**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 – 85cal  Fat – 1,5g  Carbs – 16,6g  Protein – 2.6g |
|  | Chickpea Blondies | Chickpeas, bananas, oats, almond milk, almond butter, honey | Per 1 square serve | Cal – 152cal  Fat – 3.2g  Carbs – 21.2g  Protein – 4.6g  Fiber – 2.7g |
|  | Sweet Potato Blondies |  | Per 1 square serve | Cal – 58cal  Fat – 0.4g  Carbs – 15g  Protein – 1.4g  Fiber – 2.2g |
|  | Birthday Cake Pancakes | Almond flour, Banana, Fat free milk, Egg whites | Per 1 pancake | Cal – 106cal  Fat – 0.9g  Carbs – 19.4g  Protein – 4.1g |
|  | Blueberry Pancakes | Almond flour, Banana, Fat free milk, Egg whites, blueberries | Per 1 pancake | Cal – 103cal  Fat – 0.9g  Carbs – 18.7g  Protein – 4.2g |
|  | Carrot Cake Pancakes | Almond flour, Banana, Fat free milk, Egg whites, carrot | Per 1 pancake | Cal – 96cal  Fat – 0.9g  Carbs – 17g  Protein – 4.1g |
|  | Almond Nut Pancakes | Almond flour, Banana, Fat free milk, Egg whites, almonds | Per 1 pancake | Cal – 124cal  Fat – 3.4g  Carbs – 17.9g  Protein – 5.1g |
|  | Choc Chip Pancakes | Almond flour, Banana, Fat free milk, Egg whites, chocolate chips | Per 1 pancake | Cal – 123cal  Fat – 2.2g  Carbs – 20.3g  Protein – 4.5g |
|  | Ostrich Patty | Ostrich mince, egg white | Per 100g serve | Cal – 587kj  Fat – 3.0g  Carbs – 14.8g  Protein – 12.2g  Fibre – 2.6g |
|  | Potato Egg Frittata | Egg whites, egg, potato, red pepper, green pepper, potato | Per 1 serving  (serves 4) | Cal – 171cal  Fat – 7.3g  Carbs – 6.7g  Protein – 12.2g  Fibre – 1.5g |
|  | Spinach & Feta Egg Muffins | Egg whites, egg, spinach, reduced fat feta cheese. Cocktail tomatoes | Per 1 muffin | Cal – 66cal  Fat – 1.6g  Carbs – 2.2g  Protein – 5.3g  Fibre – 0.5g |
|  | Caramelized Onions | Onions, seasoning, balsamic vinegar | Per serve (serves 4) | Calories – 47cal  Fat – 0.1g  Carbs – 10.6g  Protein – 1.1g |
|  | Pumpkin Fritter | Pumpkin, egg, eggwhite, almond flour | Per serve | Calories – 154kj  Fat – 1.1g  Carbs – 4.8g  Protein – 1.3g |
|  | Lean Mince Burrito | Lean Mince Macros plus store bought macros | Mince – per 100g serve |  |
|  | Mince Muffins |  | Per 100g serve | Cal – 248cal  Fat – 5.4g  Carbs – 7.3g  Protein – 28.6g  Fiber – 1.1g |
| **CUSTOM & SIGNATURE MEALS** | | | | |
|  | Meatballs | Extra lean mince, oregano, tomatoes, beef broth | Per 150g serve | Cal – 199cal  Fat – 7g  Carbs – 3.2g  Protein – 31.2g |
|  | Mashed Potatoes | Potatoes, fat free milk, salt | Per 1 potato | Cal – 120cal  Fat – 0.2g  Carbs – 2.7g  Protein – 4g |
|  | Chicken Mince | Lean chicken mince, tomatoes, broth | Per 100g serve | Cal – 151cal  Fat – 6g  Carbs – 3.8g  Protein – 20.6g |
|  | Wholewheat Wrap |  | Per wrap  (40g serving) | Cal – 517kj  Fat – 2.9g  Carbs – 19.3g  Protein – 3.2g |
|  | Chilli Con Carne Lean Mince | Lean mince, tomatoes, broth, cayenne pepper, seasoning | Per 100g serve | Cal – 181  Fat – 6.2g  Carbs – 4.5g  Protein – 33.7g  Fiber – 1g |
|  | Chicken Alfredo | Chicken breast, tomato, broth, almond flour, onions | Per 100g serve | Cal – 204cal  Fat – 3.6g  Carbs – 16g  Protein – 25g  Fiber – 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 – 220cal  Fat – 2.6g  Carbs – 20.6g  Protein – 26.3g  Fiber – 3.5g |
