

	Name	Portion Size	Energy (Kcal)	Fat (g)	Carbs (g)	Protein (g)
Breakfast	Seed & Nut Granola	30g	151.2	11.52	1.62	5.82
Breakfast	Seed & Berry Granola	30g	135.6	9.21	2.49	5.67
Breakfast	Seed & Chocolate Granola	30g	152	12.5	4	4.1
Breakfast	Coconut Porridge	30g	185	16.5	2	4
Lunch	Pea & Pancetta Soup	250g	110	6	5.25	7.5
Lunch	Tex Mex Soup	250g	128	5.3	4.8	13.8
Lunch	Mushroom Soup	250g	221	20.8	4.2	2.3
Lunch	Broccoli & Blue Cheese Soup	250g	187	14.3	3.3	9.3
Lunch	Thai Chicken Soup	250g	237	20.5	3.9	8.25
Lunch	Ham Hock Broth	250g	126	8	3.9	8.8
Lunch	*Thai Beef Broth	300g	294	14.5	3.8	34.7
Lunch	*Chicken Laksa Lamak	300g	279	8.8	3.1	37
Dinner	Chicken & Mushroom Fricasse	250g	343	27	0.8	23.8
Dinner	Chicken Leeks in Cream	250g	245	14.3	4.3	24.3
Dinner	Chicken Curry	250g	255	12.7	4.3	29.5
Dinner	Coq au Vin	250g	250	13.5	5.3	26
Dinner	Chicken Tikka Masala	250g	425	33	1.8	29.8
Dinner	Chicken Breton	250g	293	19.8	4.9	23.5
Dinner	Red Thai Chicken Curry	250g	338	21.7	5.5	29
Dinner	Chinese Chicken Stir Fry	250g	200	9	6	22.5
Dinner	Chicken, Sage & Shallot	250g	395	32.3	2.3	24.3
Dinner	Lemon Chicken & Thyme	250g	383	30.9	3.6	21.7
Dinner	Creamy Chicken & Tarragon	250g	413	35.1	3.2	20.5
Dinner	Beef Bourguignon	250g	225	7.8	3.5	34
Dinner	Beef and Peppercorn	250g	313	17.2	5	34.3
Dinner	Beef in Thyme	250g	253	7.7	4	40.8
Dinner	Beef in Blackbean	250g	228	9.5	1	34.3
Dinner	Pork Milanese	250g	318	21.5	5.8	23.5

Dinner	Pork in Mustard	250g	353	22.5	1.3	35.8
Dinner	Sweet Chilli Pork	250g	280	6.3	3.75	31.2
Dinner	Sausage Casserole	250g	333	25.5	3.3	21.3
Dinner	Slow Cooked Lamb	250g	268	15.3	2.8	28.8
Dinner	Moroccan Lamb Meatballs	250g	285	16	4.75	29
Dinner	Sri Lankan Lamb Curry	250g	333	19.7	6	31.5
Snacks	Raspberry & Seed Bar	30g	127	8.5	4	3.4
Snacks	Coconut & Macadamia Bar	30g	146	11	3	2
Snacks	Chocolate & Macadamia Bar	30g	152	12	4.9	2.3
Snacks	Caramel & Sea Salt Bar	30g	141	11	2	3
Snacks	Apple & Cinnamon Bar	30g	139	11	2	3
Snacks	Coffee & Walnut Bar	30g	134	9.6	4	2.9
Snacks	Traditional Pork Crunch	30g	141.6	6.27	0.03	21.27
Snacks	Salt & Vinegar Pork Crunch	30g	141.6	6.27	0.03	21.27
Snacks	Jalapeno Pork Crunch	30g	141.6	6.27	0.03	21.27
Treats	Dark Chocolate Raspberries	15g	79	5.9	5.04	1.15
Treats	Dark Chocolate Almonds	20g	115.8	9.54	3.06	3.4
Treats	Chocolate Brownies	30g	131.7	9.66	4.71	3.6