



STEP 1 - CHOOSE A BASE - CARBS/VEG

NEW POTATO / MANGE TOUT / ROASTED CARROTS / SPINACH
(P: 5g - C: 34g - F: 6g - 210 cal)

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BASMATI RICE / SPRING ONION / SWEETCORN / RED PEPPER
(P: 6g - C: 63g - F: 10g - 366 cal)

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SWEET POTATO MASH / ROASTED PARMESAN GREEN BEANS
(P: 8g - C: 81g - F: 2g - 374 cal)

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CRUNCHY SALAD / RICE NOODLES
(P: 2g - C: 24g - F: 1g - 113 cal)

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WHOLE GRAIN FUSILLI TOMATO PASTA / FETA CHEESE
(P: 16g - C: 66g - F: 5g - 373 cal)

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WRAP - ROCKET / CHERRY TOMATO / CUCUMBER
(P: 5g - C: 28g - F: 3g - 159 cal)

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STEP 2 - CHOOSE A PROTEIN

TERIYAKI CHICKEN
(P: 38g - C: 0g - F: 5g - 197 cal)

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SALT & PEPPER CHICKEN
(P: 38g - C: 0g - F: 5g - 197 cal)

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JAMAICAN JERK BEEF
(P: 32g - C: 0g - F: 17g - 281 cal)

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MINTED LAMB PATTY
(P: 30g - C: 0g - F: 20g - 300 cal)

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MEXICAN MEATBALLS
(P: 19g - C: 13g - F: 11g - 227 cal)

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GARLIC SALMON FILLET
(P: 28g - C: 0g - F: 17g - 265 cal)

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GREEK PORK
(P: 37g - C: 0g - F: 6g - 202 cal)

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AVOCADO / QUINOA / EDAMAME BEANS (VEGAN/VEGETARIAN)
(P: 13g - C: 31g - F: 14g - 302 cal)

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