

AUTUMN MENU 2024 V1

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

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

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 1

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

WEEK 2 This week's meals

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

WEEK 3

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

WEEK 4

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