



Monday Delivery								
Monday Chicken - Cumin		Tuesday Meatballs - Honey		Wednesday Beef - Stroganoff				
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	1092.00 kJ	364.00 kJ	Energy	1536.00 kJ	512.00 kJ	Energy	1164.50 kJ	465.80 kJ
Protein	29.50 g	9.83 g	Protein	27.50 g	9.17 g	Protein	28.40 g	11.36 g
Fat, total	11.40 g	3.80 g	Fat, total	20.90 g	6.97 g	Fat, total	14.95 g	5.98 g
-saturated	2.85 g	0.95 g	-saturated	8.05 g	2.68 g	-saturated	6.55 g	2.62 g
Carbohydrate	7.05 g	2.35 g	Carbohydrate	12.15 g	4.05 g	Carbohydrate	5.70 g	2.28 g
-sugars	6.70 g	2.23 g	-sugars	8.95 g	2.98 g	-sugars	5.50 g	2.20 g
Sodium	868.00 mg	289.33 mg	Sodium	702.50 mg	234.17 mg	Sodium	350.50 mg	140.20 mg
<b>Calories</b>	<b>260.99</b>		<b>Calories</b>	<b>367.11</b>		<b>Calories</b>	<b>278.32</b>	
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	1670.00 kJ	364.00 kJ	Energy	2381 kJ	512.00 kJ	Energy	1821.5 kJ	465.80 kJ
Protein	47.00 g	9.83 g	Protein	44.1 g	9.17 g	Protein	45.3 g	11.36 g
Fat, total	18.40 g	3.80 g	Fat, total	33.8 g	6.97 g	Fat, total	24.45 g	5.98 g
-saturated	4.65 g	0.95 g	-saturated	13.25 g	2.68 g	-saturated	10.85 g	2.62 g
Carbohydrate	8.15 g	2.35 g	Carbohydrate	15.65 g	4.05 g	Carbohydrate	6.8 g	2.28 g
-sugars	7.70 g	2.23 g	-sugars	11.65 g	2.98 g	-sugars	6.5 g	2.20 g
Sodium	1257.00 mg	289.33 mg	Sodium	909.5 mg	234.17 mg	Sodium	475.5 mg	140.20 mg
<b>Calories</b>	<b>399.14</b>		<b>Calories</b>	<b>569.07</b>		<b>Calories</b>	<b>435.35</b>	

THURSDAY DELIVERY								
Thursday Chicken - Stuffed NO SAUCE		Friday Beef Mince - Cajun Chili		Saturday Lamb - Pasanda		Sunday Pork - Korean BBQ Sweet		
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	1219.50 kJ	406.50 kJ	Energy	1257.00 kJ	502.80 kJ	Energy	1342.50 kJ	488.18 kJ
Protein	36.70 g	12.23 g	Protein	25.35 g	10.14 g	Protein	26.20 g	9.53 g
Fat, total	9.30 g	3.10 g	Fat, total	18.30 g	7.32 g	Fat, total	17.85 g	6.49 g
-saturated	1.90 g	0.63 g	-saturated	7.15 g	2.86 g	-saturated	7.23 g	2.63 g
Carbohydrate	11.75 g	3.92 g	Carbohydrate	4.80 g	1.92 g	Carbohydrate	12.03 g	4.37 g
-sugars	5.50 g	1.83 g	-sugars	4.80 g	1.92 g	-sugars	11.73 g	4.26 g
Sodium	313.00 mg	104.33 mg	Sodium	252.50 mg	101.00 mg	Sodium	467.25 mg	169.91 mg
<b>Calories</b>	<b>291.47</b>		<b>Calories</b>	<b>300.43</b>		<b>Calories</b>	<b>320.87</b>	
<b>Calories</b>	<b>291.47</b>		<b>Calories</b>	<b>300.43</b>		<b>Calories</b>	<b>320.87</b>	
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	1686.5 kJ	406.50 kJ	Energy	1999 kJ	502.80 kJ	Energy	2024.5 kJ	488.18 kJ
Protein	58.5 g	12.23 g	Protein	40.45 g	10.14 g	Protein	41.9 g	9.53 g
Fat, total	11.4 g	3.10 g	Fat, total	30.2 g	7.32 g	Fat, total	28.05 g	6.49 g
-saturated	2.6 g	0.63 g	-saturated	11.85 g	2.86 g	-saturated	11.125 g	2.63 g
Carbohydrate	12.25 g	3.92 g	Carbohydrate	6.2 g	1.92 g	Carbohydrate	14.225 g	4.37 g
-sugars	5.6 g	1.83 g	-sugars	6.2 g	1.92 g	-sugars	13.725 g	4.26 g
Sodium	355 mg	104.33 mg	Sodium	357.5 mg	101.00 mg	Sodium	609.25 mg	169.91 mg
<b>Calories</b>	<b>403.08</b>		<b>Calories</b>	<b>477.77</b>		<b>Calories</b>	<b>483.87</b>	
<b>Calories</b>	<b>403.08</b>		<b>Calories</b>	<b>477.77</b>		<b>Calories</b>	<b>483.87</b>	
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	1761.00 kJ	445.60 kJ	Energy	1761.00 kJ	445.60 kJ	Energy	1761.00 kJ	445.60 kJ
Protein	36.30 g	9.08 g	Protein	36.30 g	9.08 g	Protein	36.30 g	9.08 g
Fat, total	25.00 g	6.12 g	Fat, total	25.00 g	6.12 g	Fat, total	25.00 g	6.12 g
-saturated	9.35 g	2.26 g	-saturated	9.35 g	2.26 g	-saturated	9.35 g	2.26 g
Carbohydrate	10.85 g	3.14 g	Carbohydrate	10.85 g	3.14 g	Carbohydrate	10.85 g	3.14 g
-sugars	8.45 g	2.34 g	-sugars	8.45 g	2.34 g	-sugars	8.45 g	2.34 g
Sodium	497.00 mg	140.00 mg	Sodium	497.00 mg	140.00 mg	Sodium	497.00 mg	140.00 mg
<b>Calories</b>	<b>420.89</b>		<b>Calories</b>	<b>420.89</b>		<b>Calories</b>	<b>420.89</b>	
<b>Calories</b>	<b>420.89</b>		<b>Calories</b>	<b>420.89</b>		<b>Calories</b>	<b>420.89</b>	

