**Nutritional Information - Meal Delivery Menu – 11 February 2019**

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|  | **BREAKFASTS/ SNACKS** |
| **No.** | **RECIPE** | **INGREDIENTS** | **PER SERVE** | **MACROS PER SERVE** |
|  | Smoothies  |  | Serves 4 | Cal – 85calFat – 1,5gCarbs – 16,6gProtein – 2.6g |
|  | Chickpea Blondies | Chickpeas, bananas, oats, almond milk, almond butter, honey | Per 1 square serve | Cal – 152calFat – 3.2gCarbs – 21.2gProtein – 4.6gFiber – 2.7g |
|  | Sweet Potato Blondies |  | Per 1 square serve | Cal – 58calFat – 0.4gCarbs – 15gProtein – 1.4gFiber – 2.2g |
|  | Birthday Cake Pancakes | Almond flour, Banana, Fat free milk, Egg whites | Per 1 pancake | Cal – 106calFat – 0.9gCarbs – 19.4gProtein – 4.1g |
|  | Blueberry Pancakes | Almond flour, Banana, Fat free milk, Egg whites, blueberries | Per 1 pancake | Cal – 103calFat – 0.9gCarbs – 18.7gProtein – 4.2g |
|  | Carrot Cake Pancakes | Almond flour, Banana, Fat free milk, Egg whites, carrot | Per 1 pancake | Cal – 96calFat – 0.9gCarbs – 17gProtein – 4.1g |
|  | Almond Nut Pancakes | Almond flour, Banana, Fat free milk, Egg whites, almonds | Per 1 pancake | Cal – 124calFat – 3.4gCarbs – 17.9gProtein – 5.1g |
|  | Choc Chip Pancakes | Almond flour, Banana, Fat free milk, Egg whites, chocolate chips | Per 1 pancake | Cal – 123calFat – 2.2gCarbs – 20.3gProtein – 4.5g |
|  | Ostrich Patty | Ostrich mince, egg white | Per 100g serve | Cal – 587kjFat – 3.0gCarbs – 14.8gProtein – 12.2gFibre – 2.6g |
|  | Potato Egg Frittata | Egg whites, egg, potato, red pepper, green pepper, potato | Per 1 serving(serves 4) | Cal – 171calFat – 7.3gCarbs – 6.7gProtein – 12.2gFibre – 1.5g |
|  | Spinach & Feta Egg Muffins | Egg whites, egg, spinach, reduced fat feta cheese. Cocktail tomatoes | Per 1 muffin | Cal – 66calFat – 1.6gCarbs – 2.2gProtein – 5.3gFibre – 0.5g |
|  | Caramelized Onions | Onions, seasoning, balsamic vinegar | Per serve (serves 4) | Calories – 47calFat – 0.1gCarbs – 10.6gProtein – 1.1g |
|  | Pumpkin Fritter | Pumpkin, egg, eggwhite, almond flour | Per serve | Calories – 154kjFat – 1.1gCarbs – 4.8gProtein – 1.3g |
|  | Lean Mince Burrito | Lean Mince Macros plus store bought macros | Mince – per 100g serve |  |
|  | Mince Muffins |  | Per 100g serve | Cal – 248calFat – 5.4gCarbs – 7.3gProtein – 28.6gFiber – 1.1g |
| **CUSTOM & SIGNATURE MEALS** |
|  | Meatballs | Extra lean mince, oregano, tomatoes, beef broth | Per 150g serve | Cal – 199calFat – 7gCarbs – 3.2gProtein – 31.2g |
|  | Mashed Potatoes | Potatoes, fat free milk, salt | Per 1 potato | Cal – 120calFat – 0.2gCarbs – 2.7gProtein – 4g |
|  | Chicken Mince | Lean chicken mince, tomatoes, broth | Per 100g serve | Cal – 151calFat – 6gCarbs – 3.8gProtein – 20.6g |
|  | Wholewheat Wrap |  | Per wrap(40g serving) | Cal – 517kjFat – 2.9gCarbs – 19.3gProtein – 3.2g |
|  | Chilli Con Carne Lean Mince | Lean mince, tomatoes, broth, cayenne pepper, seasoning | Per 100g serve | Cal – 181Fat – 6.2gCarbs – 4.5gProtein – 33.7gFiber – 1g |
|  | Chicken Alfredo | Chicken breast, tomato, broth, almond flour, onions | Per 100g serve | Cal – 204calFat – 3.6gCarbs – 16gProtein – 25gFiber – 2.5g |
|  | Chicken Bunless Burger(with a pepper, red cabbage sauce) | Chicken breasts, onion, tomato, red cabbage, peppers, broth, almond flour | Per 100g serve  | Cal – 220calFat – 2.6gCarbs – 20.6gProtein – 26.3gFiber – 3.5g |
