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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 calFat – 10.2gCarbs – 21.9gProtein – 22.3gFiber – 2g |
|  | Mashed Butternut Topping | Lean mince, tomato, beef broth, butternut | 500g and 1kg | Per 100g | Calories – 235 calFat – 7.6gCarbs – 22.1gProtein – 21.9gFiber – 3.6g |
|  |  | Lean mince, tomato, beef broth, sweet potato | 500g and 1kg | Per 100g | Calories – 263 calFat – 7.6gCarbs – 27.3gProtein – 22.2gFiber – 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 calFat – 5.2gCarbs – 21.6gProtein – 33.5gFiber – 2.4g |
|  | Mashed Butternut Topping | Shredded Chicken breast, tomato, chicken broth, butternut | 500g and 1kg | Per 100g | Calories – 199 calFat – 1.2gCarbs – 21.4gProtein – 33.4gFiber – 3.7g fiber |
|  | Mashed Sweet Potato Topping | Shredded Chicken breast, tomato, chicken broth, sweet potato | 500g and 1kg | Per 100g | Calories – 250 calFat – 1.2gCarbs – 22.3gProtein – 34.1gFiber – 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 calFat – 0.2gCarbs – 22gProtein – 4.2gFiber – 5g  |
|  | Mashed Butternut Topping | Green Beans, Broccoli, Butternut Cubes, Carrots, vegetable broth, tomatoes | 500g and 1kg | Per 100g | Calories – 144 calFat – 0.2gCarbs – 22.1gProtein – 4.6gFiber – 7g |
|  | Mashed Sweet Potato Topping | Green Beans, Broccoli, Butternut Cubes, Carrots, vegetable broth, tomatoes, sweet potatoe | 500g and 1kg | Per 100g | Calories – 195 calFat – 0,2gCarbs – 21.4gProtein – 5.3gFiber – 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 calFat – 5.5gCarbs – 24.9gProtein – 27.9gFiber – 1.9g |
|  | Chicken Lasagne | Shredded chicken breast, tomato, chicken broth, gluten free lasagne sheets | 500g and 1kg | Per 100g | Calories – 234calFat – 1.5gCarbs – 24.9gProtein – 35.5gFiber – 1.9g |
|  | Vegetable Lasagne | Butternut bits, broccoli, cauliflower, green beans, tomatoes, vegetable broth, lasagne sheets | 500g and 1kg | Per 100g | Calories – 184 calFat – 0,5gCarbs – 25gProtein – 7.5gFiber – 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 – 262calFat – 6.4gCarbs – 23.8gProtein – 25.8gFiber – 1.7g |
|  | Beef & Bacon Italian Roasted Macaroni | Gluten free macaroni, tomato, beef broth, lean mince, reduced fat bacon | 500g and 1kg  | Per 100g | Calories – 282calFat – 67gCarbs – 23.8gProtein – 29.6gFiber – 1.7g |
|  | Chicken & Broccoli Italian Roasted Macaroni | Gluten free macaroni, tomato, chicken broth, chicken breast bits | 500g and 1kg | Per 100g | Calories – 279calFat – 3.2gCarbs – 29.8gProtein – 38.6gFiber – 4.1g |
|  | Vegetable Italian Roasted Macaroni | Gluten free macaroni, tomato, vegetable broth, butternut, broccoli, green beans, cauliflower | 500g and 1kg | Per 100g | Calories – 222calFat – 2.5gCarbs – 24gProtein – 7.3gFiber – 7.8g |
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| **CHICKEN SCHNITZEL** |  | Chicken breast, egg, eggwhites, almond flour | Small – serves 4Large – serves 6 | Per 100g | Calories – 222calFat – 2.5gCarbs – 24gProtein – 7.3gFiber – 7.8g |
| **PARMESAN CRUMBED CHICKEN** |  | Chicken breast, egg, eggwhites, almond flour, extra light wine, parmesan cheese | Small – serves 4Large – serves 6 | Per 100g | Calories – 248calFat – 10.4gCarbs – 3.4gProtein – 40.3gFiber – 1.5g |