

LMP

SUMMER 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
BBQ Tandoori Chicken Thigh & Turmeric Rice
Black Pepper Chicken Thigh & Hokkien Noodles
Ground Chicken Fajita Penne Pasta Bowl
Beef Steaks & Japanese Curry with Rice

WEEK 2 This week's meals

Pork & Spinach Penne Pasta
BBQ Mexican Chicken Thigh & Fried Rice
Tandoori Braised Lamb & Turmeric Rice
Nonna's Spaghetti Bolognese
Thai Chicken Mince Stir Fry & Rice

WEEK 3 This week's meals

Cheesy Korean Ground Beef & Rice Bowl
Clean Chicken Thigh & Chorizo Paella
Thai Coconut Chicken Breast & Rice
Lean Beef Burrito Bowl
Vietnamese Beef Mince Pasta Stir Fry

WEEK 4

Thai Basil Ground Pork & Rice Bowl
Teriyaki Chicken Mince & Fried Rice
Chicken Pesto & Spaghetti Pasta
Cheesy Beef Penne Pasta
Japanese Miso Grilled Chicken Thigh & Rice

*Menu is subject to change