

SPRING MENU - REGULAR MEALS - 600 CALORIES

Hungarian Beef Goulash with Potato

Beef, Potato, Cheese, Beef Tallow, Onion, Garlic, **Spices**, Tomato, Carrots

Macronutrients



● Protein: 45g (7%) ● Carbs: 43g (7%) ● Fat: 27g (4%)

Beef in Black Bean Sauce with Basmati Rice

Beef, Rice, Onion, Garlic, **GF Soy Sauce**, Sesame oil, Black beans, Spices, Green Peppers

Macronutrients



● Protein: 44g (7%) ● Carbs: 49g (8%) ● Fat: 23g (4%)

Chicken Burrito Bowl with Spicy Rice

Chicken, Kidney beans, Rice, Avocado, Onion, Garlic, Coriander, Red peppers, Sweetcorn, Red onion, Lime juice, **Olive Oil Aioli**, Spices

Macronutrients



● Protein: 43g (7%) ● Carbs: 50g (8%) ● Fat: 22g (4%)

Caribbean Lamb Curry with basmati rice

Lamb, Onions, Garlic, Ginger, Red Pepper, **Spices**, Potato, Carrot, **Coconut cream**, Lime juice, Spring onions, Coriander, Rice, Peas

Macronutrients



● Protein: 31g (5%)

● Carbs: 50g (9%)

● Fat: 28g (5%)

Smoked Chicken Breast with creamy mushroom and Garlic Potatoes

Chicken, **Spices**, Onion, Garlic, Mushrooms, **GF Soy sauce**, Cream, Green beans, Potato, Garlic, Tallow

Macronutrients



● Protein: 40g (7%)

● Carbs: 36g (6%)

● Fat: 30g (5%)

Chicken Madras with Basmati rice

Chicken, Tallow, Onion, Garlic, Ginger, **Spices**, Tomato, Butter, **Coconut Cream**, Green Pepper, Basmati Rice, Coriander

Macronutrients



● Protein: 36g (6%)

● Carbs: 50g (8%)

● Fat: 28g (5%)

Chicken Teriyaki with Jasmine Rice

Chicken Breast, Onion, Garlic, **GF Soy sauce**, Sesame oil, **Aioli**, Green Beans, Black sesame seeds, Jasmine rice

Macronutrients



● Protein: 40g (7%)

● Carbs: 49g (8%)

● Fat: 24g (4%)

Chicken Tikka Masala with Basmati Rice

Chicken Thigh, Yoghurt ,**Spices**, Lemon Juice, Garlic, Ginger, Tallow ,Onion, Tomato, Cream, Coriander

Macronutrients



● Protein: 37g (6%)

● Carbs: 49g (8%)

● Fat: 26g (4%)

Coconut Chicken Katsu curry with Jasmine rice

Chicken Breast, Egg, Coconut, Onion, Carrots, Garlic, Ginger, **Spices**, Banana, **Coconut cream**, Jasmine rice, Coriander, Cornflour

Macronutrients



● Protein: 42g (7%)

● Carbs: 54g (9%)

● Fat: 21g (4%)

Cottage Pie with Mashed Potato

Beef, Onion, Garlic, **Herbs**, **Spices**, **GF soy sauce**, Peas, Carrot, Tallow, Tomato, Potato, Cream, Butter

Macronutrients



● Protein: 35g (6%)

● Carbs: 44g (7%)

● Fat: 29g (5%)

Jamaican Jerk Chicken With Rice and Peas and pineapple coleslaw

Chicken thigh, Coconut sugar, **Spices**, Onion, Olive oil, Ginger, Lime juice, **GF soy sauce**, Garlic, Basmati rice, Kidney beans, Peas, Spring onion, Pineapple

Macronutrients



● Protein: 40g (7%)

● Carbs: 54g (9%)

● Fat: 23g (4%)

Korean BBQ Beef Noodles

Beef Mince, Ginger, Garlic, Tallow, Miso, **Spices**, Sesame Oil, Honey, Carrot, Cabbage, Spring Onions, Water Chestnuts, Mint, Coriander, Vermicelli Noodles

Macronutrients



● Protein: 40g (7%)

● Carbs: 48g (8%)

● Fat: 26g (4%)

Lamb and cheesy mash and green beans

Lamb, Potato, Butter, Cream, Cheese, Lamb Stock, Cornflour, Green beans

Macronutrients



● Protein: 36g (6%)

● Carbs: 35g (6%)

● Fat: 33g (6%)

Lamb Genovese

Lamb, Rice noodles, Olive oil, Carrots, Tallow, Peas, Lamb Stock, Onion, Garlic, **Herbs**

Macronutrients



● Protein: 36g (6%)

● Carbs: 47g (8%)

● Fat: 27g (5%)

Moroccan Lamb Tagine with Potato Lamb, Ginger, **Spices**, Tallow, Onions, Garlic, Tomatoes, **Apricots**, Dates, Almonds, Parsley, Coriander, Chickpeas, Potato

Macronutrients



● Protein: 31g (5%)

● Carbs: 45g (8%)

● Fat: 30g (5%)

Roast Chicken Breast with Mash, Carrots and Gravy

Chicken, Carrots, Peas, Potato, Cream, Butter, Onion, Garlic, cornflour, **Spices**

Macronutrients



● Protein: 46g (8%)

● Carbs: 43g (7%)

● Fat: 23g (4%)

Pork San Choy Bao with Vermicelli Noodles

Pork Mince, Garlic, Tallow, **GF soy sauce**, White wine vinegar, Ginger, Coconut sugar, Sesame oil, Cornflour, Spices, Bean Sprouts, Water chestnuts, Spring onions, Mint, Coriander, Peanuts, Vermicelli Noodles

Macronutrients



● Protein: 35g (6%)

● Carbs: 51g (9%)

● Fat: 26g (4%)

Spaghetti Bolognese

Beef, Onion, Garlic, Tallow, Carrots, Celery, Tomato, Cheese, Rice Noodles, Olive oil

Macronutrients



● Protein: 37g (6%)

● Carbs: 46g (8%)

● Fat: 28g (5%)



Protein: 37g (6%)

Carbs: 46g (8%)

Fat: 29g (5%)

Sweet and Sour Chicken with Egg fried rice

Chicken, Tallow, Pineapple, **GF Soy sauce**, Honey, Coconut sugar, Cornflour, White wine vinegar, Tomato, Basmati Rice, Sesame oil, GF soy sauce, Peas, Carrot, Spring onion, Egg, Sesame seeds, **Spices**

Macronutrients



Protein: 43g (7%)

Carbs: 64g (11%)

Fat: 16g (3%)

Thai Chicken Curry with Jasmine rice

Chicken Breast, **Thai curry paste**, **Coconut Cream**, Bamboo shoots, Peas, Jasmine rice

Macronutrients



Protein: 41g (7%)

Carbs: 49g (8%)

Fat: 24g (4%)

Aioli - Olive Oil, egg, Lemon, salt, garlic

GF Soy Sauce - Water, Soybeans, Rice, Salt

Coconut Cream - Fresh Coconut Cream (99.9%), Stabilisers (Xanthan Gum E415, Guar Gum E412, Carrageenan E407)

Thai curry paste - Garlic, shallots, lemongrass, salt, galangal, kaffir lime peel, coriander seed, mace, cinnamon, turmeric, cumin

Yoghurt - Skim milk, live cultures (including Bifidobacterium)

Apricots - Dried apricots (99%), preservative (220 (contains sulphites))