



Monday Delivery								
Monday	Chicken - Thai Roast		Tuesday	Meatballs - Beef, Chipotle		Wednesday	Beef - Mexian /w 70% dark chocolate	
Nutritional Information Regular			Nutritional Information Regular			Nutritional Information Regular		
Average Quantity per Serving			Average Quantity per Serving			Average Quantity per Serving		
Energy	982.50	1341	Energy	1444.60	1260	Energy	1109.00	1004
Protein	24.90	22.6	Protein	26.43	20.1	Protein	26.00	20.2
Fat, total	9.50	13.7	Fat, total	20.27	15.1	Fat, total	13.65	11.1
-saturated	3.78	6.9	-saturated	7.93	5.5	-saturated	4.70	3.4
Carbohydrat	10.38	22.4	Carbohydrat	10.22	15.4	Carbohydrat	7.85	11.7
-sugars	8.18	20	-sugars	8.75	14.1	-sugars	6.50	9.4
Sodium	433.75	784	Sodium	678.20	1092	Sodium	428.00	606
Calories	234.82		Calories	345.27		Calories	265.06	
Nutritional Information Warrior			Nutritional Information Warrior			Nutritional Information Warrior		
Average Quantity per Serving			Average Quantity per Serving			Average Quantity per Serving		
Energy	1442.50	1341	Energy	2291.6	1260	Energy	1716	1004
Protein	39.50	22.6	Protein	43.03	20.1	Protein	41.9	20.2
Fat, total	14.10	13.7	Fat, total	33.17	15.1	Fat, total	21.75	11.1
-saturated	5.38	6.9	-saturated	13.13	5.5	-saturated	7.7	3.4
Carbohydrat	12.78	22.4	Carbohydrat	13.82	15.4	Carbohydrat	9.85	11.7
-sugars	9.58	20	-sugars	11.45	14.1	-sugars	8.3	9.4
Sodium	569.75	784	Sodium	886.2	1092	Sodium	553	606
Calories	344.77		Calories	547.71		Calories	410.13	

THURSDAY DELIVERY											
Thursday	Chicken - Crumbed Chicken		Friday	Beef Mince - Cuban Ground Beef		Saturday	Lamb - Rogan Josh		Sunday	Beef - Green Thai	
Nutritional Information Regular			Nutritional Information Regular			Nutritional Information Regular			Nutritional Information Regular		
Average Quantity per Serving			Average Quantity per Serving			Average Quantity per Serving			Average Quantity per Serving		
Energy	1117.20	1190	Energy	1318.00	1152	Energy	1201.50	955	Energy	1221.50	1199
Protein	29.96	25	Protein	24.05	17.9	Protein	22.50	19.8	Protein	26.45	20.3
Fat, total	11.09	8.3	Fat, total	18.85	13.9	Fat, total	20.15	14.1	Fat, total	13.20	9.4
-saturated	5.05	3.5	-saturated	7.25	5.1	-saturated	8.35	5.7	-saturated	5.05	3.5
Carbohydrat	7.17	20.3	Carbohydrat	7.85	12.9	Carbohydrat	2.60	2.4	Carbohydrat	15.00	26.6
-sugars	6.07	16.7	-sugars	6.05	9.3	-sugars	2.30	2.2	-sugars	6.40	9.8
Sodium	513.70	953	Sodium	364.50	519	Sodium	270.50	319	Sodium	247.00	272
Calories	267.02		Calories	315.01		Calories	287.17		Calories	291.95	
Nutritional Information Warrior			Nutritional Information Warrior			Nutritional Information Warrior			Nutritional Information Warrior		
Average Quantity per Serving			Average Quantity per Serving			Average Quantity per Serving			Average Quantity per Serving		
Energy	1708.2	1190	Energy	2060	1152	Energy	1925.5	955	Energy	1843.50	1199
Protein	47.56	25	Protein	39.15	17.9	Protein	35.1	19.8	Protein	42.75	20.3
Fat, total	18.09	8.3	Fat, total	30.75	13.9	Fat, total	33.25	14.1	Fat, total	21.70	9.4
-saturated	8.35	3.5	-saturated	11.95	5.1	-saturated	13.85	5.7	-saturated	8.35	3.5
Carbohydrat	7.67	20.3	Carbohydrat	9.25	12.9	Carbohydrat	4	2.4	Carbohydrat	16.70	26.6
-sugars	6.57	16.7	-sugars	7.45	9.3	-sugars	3.5	2.2	-sugars	7.90	9.8
Sodium	673.7	953	Sodium	469.5	519	Sodium	381.5	319	Sodium	358.00	272
Calories	408.27		Calories	492.35		Calories	460.21		Calories	440.61	

* 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.