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|  | **Description** | **Portion** | **Macros per Portion serve** | **Nutritional Information** |
| **BULK BEEF PROTEIN** | Chilli Con Carne Mince | 1kg | Per 100g | Calories – 81calFat – 2.8gCarbs – 2.6gFiber – 0.4gProtein – 11.2g |
|  | Meatball Casserole | 1kg | Per 100g | Calories – 180calFat – 7.6gCarbs – 7.1gFiber – 1gProtein – 20.9g |
|  | Mince Bolognaise | 1kg | Per 100g | Calories – 170calFat – 6.4gCarbs – 7.3gFiber – 3.5gProtein – 27.5g |
|  |  |  |  |  |
| **CHICKEN BREAST FILLETS** | Jerk Chicken | 1kg | Per 100g |  |
|  | Coconut Sweet Chilli | 1kg | Per 100g | Calories – 262calFat – 8.8gCarbs – 16.9gFiber – 1gProtein – 27.1g |
|  | Lemon & Herb | 1kg | Per 100g | Calories – 203calFat – 8.3gCarbs – 8.3gFiber – 2.7gProtein – 23.9g |
|  | Yoghurt Curry | 1kg | Per 100g | Calories – 178calFat – 1.6gCarbs – 13gFiber – 1.8gProtein – 26.8g |
|  | Coriander Lime | 1kg | Per 100g | Calories – 119calFat – 1.1gCarbs – 1.9gFiber – 0.2gProtein – 23.3g |
|  | Hoison Nut | 1kg | Per 100g | Calories – 340calFat – 13gCarbs – 27gFiber – 2gProtein – 28g |
| **SAVOURY CHICKEN MINCE BOLOGNAISE** | Chicken Mince | 1kg | Per 100g | Calories – 151calFat – 6gCarbs – 3.8gFiber – 0.6gProtein – 20.6g |