



NUTRITIONAL TABLE

Regular Products	Calories (kcal)	Protein(g)	Total Fats(g)	Saturated Fats(g)	Polyunsaturated fats(g)	Carbohydrates (g)	Fibre(g)	Sugar(g)	Cholesterol (mg)	Sodium(mg)
5 Veg Beef Bolognese	550	42	20	9	0	47	4	8	89	436
The Clean 15	369	44	7	1	1	25	5	9	96	337
The Real Jerk	362	33	11	3	2	33	3	4	107	284
El Plato Completo	364	36	8	3	1	41	5	6	90	255
Mama's BBQ Meatloaf	409	36	16	4	4	32	6	13	129	613
Cairo Classic	722	22	39	6	0	76	13	10	0	719
Vegan Pad Thai	405	26	19	2	3	35	3	1	0	177
Yakitori Bowl	406	34	15	3	2	36	1	3	107	975
Mongolian Beef Bowl	423	39	11	3	1	43	3	8	89	2,164
Mongolian Tofu	448	31	17	2	3	44	3	9	0	1,735
Veggie Egg Bites	300	20	21	6	4	11	1	2	542	712
Blueberry Protein Waffle	618	26	36	4	1	49	4	18	179	334
Blueberry Overnight Oats	476	17	9	1	1	83	13	12	0	139
Peanut Butter Overnight Oats	553	20	16	2	1	83	13	10	0	204
Mango Chia Seed Pudding	582	10	41	22	16	52	26	16	0	62
Grilled Chicken Caesar Wrap	652	48	27	5	4	52	4	3	115	1,063
Spicy Jerk Chicken Wrap	719	38	39	9	2	54	4	4	129	1,080
Barbacoa Burrito	582	42	16	6	1	67	4	3	90	856
Turkey Bacon Breakfast Wrap	617	34	31	13	2	50	2	2	328	1,572
Paprikash Chicken Bowl	388	34	10	4	2	39	3	5	107	1,028
Oriental Meatballs	570	40	22	7	0	51	2	1	89	311
Chimi Steak	422	43	16	5	1	21	5	8	109	714
Vegan Burger	240	14	4	0	0	42	10	16	0	986
Lemon Zaatar Basa	284	20	10	2	1	22	3	0	49	1,174
Thai Turkey Stir Fry	560	43	23	4	4	47	7	5	116	370
Sunday Sauce Meatballs	665	43	18	7	0	82	7	8	89	899
Sweet Miso Basa	442	23	11	2	1	62	3	9	49	1,291
Turkey Satay Burger	478	37	25	5	4	25	4	9	117	8,476
Vegan Beet Burger	330	11	11	2	0	52	9	18	0	1,146
Cuban Chicken	332	38	11	2	2	23	2	10	107	4,904
Chicken Shawarma	442	36	17	3	2	35	4	2	107	122
Moroccan Burger	428	43	21	8	1	15	2	2	111	160
Vegan Jerk	385	28	13	2	3	10	2	4	0	175
Colombian Chicken	420	35	9	2	2	52	5	4	107	532
Beef Sausage	425	30	19	8	0	33	1	2	85	1,551
Chicken Fajitas	361	33	14	3	3	28	7	7	107	1,533
Roast Beef Dinner	390	43	13	5	1	24	6	4	97	284
Filipino Chicken Adobo	391	37	8	2	2	43	2	4	107	1,707
Fajita Time	435	44	13	5	1	37	9	14	97	1,195
Tofu Fried Rice	316	26	15	2	3	22	3	6	0	1,979
Sweet Chili Basa	372	23	18	3	1	57	3	4	49	699
Not With Butter Chicken	544	44	8	2	1	37	3	5	96	423
Sweet Balsamic Chicken	429	40	12	3	2	57	2	3	134	211

Low Carb Products	Calories (kcal)	Protein(g)	Total Fats(g)	Saturated Fats(g)	Polyunsaturated fats(g)	Carbohydrates (g)	Fibre(g)	Sugar(g)	Cholesterol (mg)	Sodium(mg)
Teriyaki Chicken	320	32	14	3	2	15	2	5	107	982
Honey Mustard Basa	209	19	8	1	1	21	4	7	49	466
Yakitori Bowl	330	34	14	3	2	18	3	4	107	1,002
Pomegranate Beef	326	35	10	3	1	22	5	10	89	381
Spicy Cajun Basa	191	19	5	1	1	20	6	7	49	414
Southwest Turkey Burger	389	34	17	4	4	21	3	9	116	158
Coxinha Chicken	249	41	3	1	0	14	3	7	96	649
Maple Sesame Basa	200	19	8	1	1	12	2	4	49	385
Tunisian Basa	239	19	7	1	1	18	2	0	49	233
Sage and Cranberry Turkey Burg	404	35	16	4	3,5	23	3	10	116	158
Not your Nonna's Turkey Meatbal	333	33	16	4	4	12	2	5	116	136
Philly Beef	387	43	15	5	1	19	3	9	97	88
Mongolian Tofu	448	31	17	2	3	44	3	9	0	1,735
Turkey Bacon Breakfast Wrap	617	34	31	13	2	50	2	2	328	1,572
Paprikash Chicken Bowl	388	34	10	4	2	39	3	5	107	1,028

Oriental Meatballs	405	37	22	7	0	12	2	4	89	261
Chimi Steak	422	43	16	5	1	21	5	8	109	714
Vegan Burger	240	14	4	0	0	42	10	16	0	986
Lemon Zaatar Basa	284	20	10	2	1	22	3	0	49	1,174
Thai Turkey Stir Fry	451	40	22	4	4	25	7	7	116	397
Sunday Sauce Meatballs	380	36	17	7	0	19	3	9	89	909
Sweet Miso Cod	275	27	9	1	0	25	4	9	49	1,075
Turkey Satay Burger	478	37	25	5	4	25	4	9	117	8,476
Thai Satay Chicken Thigh	330	33	11	3	2	28	6	6	107	8,522
Vegan Beet Burger	330	11	11	2	0	52	9	18	0	1,146
Cuban Chicken	332	38	11	2	2	23	2	10	107	4,904
Chicken Shawarma	442	36	17	3	2	35	4	2	107	122
Moroccan Burger	428	43	21	8	1	15	2	2	111	160
Vegan Jerk	385	28	13	2	3	10	2	4	0	175
Colombian Chicken	420	35	9	2	2	52	5	4	107	532
Beef Sausage	425	30	19	8	0	33	1	2	85	1,551
Chicken Fajitas	361	33	14	3	3	28	7	7	107	1,533
Roast Beef Dinner	390	43	13	5	1	24	6	4	97	284
BBQ Brisket	389	39	13	4	0	29	4	14	105	1,432
Filipino Chicken Adobo	391	37	8	2	2	43	2	4	107	1,707
Fajita Time	435	44	13	5	1	37	9	14	97	1,195
Tofu Fried Rice	316	26	15	2	3	22	3	6	0	1,979
Sweet Chili Basa	322	20	18	3	1	19	3	7	49	649
Not With Butter Chicken	453	42	8	2	1	18	5	7	96	453
Sweet Balsamic Chicken	247	39	11	3	2	27	5	11	134	247