



Monday Delivery								
Monday Chicken - Jerk		Tuesday Meatballs - Beef		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	1749.50 kJ	624.82 kJ	Energy	1500.00 kJ	500.00 kJ	Energy	1320.50 kJ	471.61 kJ
Protein	26.99 g	9.64 g	Protein	27.05 g	9.02 g	Protein	31.18 g	11.14 g
Fat, total	28.54 g	10.19 g	Fat, total	20.45 g	6.82 g	Fat, total	15.75 g	5.63 g
-saturated	5.50 g	1.96 g	-saturated	7.95 g	2.65 g	-saturated	7.48 g	2.67 g
Carbohydrate	12.16 g	4.34 g	Carbohydrate	11.95 g	3.98 g	Carbohydrate	10.51 g	3.75 g
-sugars	8.79 g	3.14 g	-sugars	9.85 g	3.28 g	-sugars	4.71 g	1.68 g
Sodium	489.80 mg	174.93 mg	Sodium	648.50 mg	216.17 mg	Sodium	323.50 mg	115.54 mg
Calories	418.14		Calories	358.51		Calories	315.61	
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	2242.50 kJ	624.82 kJ	Energy	2345 kJ	500.00 kJ	Energy	1874.5 kJ	471.61 kJ
Protein	43.29 g	9.64 g	Protein	43.65 g	9.02 g	Protein	49.28 g	11.14 g
Fat, total	33.24 g	10.19 g	Fat, total	33.35 g	6.82 g	Fat, total	21.95 g	5.63 g
-saturated	6.90 g	1.96 g	-saturated	13.15 g	2.65 g	-saturated	9.78 g	2.67 g
Carbohydrate	14.36 g	4.34 g	Carbohydrate	15.45 g	3.98 g	Carbohydrate	11.41 g	3.75 g
-sugars	10.89 g	3.14 g	-sugars	12.55 g	3.28 g	-sugars	5.51 g	1.68 g
Sodium	640.80 mg	174.93 mg	Sodium	855.5 mg	216.17 mg	Sodium	479.5 mg	115.54 mg
Calories	535.97		Calories	560.47		Calories	448.02	

THURSDAY DELIVERY											
Thursday Chicken - Stuffed NO SAUCE		Friday Beef Mince - Asian		Saturday Lamb - Mediterranean		Sunday Fish - Tarragon 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	1267.00 kJ	422.33 kJ	Energy	1442.00 kJ	576.80 kJ	Energy	1245.50 kJ	470.00 kJ	Energy	1425.50 kJ	509.11 kJ
Protein	36.10 g	12.03 g	Protein	26.75 g	10.70 g	Protein	23.05 g	8.70 g	Protein	20.14 g	7.19 g
Fat, total	4.25 g	1.42 g	Fat, total	23.40 g	9.36 g	Fat, total	19.42 g	7.33 g	Fat, total	35.69 g	12.75 g
-saturated	1.25 g	0.42 g	-saturated	10.80 g	4.32 g	-saturated	6.11 g	2.31 g	-saturated	6.45 g	2.30 g
Carbohydrate	25.85 g	8.62 g	Carbohydrate	3.70 g	1.48 g	Carbohydrate	5.86 g	2.21 g	Carbohydrate	13.46 g	4.81 g
-sugars	13.75 g	4.58 g	-sugars	3.50 g	1.40 g	-sugars	5.00 g	1.88 g	-sugars	8.34 g	2.98 g
Sodium	1069.00 mg	356.33 mg	Sodium	459.00 mg	183.60 mg	Sodium	417.90 mg	157.70 mg	Sodium	1061.30 mg	379.04 mg
Calories	302.82		Calories	344.65		Calories	297.68		Calories	340.70	
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	1734 kJ	422.33 kJ	Energy	2315 kJ	576.80 kJ	Energy	1836.5 kJ	470.00 kJ	Energy	2235.50 kJ	509.11 kJ
Protein	57.9 g	12.03 g	Protein	43.15 g	10.70 g	Protein	37.25 g	8.70 g	Protein	30.84 g	7.19 g
Fat, total	6.35 g	1.42 g	Fat, total	38.5 g	9.36 g	Fat, total	28.42 g	7.33 g	Fat, total	45.09 g	12.75 g
-saturated	1.95 g	0.42 g	-saturated	17.9 g	4.32 g	-saturated	9.61 g	2.31 g	-saturated	8.45 g	2.30 g
Carbohydrate	26.35 g	8.62 g	Carbohydrate	4.6 g	1.48 g	Carbohydrate	6.86 g	2.21 g	Carbohydrate	18.26 g	4.81 g
-sugars	13.85 g	4.58 g	-sugars	4.3 g	1.40 g	-sugars	5.895 g	1.88 g	-sugars	11.54 g	2.98 g
Sodium	1111 mg	356.33 mg	Sodium	664 mg	183.60 mg	Sodium	547.9 mg	157.70 mg	Sodium	1627.30 mg	379.04 mg
Calories	414.44		Calories	553.30		Calories	438.93		Calories	534.30	

