



Monday Delivery								
Monday Chicken - Marinade Orange Zest		Tuesday Meatballs - Beef, English		Wednesday Beef - Mexian /w 70% dark chocolate				
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	1234.50 kJ	411.50 kJ	Energy	1984.00 kJ	661.33 kJ	Energy	1159.00 kJ	463.60 kJ
Protein	29.55 g	9.85 g	Protein	28.55 g	9.52 g	Protein	24.90 g	9.96 g
Fat, total	14.05 g	4.68 g	Fat, total	25.35 g	8.45 g	Fat, total	12.75 g	5.10 g
-saturated	3.20 g	1.07 g	-saturated	9.75 g	3.25 g	-saturated	4.60 g	1.84 g
Carbohydrate	9.50 g	3.17 g	Carbohydrate	27.75 g	9.25 g	Carbohydrate	13.65 g	5.46 g
-sugars	6.95 g	2.32 g	-sugars	20.55 g	6.85 g	-sugars	7.90 g	3.16 g
Sodium	980.50 mg	326.83 mg	Sodium	1267.50 mg	422.50 mg	Sodium	340.50 mg	136.20 mg
Calories	295.05		Calories	474.19		Calories	277.01	
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	1802.50 kJ	411.50 kJ	Energy	2829 kJ	661.33 kJ	Energy	1766 kJ	463.60 kJ
Protein	46.85 g	9.85 g	Protein	45.15 g	9.52 g	Protein	40.8 g	9.96 g
Fat, total	20.95 g	4.68 g	Fat, total	38.25 g	8.45 g	Fat, total	20.85 g	5.10 g
-saturated	5.00 g	1.07 g	-saturated	14.95 g	3.25 g	-saturated	7.6 g	1.84 g
Carbohydrate	10.60 g	3.17 g	Carbohydrate	31.25 g	9.25 g	Carbohydrate	15.65 g	5.46 g
-sugars	7.95 g	2.32 g	-sugars	23.25 g	6.85 g	-sugars	9.7 g	3.16 g
Sodium	1325.50 mg	326.83 mg	Sodium	1474.5 mg	422.50 mg	Sodium	465.5 mg	136.20 mg
Calories	430.81		Calories	676.15		Calories	422.08	

THURSDAY DELIVERY								
Thursday Chicken - Italian Roast		Friday Pork - Cajun Braised		Saturday Lamb - Roast Shoulder		Sunday Fish - White Smoked		
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	1063.00 kJ	348.52 kJ	Energy	1448.50 kJ	482.83 kJ	Energy	1379.50 kJ	459.83 kJ
Protein	37.23 g	12.21 g	Protein	29.35 g	9.78 g	Protein	27.60 g	9.20 g
Fat, total	6.22 g	2.04 g	Fat, total	19.65 g	6.55 g	Fat, total	18.40 g	6.13 g
-saturated	2.36 g	0.77 g	-saturated	7.35 g	2.45 g	-saturated	6.60 g	2.20 g
Carbohydrate	7.70 g	2.52 g	Carbohydrate	10.15 g	3.38 g	Carbohydrate	11.40 g	3.80 g
-sugars	5.35 g	1.75 g	-sugars	8.15 g	2.72 g	-sugars	9.75 g	3.25 g
Sodium	481.00 mg	157.70 mg	Sodium	396.50 mg	132.17 mg	Sodium	1534.50 mg	511.50 mg
Calories	254.06		Calories	346.20		Calories	329.71	
Calories	254.06		Calories	346.20		Calories	329.71	
Calories	254.06		Calories	346.20		Calories	329.71	
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	1531 kJ	348.52 kJ	Energy	2218.5 kJ	482.83 kJ	Energy	2097.5 kJ	459.83 kJ
Protein	59.03 g	12.21 g	Protein	46.65 g	9.78 g	Protein	44.4 g	9.20 g
Fat, total	8.315 g	2.04 g	Fat, total	32.25 g	6.55 g	Fat, total	30 g	6.13 g
-saturated	3.055 g	0.77 g	-saturated	12.15 g	2.45 g	-saturated	10.9 g	2.20 g
Carbohydrate	8.2 g	2.52 g	Carbohydrate	10.45 g	3.38 g	Carbohydrate	11.6 g	3.80 g
-sugars	5.55 g	1.75 g	-sugars	8.25 g	2.72 g	-sugars	9.75 g	3.25 g
Sodium	523 mg	157.70 mg	Sodium	590.5 mg	132.17 mg	Sodium	2082.5 mg	511.50 mg
Calories	365.92		Calories	530.23		Calories	501.31	
Calories	365.92		Calories	530.23		Calories	501.31	
Calories	365.92		Calories	530.23		Calories	501.31	

