



Monday Delivery								
Monday Chicken - Israeli		Tuesday Meatballs - Beef, Mexican		Wednesday Beef - Cajun Braised				
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	1194.00 kJ	398.00 kJ	Energy	1586.00 kJ	528.67 kJ	Energy	1518.50 kJ	573.02 kJ
Protein	28.75 g	9.58 g	Protein	26.50 g	8.83 g	Protein	30.09 g	11.35 g
Fat, total	12.30 g	4.10 g	Fat, total	19.95 g	6.65 g	Fat, total	23.68 g	8.93 g
-saturated	2.95 g	0.98 g	-saturated	7.85 g	2.62 g	-saturated	11.67 g	4.40 g
Carbohydrate	12.45 g	4.15 g	Carbohydrate	18.80 g	6.27 g	Carbohydrate	5.80 g	2.19 g
-sugars	11.05 g	3.68 g	-sugars	11.90 g	3.97 g	-sugars	3.98 g	1.50 g
Sodium	984.00 mg	328.00 mg	Sodium	668.50 mg	222.83 mg	Sodium	549.00 mg	207.17 mg
Calories	285.37		Calories	379.06		Calories	362.93	
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	1772.00 kJ	398.00 kJ	Energy	2431 kJ	528.67 kJ	Energy	2157.5 kJ	573.02 kJ
Protein	46.25 g	9.58 g	Protein	43.1 g	8.83 g	Protein	47.89 g	11.35 g
Fat, total	19.30 g	4.10 g	Fat, total	32.85 g	6.65 g	Fat, total	32.275 g	8.93 g
-saturated	4.75 g	0.98 g	-saturated	13.05 g	2.62 g	-saturated	14.865 g	4.40 g
Carbohydrate	13.55 g	4.15 g	Carbohydrate	22.3 g	6.27 g	Carbohydrate	6.8 g	2.19 g
-sugars	12.05 g	3.68 g	-sugars	14.6 g	3.97 g	-sugars	4.88 g	1.50 g
Sodium	1373.00 mg	328.00 mg	Sodium	875.5 mg	222.83 mg	Sodium	686 mg	207.17 mg
Calories	423.52		Calories	581.02		Calories	515.65	

THURSDAY DELIVERY								
Thursday Chicken - Garlic Roasted		Friday Beef Mince - Korma		Saturday Lamb - Roast Shawarma		Sunday Meatballs - Beef Rissoles		
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	995.50 kJ	331.83 kJ	Energy	1370.50 kJ	548.20 kJ	Energy	1712.50 kJ	611.61 kJ
Protein	27.80 g	9.27 g	Protein	24.70 g	9.88 g	Protein	26.83 g	9.58 g
Fat, total	7.95 g	2.65 g	Fat, total	21.00 g	8.40 g	Fat, total	28.31 g	10.11 g
-saturated	2.30 g	0.77 g	-saturated	9.20 g	3.68 g	-saturated	8.11 g	2.90 g
Carbohydrate	11.05 g	3.68 g	Carbohydrate	6.05 g	2.42 g	Carbohydrate	10.34 g	3.69 g
-sugars	9.60 g	3.20 g	-sugars	3.90 g	1.56 g	-sugars	4.09 g	1.46 g
Sodium	686.00 mg	228.67 mg	Sodium	411.50 mg	164.60 mg	Sodium	923.60 mg	329.86 mg
Calories	237.93		Calories	327.56		Calories	409.30	
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	1488.5 kJ	331.83 kJ	Energy	2158.5 kJ	548.20 kJ	Energy	2437.5 kJ	611.61 kJ
Protein	44.1 g	9.27 g	Protein	39.8 g	9.88 g	Protein	43.53 g	9.58 g
Fat, total	12.65 g	2.65 g	Fat, total	34.3 g	8.40 g	Fat, total	39.91 g	10.11 g
-saturated	3.7 g	0.77 g	-saturated	15.2 g	3.68 g	-saturated	12.41 g	2.90 g
Carbohydrate	13.25 g	3.68 g	Carbohydrate	7.25 g	2.42 g	Carbohydrate	10.84 g	3.69 g
-sugars	11.7 g	3.20 g	-sugars	4.9 g	1.56 g	-sugars	4.19 g	1.46 g
Sodium	837 mg	228.67 mg	Sodium	551.5 mg	164.60 mg	Sodium	1279.6 mg	329.86 mg
Calories	355.76		Calories	515.89		Calories	582.58	
Energy			Energy			Energy		
Protein			Protein			Protein		
Fat, total			Fat, total			Fat, total		
-saturated			-saturated			-saturated		
Carbohydrate			Carbohydrate			Carbohydrate		
-sugars			-sugars			-sugars		
Sodium			Sodium			Sodium		
Calories			Calories			Calories		

