

# AUTUMN MENU 2024 V1

## WEEK 1

## This week's meals

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Lean Beef Chilli Con Carne & Rice

Butter Chicken & Turmeric Rice

Beef Mince Stir Fry Hokkien Noodles

Sesame Chicken Thigh & Spaghetti Noodles

Gravy Beef Steaks with Rice

## LEAN MEALS

**8 Meals** \$87 | **10 Meals** \$99

**12 Meals** \$118 | **14 Meals** \$135

+--300 Calories

250g serving size

25-35g Protein

25-35g Carbohydrates

8-14g Fat

## WEEK 2

## This week's meals

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Hoi Sin Pork Mince Shiitake Mushroom & Rice

Middle Eastern BBQ Chicken Thigh & Spiced Rice

Braised Lamb Ragu & Penne Pasta

Nonna's Spaghetti Bolognese

Indian Chicken Keema & Rice

## MAIN MEALS

**8 Meals** \$101 | **10 Meals** \$120

**12 Meals** \$142 | **14 Meals** \$163

+--500 Calories

400g serving size

45-55g Protein

45-55g Carbohydrates

12-19g Fat

## WEEK 3

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Cheesy Korean Ground Beef & Rice Bowl

Clean Chicken Thigh & Chorizo Paella

Chicken Vodka Penne

Lean Beef Mapo Tofu & Rice

Mongolian Sliced Beef and Hokkien Noodles

## SIZE MEALS

**8 Meals** \$117 | **10 Meals** \$139

**12 Meals** \$166 | **14 Meals** \$191

+--650 Calories

500g serving size

55g-65g Protein

55g-65g Carbohydrates

14-20g Fat

## WEEK 4

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Vietnamese Lemon Grass Pork Mince & Rice

Chicken Mince & Burrito Bowl

Chicken Pesto & Spaghetti Pasta

Beef Stroganoff and Penne Pasta

Japanese Miso Grilled Chicken Thigh & Rice