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| **BULK HEALTHY MEALS** | | | | | |
|  | **Description** | **Ingredients** | **Pre-Packaged Portions** | **Macros per Portion serve** | **Nutritional Information** |
| **BEEF COTTAGE PIE** | Mashed Potato Topping | Lean mince, tomato, beef broth, potatoes | 500g and 1kg | Per 100g | Calories – 251 cal  Fat – 10.2g  Carbs – 21.9g  Protein – 22.3g  Fiber – 2g |
|  | Mashed Butternut Topping | Lean mince, tomato, beef broth, butternut | 500g and 1kg | Per 100g | Calories – 235 cal  Fat – 7.6g  Carbs – 22.1g  Protein – 21.9g  Fiber – 3.6g |
|  |  | Lean mince, tomato, beef broth, sweet potato | 500g and 1kg | Per 100g | Calories – 263 cal  Fat – 7.6g  Carbs – 27.3g  Protein – 22.2g  Fiber – 4g |
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| **CHICKEN COTTAGE PIE** | Mashed Potato Topping | Shredded Chicken breast, tomato, chicken broth, potatoes | 500g and 1kg | Per 100g | Calories – 243 cal  Fat – 5.2g  Carbs – 21.6g  Protein – 33.5g  Fiber – 2.4g |
|  | Mashed Butternut Topping | Shredded Chicken breast, tomato, chicken broth, butternut | 500g and 1kg | Per 100g | Calories – 199 cal  Fat – 1.2g  Carbs – 21.4g  Protein – 33.4g  Fiber – 3.7g fiber |
|  | Mashed Sweet Potato Topping | Shredded Chicken breast, tomato, chicken broth, sweet potato | 500g and 1kg | Per 100g | Calories – 250 cal  Fat – 1.2g  Carbs – 22.3g  Protein – 34.1g  Fiber – 4.9g |
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| **VEGETABLE COTTAGE PIE** | Mashed Potato Topping | Green Beans, Broccoli, Butternut Cubes, Carrots, potato, vegetable broth, tomatoes | 500g and 1kg | Per 100g | Calories – 155 cal  Fat – 0.2g  Carbs – 22g  Protein – 4.2g  Fiber – 5g |
|  | Mashed Butternut Topping | Green Beans, Broccoli, Butternut Cubes, Carrots, vegetable broth, tomatoes | 500g and 1kg | Per 100g | Calories – 144 cal  Fat – 0.2g  Carbs – 22.1g  Protein – 4.6g  Fiber – 7g |
|  | Mashed Sweet Potato Topping | Green Beans, Broccoli, Butternut Cubes, Carrots, vegetable broth, tomatoes, sweet potatoe | 500g and 1kg | Per 100g | Calories – 195 cal  Fat – 0,2g  Carbs – 21.4g  Protein – 5.3g  Fiber – 8.2g |
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| **LASAGNE** | Beef Lasagne | Lean mince, tomato, beef broth, gluten free lasagne sheets | 500g and 1kg | Per 100g | Calories – 264 cal  Fat – 5.5g  Carbs – 24.9g  Protein – 27.9g  Fiber – 1.9g |
|  | Chicken Lasagne | Shredded chicken breast, tomato, chicken broth, gluten free lasagne sheets | 500g and 1kg | Per 100g | Calories – 234cal  Fat – 1.5g  Carbs – 24.9g  Protein – 35.5g  Fiber – 1.9g |
|  | Vegetable Lasagne | Butternut bits, broccoli, cauliflower, green beans, tomatoes, vegetable broth, lasagne sheets | 500g and 1kg | Per 100g | Calories – 184 cal  Fat – 0,5g  Carbs – 25g  Protein – 7.5g  Fiber – 4.9g |
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| **Italian Roasted Macaroni** | Beef Italian Roasted Macaroni | Gluten free macaroni, tomato, beef broth, lean mince | 500g and 1kg | Per 100g | Calories – 262cal  Fat – 6.4g  Carbs – 23.8g  Protein – 25.8g  Fiber – 1.7g |
|  | Beef & Bacon Italian Roasted Macaroni | Gluten free macaroni, tomato, beef broth, lean mince, reduced fat bacon | 500g and 1kg | Per 100g | Calories – 282cal  Fat – 67g  Carbs – 23.8g  Protein – 29.6g  Fiber – 1.7g |
|  | Chicken & Broccoli Italian Roasted Macaroni | Gluten free macaroni, tomato, chicken broth, chicken breast bits | 500g and 1kg | Per 100g | Calories – 279cal  Fat – 3.2g  Carbs – 29.8g  Protein – 38.6g  Fiber – 4.1g |
|  | Vegetable Italian Roasted Macaroni | Gluten free macaroni, tomato, vegetable broth, butternut, broccoli, green beans, cauliflower | 500g and 1kg | Per 100g | Calories – 222cal  Fat – 2.5g  Carbs – 24g  Protein – 7.3g  Fiber – 7.8g |
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| **CHICKEN SCHNITZEL** |  | Chicken breast, egg, eggwhites, almond flour | Small – serves 4  Large – serves 6 | Per 100g | Calories – 222cal  Fat – 2.5g  Carbs – 24g  Protein – 7.3g  Fiber – 7.8g |
| **PARMESAN CRUMBED CHICKEN** |  | Chicken breast, egg, eggwhites, almond flour, extra light wine, parmesan cheese | Small – serves 4  Large – serves 6 | Per 100g | Calories – 248cal  Fat – 10.4g  Carbs – 3.4g  Protein – 40.3g  Fiber – 1.5g |