 kJ |
| Protein | 29.20 g | 9.73 g | Protein | 22.75 g | 9.10 g | Protein | 21.05 g | 7.52 g | Protein | 18.77 g | 6.70 g |
| Fat, total | 11.95 g | 3.98 g | Fat, total | 15.50 g | 6.20 g | Fat, total | 23.94 g | 8.55 g | Fat, total | 14.97 g | 5.35 g |
| -saturated | 3.45 g | 1.15 g | -saturated | 5.80 g | 2.32 g | -saturated | 6.62 g | 2.36 g | -saturated | 3.15 g | 1.13 g |
| Carbohydrat | 5.35 g | 1.78 g | Carbohydrat | 13.35 g | 5.34 g | Carbohydrat | 9.32 g | 3.33 g | Carbohydrat | 14.73 g | 5.26 g |
| -sugars | 4.60 g | 1.53 g | -sugars | 10.75 g | 4.30 g | -sugars | 7.19 g | 2.57 g | -sugars | 9.53 g | 3.40 g |
| Sodium | 808.00 mg | 269.33 mg | Sodium | 620.00 mg | 248.00 mg | Sodium | 589.80 mg | 210.64 mg | Sodium | 1233.60 mg | 440.57 mg |
| Calories | 255.02 | | Calories | 292.54 | | Calories | 350.62 | | Calories | 339.39 | |
| 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 | 1478 kJ | 355.67 kJ | Energy | 1928 kJ | 489.60 kJ | Energy | 2025 kJ | 523.93 kJ | Energy | 2230.00 kJ | 507.14 kJ |
| Protein | 42.6 g | 9.73 g | Protein | 36.65 g | 9.10 g | Protein | 33.95 g | 7.52 g | Protein | 29.47 g | 6.70 g |
| Fat, total | 15.75 g | 3.98 g | Fat, total | 25.4 g | 6.20 g | Fat, total | 32.14 g | 8.55 g | Fat, total | 24.37 g | 5.35 g |
| -saturated | 4.55 g | 1.15 g | -saturated | 9.6 g | 2.32 g | -saturated | 9.82 g | 2.36 g | -saturated | 5.15 g | 1.13 g |
| Carbohydrat | 7.55 g | 1.78 g | Carbohydrat | 19.05 g | 5.34 g | Carbohydrat | 11.02 g | 3.33 g | Carbohydrat | 19.53 g | 5.26 g |
| -sugars | 6.3 g | 1.53 g | -sugars | 14.75 g | 4.30 g | -sugars | 8.69 g | 2.57 g | -sugars | 12.73 g | 3.40 g |
| Sodium | 994 mg | 269.33 mg | Sodium | 922 mg | 248.00 mg | Sodium | 761.8 mg | 210.64 mg | Sodium | 1799.60 mg | 440.57 mg |
| Calories | 353.25 | | Calories | 460.80 | | Calories | 483.99 | | Calories | 532.98 | |

* 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 - French Roasted | | Tuesday Meatballs - Beef, Buffalo | | Wednesday Beef - Chipotle | |
| 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 | 789.00 kJ | 526.00 kJ | Energy | 1267.50 kJ | 845.00 kJ |
| Protein | 22.50 g | 15.00 g | Protein | 24.90 g | 16.60 g |
| Fat, total | 8.85 g | 5.90 g | Fat, total | 19.35 g | 12.90 g |
| -saturated | 2.25 g | 1.50 g | -saturated | 7.80 g | 5.20 g |
| Carbohydrate | 4.05 g | 2.70 g | Carbohydrate | 5.25 g | 3.50 g |
| -sugars | 3.60 g | 2.40 g | -sugars | 4.05 g | 2.70 g |
| Sodium | 463.50 mg | 309.00 mg | Sodium | 310.50 mg | 207.00 mg |
| Calories | 188.58 | | Calories | 302.94 | |
| Energy | 958.50 kJ | 639.00 kJ | Energy | 958.50 kJ | 639.00 kJ |
| Protein | 26.70 g | 17.80 g | Protein | 26.70 g | 17.80 g |
| Fat, total | 12.90 g | 8.60 g | Fat, total | 12.90 g | 8.60 g |
| -saturated | 4.80 g | 3.20 g | -saturated | 4.80 g | 3.20 g |
| Carbohydrate | 1.50 g | 1.00 g | Carbohydrate | 1.50 g | 1.00 g |
| -sugars | 1.35 g | 0.90 g | -sugars | 1.35 g | 0.90 g |
| Sodium | 205.50 mg | 137.00 mg | Sodium | 205.50 mg | 137.00 mg |
| Calories | 229.09 | | 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 | 1315.00 kJ | 526.00 kJ | Energy | 2112.5 kJ | 845.00 kJ |
| Protein | 37.50 g | 15.00 g | Protein | 41.5 g | 16.60 g |
| Fat, total | 14.75 g | 5.90 g | Fat, total | 32.25 g | 12.90 g |