* 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 - Jerk		Tuesday Meatballs - Beef		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	739.50 kJ	493.00 kJ	Energy	1267.50 kJ	845.00 kJ	Energy	831.00 kJ	554.00 kJ
Protein	24.45 g	16.30 g	Protein	24.90 g	16.60 g	Protein	27.15 g	18.10 g
Fat, total	7.05 g	4.70 g	Fat, total	19.35 g	12.90 g	Fat, total	9.30 g	6.20 g
-saturated	2.10 g	1.40 g	-saturated	7.80 g	5.20 g	-saturated	3.45 g	2.30 g
Carbohydrate	3.30 g	2.20 g	Carbohydrate	5.25 g	3.50 g	Carbohydrate	1.35 g	0.90 g
-sugars	3.15 g	2.10 g	-sugars	4.05 g	2.70 g	-sugars	1.20 g	0.80 g
Sodium	226.50 mg	151.00 mg	Sodium	310.50 mg	207.00 mg	Sodium	234.00 mg	156.00 mg
Calories	176.74		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	1232.50 kJ	493.00 kJ	Energy	2112.5 kJ	845.00 kJ	Energy	1385 kJ	554.00 kJ
Protein	40.75 g	16.30 g	Protein	41.5 g	16.60 g	Protein	45.25 g	18.10 g
Fat, total	11.75 g	4.70 g	Fat, total	32.25 g	12.90 g	Fat, total	15.5 g	6.20 g
-saturated	3.50 g	1.40 g	-saturated	13 g	5.20 g	-saturated	5.75 g	2.30 g
Carbohydrate	5.50 g	2.20 g	Carbohydrate	8.75 g	3.50 g	Carbohydrate	2.25 g	0.90 g
-sugars	5.25 g	2.10 g	-sugars	6.75 g	2.70 g	-sugars	2 g	0.80 g
Sodium	377.50 mg	151.00 mg	Sodium	517.5 mg	207.00 mg	Sodium	390 mg	156.00 mg
Calories	294.57		Calories	504.90		Calories	331.02	

THURSDAY DELIVERY											
Thursday Chicken - Stuffed NO SAUCE		Friday Beef Mince - Asian		Saturday Lamb - Mediterranean		Sunday Fish - Tarragon 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	700.50 kJ	467.00 kJ	Energy	1309.50 kJ	873.00 kJ	Energy	886.50 kJ	591.00 kJ	Energy	1215.00 kJ	810.00 kJ
Protein	32.70 g	21.80 g	Protein	24.60 g	16.40 g	Protein	21.30 g	14.20 g	Protein	16.05 g	10.70 g
Fat, total	3.15 g	2.10 g	Fat, total	22.65 g	15.10 g	Fat, total	13.50 g	9.00 g	Fat, total	14.10 g	9.40 g
-saturated	1.05 g	0.70 g	-saturated	10.65 g	7.10 g	-saturated	5.25 g	3.50 g	-saturated	3.00 g	2.00 g
Carbohydrate	0.75 g	0.50 g	Carbohydrate	1.35 g	0.90 g	Carbohydrate	1.50 g	1.00 g	Carbohydrate	7.20 g	4.80 g
-sugars	0.15 g	0.10 g	-sugars	1.20 g	0.80 g	-sugars	1.35 g	0.90 g	-sugars	4.80 g	3.20 g
Sodium	63.00 mg	42.00 mg	Sodium	307.50 mg	205.00 mg	Sodium	195.00 mg	130.00 mg	Sodium	849.00 mg	566.00 mg
Calories	167.42		Calories	312.98		Calories	211.88		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	1167.5 kJ	467.00 kJ	Energy	2182.5 kJ	873.00 kJ	Energy	1477.5 kJ	591.00 kJ	Energy	2025.00 kJ	810.00 kJ
Protein	54.5 g	21.80 g	Protein	41 g	16.40 g	Protein	35.5 g	14.20 g	Protein	26.75 g	10.70 g
Fat, total	5.25 g	2.10 g	Fat, total	37.75 g	15.10 g	Fat, total	22.5 g	9.00 g	Fat, total	23.50 g	9.40 g
-saturated	1.75 g	0.70 g	-saturated	17.75 g	7.10 g	-saturated	8.75 g	3.50 g	-saturated	5.00 g	2.00 g
Carbohydrate	1.25 g	0.50 g	Carbohydrate	2.25 g	0.90 g	Carbohydrate	2.5 g	1.00 g	Carbohydrate	12.00 g	4.80 g
-sugars	0.25 g	0.10 g	-sugars	2 g	0.80 g	-sugars	2.25 g	0.90 g	-sugars	8.00 g	3.20 g
Sodium	105 mg	42.00 mg	Sodium	512.5 mg	205.00 mg	Sodium	325 mg	130.00 mg	Sodium	1415.00 mg	566.00 mg
Calories	279.04		Calories	521.63		Calories	353.13		Calories	483.99	