

# 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

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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

## WEEK 2

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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

## 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

## WEEK 4      This week's meals

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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