| -saturated | 3.75 g | 1.50 g | -saturated | 13 g | 5.20 g |
| Carbohydrate | 6.75 g | 2.70 g | Carbohydrate | 8.75 g | 3.50 g |
| -sugars | 6.00 g | 2.40 g | -sugars | 6.75 g | 2.70 g |
| Sodium | 772.50 mg | 309.00 mg | Sodium | 517.5 mg | 207.00 mg |
| Calories | 314.29 | | Calories | 504.90 | |
| Energy | 1597.5 kJ | 639.00 kJ | Energy | 1597.5 kJ | 639.00 kJ |
| Protein | 44.5 g | 17.80 g | Protein | 44.5 g | 17.80 g |
| Fat, total | 21.5 g | 8.60 g | Fat, total | 21.5 g | 8.60 g |
| -saturated | 8 g | 3.20 g | -saturated | 8 g | 3.20 g |
| Carbohydrate | 2.5 g | 1.00 g | Carbohydrate | 2.5 g | 1.00 g |
| -sugars | 2.25 g | 0.90 g | -sugars | 2.25 g | 0.90 g |
| Sodium | 342.5 mg | 137.00 mg | Sodium | 342.5 mg | 137.00 mg |
| Calories | 381.81 | | Calories | 381.81 | |

| THURSDAY DELIVERY | | | | | | | | | | | |
|---------------------------------|----------------------------|---------------------------------|----------------------------|---------------------------------|----------------------------|---------------------------------|----------------------------|-----------|--------------|------------|-----------|
| Thursday Chicken - Firecracker | | Friday Pork - Yucatan | | Saturday Lamb - Peri Peri | | Sunday Fish - Thai Cakes | | | | | |
| 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 | 616.50 kJ | 411.00 kJ | Energy | 1056.00 kJ | 704.00 kJ | Energy | 837.00 kJ | 558.00 kJ | Energy | 1215.00 kJ | 810.00 kJ |
| Protein | 20.10 g | 13.40 g | Protein | 20.85 g | 13.90 g | Protein | 19.35 g | 12.90 g | Protein | 16.05 g | 10.70 g |
| Fat, total | 5.70 g | 3.80 g | Fat, total | 14.85 g | 9.90 g | Fat, total | 12.30 g | 8.20 g | Fat, total | 14.10 g | 9.40 g |
| -saturated | 1.65 g | 1.10 g | -saturated | 5.70 g | 3.80 g | -saturated | 4.80 g | 3.20 g | -saturated | 3.00 g | 2.00 g |
| Carbohydrate | 3.30 g | 2.20 g | Carbohydrate | 8.55 g | 5.70 g | Carbohydrate | 2.55 g | 1.70 g | Carbohydrate | 7.20 g | 4.80 g |
| -sugars | 2.55 g | 1.70 g | -sugars | 6.00 g | 4.00 g | -sugars | 2.25 g | 1.50 g | -sugars | 4.80 g | 3.20 g |
| Sodium | 279.00 mg | 186.00 mg | Sodium | 453.00 mg | 302.00 mg | Sodium | 258.00 mg | 172.00 mg | Sodium | 849.00 mg | 566.00 mg |
| Calories | 147.35 | | Calories | 252.39 | | Calories | 200.05 | | Calories | 290.39 | |
| 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 | 1027.5 kJ | 411.00 kJ | Energy | 1760 kJ | 704.00 kJ | Energy | 1395 kJ | 558.00 kJ | Energy | 2025.00 kJ | 810.00 kJ |
| Protein | 33.5 g | 13.40 g | Protein | 34.75 g | 13.90 g | Protein | 32.25 g | 12.90 g | Protein | 26.75 g | 10.70 g |
| Fat, total | 9.5 g | 3.80 g | Fat, total | 24.75 g | 9.90 g | Fat, total | 20.5 g | 8.20 g | Fat, total | 23.50 g | 9.40 g |
| -saturated | 2.75 g | 1.10 g | -saturated | 9.5 g | 3.80 g | -saturated | 8 g | 3.20 g | -saturated | 5.00 g | 2.00 g |
| Carbohydrate | 5.5 g | 2.20 g | Carbohydrate | 14.25 g | 5.70 g | Carbohydrate | 4.25 g | 1.70 g | Carbohydrate | 12.00 g | 4.80 g |
| -sugars | 4.25 g | 1.70 g | -sugars | 10 g | 4.00 g | -sugars | 3.75 g | 1.50 g | -sugars | 8.00 g | 3.20 g |
| Sodium | 465 mg | 186.00 mg | Sodium | 755 mg | 302.00 mg | Sodium | 430 mg | 172.00 mg | Sodium | 1415.00 mg | 566.00 mg |
| Calories | 245.58 | | Calories | 420.65 | | Calories | 333.41 | | Calories | 483.99 | |