\* 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 - Cumin		Tuesday Meatballs - Honey		Wednesday Beef - Stroganoff				
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	985.50 kJ	657.00 kJ
Protein	26.25 g	17.50 g	Protein	24.90 g	16.60 g	Protein	25.35 g	16.90 g
Fat, total	10.50 g	7.00 g	Fat, total	19.35 g	12.90 g	Fat, total	14.25 g	9.50 g
-saturated	2.70 g	1.80 g	-saturated	7.80 g	5.20 g	-saturated	6.45 g	4.30 g
Carbohydrate	1.65 g	1.10 g	Carbohydrate	5.25 g	3.50 g	Carbohydrate	1.65 g	1.10 g
-sugars	1.50 g	1.00 g	-sugars	4.05 g	2.70 g	-sugars	1.50 g	1.00 g
Sodium	583.50 mg	389.00 mg	Sodium	310.50 mg	207.00 mg	Sodium	187.50 mg	125.00 mg
Calories	207.22		Calories	302.94		Calories	235.54	
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	1642.5 kJ	657.00 kJ
Protein	43.75 g	17.50 g	Protein	41.5 g	16.60 g	Protein	42.25 g	16.90 g
Fat, total	17.50 g	7.00 g	Fat, total	32.25 g	12.90 g	Fat, total	23.75 g	9.50 g
-saturated	4.50 g	1.80 g	-saturated	13 g	5.20 g	-saturated	10.75 g	4.30 g
Carbohydrate	2.75 g	1.10 g	Carbohydrate	8.75 g	3.50 g	Carbohydrate	2.75 g	1.10 g
-sugars	2.50 g	1.00 g	-sugars	6.75 g	2.70 g	-sugars	2.5 g	1.00 g
Sodium	972.50 mg	389.00 mg	Sodium	517.5 mg	207.00 mg	Sodium	312.5 mg	125.00 mg
Calories	345.36		Calories	504.90		Calories	392.57	

THURSDAY DELIVERY											
Thursday Chicken - Stuffed NO SAUCE		Friday Beef Mince - Cajun Chili		Saturday Lamb - Pasanda		Sunday Pork - Korean BBQ Sweet					
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	1113.00 kJ	742.00 kJ	Energy	1023.00 kJ	682.00 kJ	Energy	970.50 kJ	647.00 kJ
Protein	32.70 g	21.80 g	Protein	22.65 g	15.10 g	Protein	23.55 g	15.70 g	Protein	20.40 g	13.60 g
Fat, total	3.15 g	2.10 g	Fat, total	17.85 g	11.90 g	Fat, total	15.30 g	10.20 g	Fat, total	14.55 g	9.70 g
-saturated	1.05 g	0.70 g	-saturated	7.05 g	4.70 g	-saturated	5.85 g	3.90 g	-saturated	5.55 g	3.70 g
Carbohydrate	0.75 g	0.50 g	Carbohydrate	2.10 g	1.40 g	Carbohydrate	3.30 g	2.20 g	Carbohydrate	4.50 g	3.00 g
-sugars	0.15 g	0.10 g	-sugars	2.10 g	1.40 g	-sugars	3.00 g	2.00 g	-sugars	3.90 g	2.60 g
Sodium	63.00 mg	42.00 mg	Sodium	157.50 mg	105.00 mg	Sodium	213.00 mg	142.00 mg	Sodium	220.50 mg	147.00 mg
Calories	167.42		Calories	266.01		Calories	244.50		Calories	231.96	
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	1855 kJ	742.00 kJ	Energy	1705 kJ	682.00 kJ	Energy	1617.50 kJ	647.00 kJ
Protein	54.5 g	21.80 g	Protein	37.75 g	15.10 g	Protein	39.25 g	15.70 g	Protein	34.00 g	13.60 g
Fat, total	5.25 g	2.10 g	Fat, total	29.75 g	11.90 g	Fat, total	25.5 g	10.20 g	Fat, total	24.25 g	9.70 g
-saturated	1.75 g	0.70 g	-saturated	11.75 g	4.70 g	-saturated	9.75 g	3.90 g	-saturated	9.25 g	3.70 g
Carbohydrate	1.25 g	0.50 g	Carbohydrate	3.5 g	1.40 g	Carbohydrate	5.5 g	2.20 g	Carbohydrate	7.50 g	3.00 g
-sugars	0.25 g	0.10 g	-sugars	3.5 g	1.40 g	-sugars	5 g	2.00 g	-sugars	6.50 g	2.60 g
Sodium	105 mg	42.00 mg	Sodium	262.5 mg	105.00 mg	Sodium	355 mg	142.00 mg	Sodium	367.50 mg	147.00 mg
Calories	279.04		Calories	443.36		Calories	407.50		Calories	386.59	