* 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		Tuesday		Wednesday				
Chicken - Marinade Orange Zest		Meatballs - Beef, English		Beef - Mexian /w 70% dark chocolate				
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	852.00 kJ	568.00 kJ	Energy	1267.50 kJ	845.00 kJ	Energy	910.50 kJ	607.00 kJ
Protein	25.95 g	17.30 g	Protein	24.90 g	16.60 g	Protein	23.85 g	15.90 g
Fat, total	10.35 g	6.90 g	Fat, total	19.35 g	12.90 g	Fat, total	12.15 g	8.10 g
.-saturated	2.70 g	1.80 g	.-saturated	7.80 g	5.20 g	.-saturated	4.50 g	3.00 g
Carbohydrate	1.65 g	1.10 g	Carbohydrate	5.25 g	3.50 g	Carbohydrate	3.00 g	2.00 g
.-sugars	1.50 g	1.00 g	.-sugars	4.05 g	2.70 g	.-sugars	2.70 g	1.80 g
Sodium	517.50 mg	345.00 mg	Sodium	310.50 mg	207.00 mg	Sodium	187.50 mg	125.00 mg
Calories	203.63		Calories	302.94		Calories	217.61	
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	1420.00 kJ	568.00 kJ	Energy	2112.5 kJ	845.00 kJ	Energy	1517.5 kJ	607.00 kJ
Protein	43.25 g	17.30 g	Protein	41.5 g	16.60 g	Protein	39.75 g	15.90 g
Fat, total	17.25 g	6.90 g	Fat, total	32.25 g	12.90 g	Fat, total	20.25 g	8.10 g
.-saturated	4.50 g	1.80 g	.-saturated	13 g	5.20 g	.-saturated	7.5 g	3.00 g
Carbohydrate	2.75 g	1.10 g	Carbohydrate	8.75 g	3.50 g	Carbohydrate	5 g	2.00 g
.-sugars	2.50 g	1.00 g	.-sugars	6.75 g	2.70 g	.-sugars	4.5 g	1.80 g
Sodium	862.50 mg	345.00 mg	Sodium	517.5 mg	207.00 mg	Sodium	312.5 mg	125.00 mg
Calories	339.39		Calories	504.90		Calories	362.69	

THURSDAY DELIVERY											
Thursday		Friday		Saturday		Sunday					
Chicken - Italian Roast		Pork - Cajun Braised		Lamb - Roast Shoulder		Fish - White Smoked					
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	702.00 kJ	468.00 kJ	Energy	1155.00 kJ	770.00 kJ	Energy	1077.00 kJ	718.00 kJ	Energy	1194.00 kJ	796.00 kJ
Protein	32.70 g	21.80 g	Protein	25.95 g	17.30 g	Protein	25.20 g	16.80 g	Protein	15.75 g	10.50 g
Fat, total	3.15 g	2.10 g	Fat, total	18.90 g	12.60 g	Fat, total	17.40 g	11.60 g	Fat, total	13.20 g	8.80 g
.-saturated	1.05 g	0.70 g	.-saturated	7.20 g	4.80 g	.-saturated	6.45 g	4.30 g	.-saturated	3.00 g	2.00 g
Carbohydrate	0.75 g	0.50 g	Carbohydrate	0.45 g	0.30 g	Carbohydrate	0.30 g	0.20 g	Carbohydrate	6.60 g	4.40 g
.-sugars	0.30 g	0.20 g	.-sugars	0.15 g	0.10 g	.-sugars	0.00 g	0.00 g	.-sugars	5.85 g	3.90 g
Sodium	63.00 mg	42.00 mg	Sodium	291.00 mg	194.00 mg	Sodium	822.00 mg	548.00 mg	Sodium	978.00 mg	652.00 mg
Calories	167.78		Calories	276.05		Calories	257.41		Calories	285.37	
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	1170 kJ	468.00 kJ	Energy	1925 kJ	770.00 kJ	Energy	1795 kJ	718.00 kJ	Energy	1990.00 kJ	796.00 kJ
Protein	54.5 g	21.80 g	Protein	43.25 g	17.30 g	Protein	42 g	16.80 g	Protein	26.25 g	10.50 g
Fat, total	5.25 g	2.10 g	Fat, total	31.5 g	12.60 g	Fat, total	29 g	11.60 g	Fat, total	22.00 g	8.80 g
.-saturated	1.75 g	0.70 g	.-saturated	12 g	4.80 g	.-saturated	10.75 g	4.30 g	.-saturated	5.00 g	2.00 g
Carbohydrate	1.25 g	0.50 g	Carbohydrate	0.75 g	0.30 g	Carbohydrate	0.5 g	0.20 g	Carbohydrate	11.00 g	4.40 g
.-sugars	0.5 g	0.20 g	.-sugars	0.25 g	0.10 g	.-sugars	0 g	0.00 g	.-sugars	9.75 g	3.90 g
Sodium	105 mg	42.00 mg	Sodium	485 mg	194.00 mg	Sodium	1370 mg	548.00 mg	Sodium	1630.00 mg	652.00 mg
Calories	279.64		Calories	460.09		Calories	429.02		Calories	475.62	