* 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 - Israel		Tuesday Meatballs - Beef, Mexican		Wednesday Beef - Cajun Braised				
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	867.00 kJ	578.00 kJ	Energy	1267.50 kJ	845.00 kJ	Energy	958.50 kJ	639.00 kJ
Protein	26.25 g	17.50 g	Protein	24.90 g	16.60 g	Protein	26.70 g	17.80 g
Fat, total	10.50 g	7.00 g	Fat, total	19.35 g	12.90 g	Fat, total	12.90 g	8.60 g
-saturated	2.70 g	1.80 g	-saturated	7.80 g	5.20 g	-saturated	4.80 g	3.20 g
Carbohydrate	1.65 g	1.10 g	Carbohydrate	5.25 g	3.50 g	Carbohydrate	1.50 g	1.00 g
-sugars	1.50 g	1.00 g	-sugars	4.05 g	2.70 g	-sugars	1.35 g	0.90 g
Sodium	583.50 mg	389.00 mg	Sodium	310.50 mg	207.00 mg	Sodium	205.50 mg	137.00 mg
Calories	207.22		Calories	302.94		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	1445.00 kJ	578.00 kJ	Energy	2112.5 kJ	845.00 kJ	Energy	1597.5 kJ	639.00 kJ
Protein	43.75 g	17.50 g	Protein	41.5 g	16.60 g	Protein	44.5 g	17.80 g
Fat, total	17.50 g	7.00 g	Fat, total	32.25 g	12.90 g	Fat, total	21.5 g	8.60 g
-saturated	4.50 g	1.80 g	-saturated	13 g	5.20 g	-saturated	8 g	3.20 g
Carbohydrate	2.75 g	1.10 g	Carbohydrate	8.75 g	3.50 g	Carbohydrate	2.5 g	1.00 g
-sugars	2.50 g	1.00 g	-sugars	6.75 g	2.70 g	-sugars	2.25 g	0.90 g
Sodium	972.50 mg	389.00 mg	Sodium	517.5 mg	207.00 mg	Sodium	342.5 mg	137.00 mg
Calories	345.36		Calories	504.90		Calories	381.81	

THURSDAY DELIVERY											
Thursday Chicken - Garlic Roasted		Friday Beef Mince - Korma		Saturday Lamb - Roast Shawarma		Sunday Meatballs - Beef Rissoles					
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	739.50 kJ	493.00 kJ	Energy	1182.00 kJ	788.00 kJ	Energy	1087.50 kJ	725.00 kJ	Energy	1326.00 kJ	884.00 kJ
Protein	24.45 g	16.30 g	Protein	22.65 g	15.10 g	Protein	25.05 g	16.70 g	Protein	23.85 g	15.90 g
Fat, total	7.05 g	4.70 g	Fat, total	19.95 g	13.30 g	Fat, total	17.40 g	11.60 g	Fat, total	20.10 g	13.40 g
-saturated	2.10 g	1.40 g	-saturated	9.00 g	6.00 g	-saturated	6.45 g	4.30 g	-saturated	9.00 g	6.00 g
Carbohydrate	3.30 g	2.20 g	Carbohydrate	1.80 g	1.20 g	Carbohydrate	0.75 g	0.50 g	Carbohydrate	5.40 g	3.60 g
-sugars	3.15 g	2.10 g	-sugars	1.50 g	1.00 g	-sugars	0.15 g	0.10 g	-sugars	4.35 g	2.90 g
Sodium	226.50 mg	151.00 mg	Sodium	210.00 mg	140.00 mg	Sodium	534.00 mg	356.00 mg	Sodium	592.50 mg	395.00 mg
Calories	176.74		Calories	282.50		Calories	259.92		Calories	316.92	
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	1232.5 kJ	493.00 kJ	Energy	1970 kJ	788.00 kJ	Energy	1812.5 kJ	725.00 kJ	Energy	2210.00 kJ	884.00 kJ
Protein	40.75 g	16.30 g	Protein	37.75 g	15.10 g	Protein	41.75 g	16.70 g	Protein	39.75 g	15.90 g
Fat, total	11.75 g	4.70 g	Fat, total	33.25 g	13.30 g	Fat, total	29 g	11.60 g	Fat, total	33.50 g	13.40 g
-saturated	3.5 g	1.40 g	-saturated	15 g	6.00 g	-saturated	10.75 g	4.30 g	-saturated	15.00 g	6.00 g
Carbohydrate	5.5 g	2.20 g	Carbohydrate	3 g	1.20 g	Carbohydrate	1.25 g	0.50 g	Carbohydrate	9.00 g	3.60 g
-sugars	5.25 g	2.10 g	-sugars	2.5 g	1.00 g	-sugars	0.25 g	0.10 g	-sugars	7.25 g	2.90 g
Sodium	377.5 mg	151.00 mg	Sodium	350 mg	140.00 mg	Sodium	890 mg	356.00 mg	Sodium	987.50 mg	395.00 mg
Calories	294.57		Calories	470.84		Calories	433.20		Calories	528.20	