|  | Spinach Wrap | Almond flour, egg whites, spinach, fat free milk, coconut oil | Per 100g serve | Cal – 128cal  Fat – 3.9g  Carbs – 15.8g  Protein – 6.7g  Fiber – 1g |
|  | Lean Mince | Lean mince, broth, tomatoes | Per 100g serve | Cal – 140  Fat – 4.8  Carbs – 2.6g  Protein – 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 – 226cal  Fat – 11,1g  Carbs – 0.1g  Protein – 18.1g  Fiber – 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 – 180g  Fat – 7.6g  Carbs – 7.1g  Protein – 20.9g  Fiber – 1g |
|  | Homemade marinara sauce | Tomato, onion, salsa, oregano, thyme, vegetable stock | Per 60ml | Cal – 31cal  Fat – 0.6g  Carbs – 6.5g  Protein – 1.1g  Fiber – 1.6g |
|  | Mexican Meatloaf | Lean mince, tomato, oregano, egg whites, oregano, thyme, taco seasoning, salsa | Per 100g serve | Cal – 184cal  Fat – 7.0g  Carbs – 7.2g  Protein – 28.5g  Fiber – 3,5g |
| **VEGETARIAN/ VEGAN** | | | | |
|  | Coconut Chickpea Curry | Chickpeas, tomatoes, vegetable stock, reduced fat coconut milk, curry, cumin, coriander | Per 100g serve | Calories – 155cal  Fat – 3.3g  Carbs – 25.6g  Protein – 5.6g |
|  | Lentil Bolognaise | Lentils, tomatoes, beef stock | Per 100g serve | Calories – 95cal  Fat – 0.6g  Carbs – 17.5g  Protein – 7.3g |
|  | Morrocan Chickpeas | Chickpeas, tomato, broth, peppers | Per 100g serve | Calories – 146cal  Fat – 1.8g  Carbs – 26.3g  Protein – 6.6g |
|  | Sweetcorn Stir fry | Sweetcorn kernels, peppers, seasoning | Per 100g serve | Calories – 119 cal  Fat – 3.7g  Carbs – 17g  Protein – 3.2g |
| **VEGETABLE SIDES** | | | | |
|  | Spinach, Onion, Tomato Mix | Spinach, onion, tomato, vegetable seasoning | Per serve (serves 4) | Cal – 57cal  Fat – 0.5g  Protein – 2.6g  Carbs – 11g  Fiber – 3g |
|  | Gem Squash boats | Gem squash, spinach, tomato, onion, thai curry paste, vegetable broth | Per ½ gemsquash serve with 100g spinach | Cal – 105cal  Fat – 1.4g  Protein – 5.2g  Carbs – 18.5g  Protein – 5.2g |
|  | Honey Glazed Carrots | Carrots, vegetable seasoning, honey | Per serve (serves 4) | Cal – 73g  Fat – 0.3g  Protein – 1g  Fiber – 2.8g |
|  | Spinach, Onion, Mushrooms, Tomato Mix | Spinach, mushrooms, onion, tomato, peppers, vegetable seasoning | Per serve (serves 4) | Cal – 72cal  Fat – 0.7g  Carbs – 13.3g  Protein – 4.8g  Fiber – 3.7g |
|  | Mediterranean Broccoli | Broccoli, tomato, onion, oregano, vegetable spice | Per Serve (serves 4) | Cal – 22cal  Fat – 0.3g  Protein – 1.3g  Carbs – 4.5g  Fiber – 1.4g |
|  | **STIR FRY SAUCES** | | | |
|  | Hoison Nut Stir Fry Sauce |  |  | Cal – 125cal  Fat – 8g  Sat Fat – 1.2g  Sugar – 6.8g  Protein – 3.5g  Carbs – 10.8g |
|  | Honey Stir Fry Sauce |  |  | Cal – 39cal  Fat – 1.1g  Sat Fat – 1g  Sugar – 3.2g  Protein – 2.1g  Carbs – 6.5g |
|  | Lemon Sesame Stir Fry Sauce |  |  | Cal – 30cal  Fat – 4.2g  Sat Fat – 0.5g  Carbs – 1.1g  Protein – 0.5g  Sugar – 0g |
|  | Maple Sesame Stir Fry Sauce |  |  | Cal – 60cal  Fat – 1.4g  Sat Fat – 0.3g  Carbs – 13.1g  Protein – 1g  Sugar – 10.8g |
|  | Sweet Chilli Stir Fry Sauce |  |  | Cal – 34cal  Fat – 2.6g  Sat Fat – 2.4g  Carbs – 1.9g  Sugar – 1.7g  Protein – 1.1g |
|  | Thai Stir Fry Sauce |  |  | Cal – 10cal  Fat – 0g  Sat Fat – 0g  Protein – 1.5g  Sugar – 0g  Carbs – 1.2g |
|  | Tropical Stir Fry Sauce |  |  | Cal – 37cal  Fat – 1.3g  Sat Fat – 0.2g  Carbs – 6.9g  Protein – 0.3g |