

AUTUMN MENU 2024 V1

WEEK 1

Lean Beef Chilli Con Carne & Rice

Butter Chicken & Turmeric

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

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 This week's meals

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

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