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