|  | Spinach Wrap | Almond flour, egg whites, spinach, fat free milk, coconut oil | Per 100g serve | Cal – 128calFat – 3.9gCarbs – 15.8gProtein – 6.7gFiber – 1g |
|  | Lean Mince | Lean mince, broth, tomatoes | Per 100g serve | Cal – 140Fat – 4.8Carbs – 2.6gProtein – 26.7g |
|  | Chicken Sweet Chilli Kofta Bowls(serve with any choice of carb from the menu)\*additions – split peas, mixed vegetables, purple cabbage, home-made marinara sauce | Chicken mince, egg whites, carb smart sweet chilli, seasoning | Per 100g serve | Cal – 226calFat – 11,1gCarbs – 0.1gProtein – 18.1gFiber – 0.6g |
|  | Beef Meatball Bowls(serve with any choice of carb from the menu)\*additions – split peas, mixed vegetables, purple cabbage, home-made marinara sauce | Lean beef mince, egg whites, mustard, salsa, seasoning | Per 100g serve | Cal – 180gFat – 7.6gCarbs – 7.1gProtein – 20.9gFiber – 1g |
|  | Homemade marinara sauce | Tomato, onion, salsa, oregano, thyme, vegetable stock | Per 60ml | Cal – 31calFat – 0.6gCarbs – 6.5gProtein – 1.1gFiber – 1.6g |
|  | Mexican Meatloaf | Lean mince, tomato, oregano, egg whites, oregano, thyme, taco seasoning, salsa | Per 100g serve | Cal – 184calFat – 7.0gCarbs – 7.2gProtein – 28.5gFiber – 3,5g |
| **VEGETARIAN/ VEGAN** |
|  | Coconut Chickpea Curry | Chickpeas, tomatoes, vegetable stock, reduced fat coconut milk, curry, cumin, coriander | Per 100g serve | Calories – 155calFat – 3.3gCarbs – 25.6gProtein – 5.6g |
|  | Lentil Bolognaise | Lentils, tomatoes, beef stock | Per 100g serve | Calories – 95calFat – 0.6gCarbs – 17.5gProtein – 7.3g |
|  | Morrocan Chickpeas | Chickpeas, tomato, broth, peppers | Per 100g serve | Calories – 146calFat – 1.8gCarbs – 26.3gProtein – 6.6g |
|  | Sweetcorn Stir fry | Sweetcorn kernels, peppers, seasoning | Per 100g serve | Calories – 119 calFat – 3.7gCarbs – 17gProtein – 3.2g |
| **VEGETABLE SIDES** |
|  | Spinach, Onion, Tomato Mix | Spinach, onion, tomato, vegetable seasoning | Per serve (serves 4) | Cal – 57calFat – 0.5gProtein – 2.6gCarbs – 11gFiber – 3g |
|  | Gem Squash boats | Gem squash, spinach, tomato, onion, thai curry paste, vegetable broth | Per ½ gemsquash serve with 100g spinach | Cal – 105calFat – 1.4gProtein – 5.2gCarbs – 18.5gProtein – 5.2g |
|  | Honey Glazed Carrots | Carrots, vegetable seasoning, honey | Per serve (serves 4) | Cal – 73gFat – 0.3gProtein – 1gFiber – 2.8g |
|  | Spinach, Onion, Mushrooms, Tomato Mix | Spinach, mushrooms, onion, tomato, peppers, vegetable seasoning | Per serve (serves 4) | Cal – 72calFat – 0.7gCarbs – 13.3gProtein – 4.8gFiber – 3.7g |
|  | Mediterranean Broccoli | Broccoli, tomato, onion, oregano, vegetable spice | Per Serve (serves 4) | Cal – 22calFat – 0.3gProtein – 1.3gCarbs – 4.5gFiber – 1.4g |
|  | **STIR FRY SAUCES** |
|  | Hoison Nut Stir Fry Sauce |  |  | Cal – 125calFat – 8gSat Fat – 1.2gSugar – 6.8gProtein – 3.5gCarbs – 10.8g |
|  | Honey Stir Fry Sauce |  |  | Cal – 39calFat – 1.1gSat Fat – 1gSugar – 3.2gProtein – 2.1gCarbs – 6.5g |
|  | Lemon Sesame Stir Fry Sauce |  |  | Cal – 30calFat – 4.2gSat Fat – 0.5gCarbs – 1.1gProtein – 0.5gSugar – 0g |
|  | Maple Sesame Stir Fry Sauce |  |  | Cal – 60calFat – 1.4gSat Fat – 0.3gCarbs – 13.1gProtein – 1gSugar – 10.8g |
|  | Sweet Chilli Stir Fry Sauce |  |  | Cal – 34calFat – 2.6gSat Fat – 2.4gCarbs – 1.9gSugar – 1.7gProtein – 1.1g |
|  | Thai Stir Fry Sauce |  |  | Cal – 10calFat – 0gSat Fat – 0gProtein – 1.5gSugar – 0gCarbs – 1.2g |
|  | Tropical Stir Fry Sauce |  |  | Cal – 37calFat – 1.3gSat Fat – 0.2gCarbs – 6.9gProtein – 0.3g |