

PRIMAL FOOD

HUNTED · GATHERED · DELIVERED

PROTEINS	PORTION SIZE	PROTEIN (G)	CARBS (G)	FATS (G)	CALORIES	INGREDIENT(S) LIST	FODMAP	GF	Nuts
Grilled Chicken Breast w chilli mayo	200g	58	2.4	22.8	449	Chicken Breast	✓	✓	✗
Portuguese Chicken Breast	200g	58	3.7	7.8	325	Chicken Breast, Paprika, Garlic, Oregano, Chilli	✗	✗	✗
Salmon Fillet	180gm	43.8	0	28.5	465	Salmon, lemon, dill, parsley, oil	✓	✓	✗
Barramundi Fillet	180gm	51.6	2.1	15	346	Barramundi, cheese, paprika, garlic, ginger, parsley	✓	✓	✗
Porterhouse Steak	200g	59.4	1	13	356	Porterhouse Steak, Soy, Garlic, Worcestershire, Basil, Parsley	✓	✓	✗
Beef Brisket	150g	31.5	4	13.2	232.5	Beef Brisket, spring onion, coriander, red chilli	✗	✓	✗
Panko Nori Chicken Schnitzel	200gm	24.4	18	38.6	442	chicken thigh, mayonaisse, panko, nori (seaweed)	✓	✗	✓
Thai Chicken Thigh	200gm	57.4	22.7	10.4	476	Chicken Thigh, Garlic, Ginger, Yoghurt, Salt, Garam Masala, Chilli Red	✗	✓	✗
Butter Chicken	340gm	46.3	15.2	61.5	802	Chicken Thigh, Garlic, Ginger, Yoghurt, Salt, Butter, Fenugreek Coconut Cream, Fish Sauce, Green Chilli, Tomato Paste	✗	✓	✗
Roast Chicken Kiev	220gm	57.2	5.4	17	406	chicken, salt, chilli powder, garlic powder, parsley flakes	✗	✓	✗
Lamb Shank	350gm	74.3	29.7	97.8	908	lamb shank, tomato, onion, celery, carrot, herbs, chilli	✗	✓	✗

Note: Chicken, Fish, Steak and Pork Schnitzel are all weighed pre-cooking. All items may experience some weight loss in cooking process.

SIDE DISHES	PORTION SIZE	PROTEIN (G)	CARBS (G)	FATS (G)	CALORIES	INGREDIENT(S) LIST	FODMAP	GF	Nuts
Broccoli w Chilli & Garlic	170g	5.6	2.2	0.7	47	Broccoli, Garlic, Red Chilli	✗	✓	✗
Cauliflower w Turmeric	170g	3.9	3.5	0.4	43	Cauliflower, Cumin	✓	✓	✗
Grilled Zucchini	170g	2.2	4.1	0.7	37	Zucchini, Salt, Pepper	✓	✓	✗
Green Beans	170g	2.6	3.7	0.3	37	Green Beans	✓	✓	✗
Market Salad	185g	2	7.3	1.2	47	Salad Mix, Beets, Carrot, Celery, Mint, Parsley, Radish, Cherry Tomatoes	✓	✓	✗
Rocket Salad	185g	7.8	9.6	7.9	148	Rocket, Chickpeas, Green Beans, Pumpkin, Olives, Capsicum, Fetta	✓	✓	✗
Kale Slaw Salad	200gm	2.8	7	0.1	54	Cabbage, Kale, Carrot, Capsicum, Parsley	✓	✓	✗
Beetroot Lentil Rainbow Salad	190gm	7.2	18.8	7.3	162	Rocket, brown rice, lentils, beetroot, carrot, feta, walnuts	✗	✓	✓
Ancient Grains Salad	190g	6.9	18.2	6.5	170	Quinoa, Freekah, Lentils, Coriander, Parsley, Red Onion, Almonds, Currants	✗	✓	✓
Roasted Vegetables	300g	5.8	30.1	0.9	174	Sweet Potato, Carrot, Parsnip, Red Onion	✗	✓	✗
Rustic Roasted Pumpkin	200g	5.2	9.4	0.7	70	Jap Pumpkin, pumpkin seeds	✗	✓	✗
Salt & Vinegar Potatoes	200g	7	32.4	0	171	Potatoes, vinegar, Salt, olive oil	✗	✓	✗
Sweet Potato Chunks	200g	4.6	34.4	2.2	206	Sweet Potato, Cinnamon, Olive Oil	✗	✓	✗
Miso Brussel Sprouts	200g	8.4	4.7	0.7	78	Brussel Sprouts, Miso, butter, garlic	✗	✓	✗
Brown Rice w Veggies	200g	3.6	22	0.8	119	Brown Rice, Pumpkin, Carrot, Red Cap, Peas	✗	✓	✗
Chorizo porcini Risotto	250gm	8.6	29.5	13.1	271	Arborio Rice, chorizo, mushrooms, onion, garlic	✗	✗	✗
Fragrant Yellow Rice	200gm	4.9	54.6	5.1	289	Basmati Rice, onion, garlic, ginger, turmeric, lemon grass, oil	✗	✓	✗
Spinach & Ricotta Pie	180gm	12.8	18.3	21.3	313	Spinach, feta, ricotta, parsmanan, eggs, onion, spring onion, parsley, nutmeg, lemon, filo pastry, butter	✗	✗	✗

Note: All dishes are weighed post cooking however there may be some slight discrepancies as all meals are lovingly packed by (non robotic) hands :)

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BREAKFAST DISHES	PORTION SIZE	PROTEIN (G)	CARBS (G)	FATS (G)	CALORIES	INGREDIENT(S) LIST	FODMAP	GF	Nuts
Pumpkin Leek Fetta Omelette	300g	10.1	4.6	14.6	192	Eggs, milk, cream, Leek, Pumpkin, Fetta	X	✓	X
Bacon, Chicken Tomato Omelette	300g	14	2.4	19.3	238	Egg, milk, cream, Bacon, Chicken, Tomato, Parsley, Spring Onion	X	✓	X
Big Cheese Omelette	400g	26.1	4.1	22.4	309	Eggs, milk, cream, Leek, Pumpkin, Fetta, Tasty Cheese	X	✓	X
Coconut Chia Pudding	200gm	6.5	5.8	43.3	459	Chia Seeds, Coconut Milk, Vanilla Essence, Coconut	✓	✓	✓
Quinoa Porridge	200gm	2.6	2.6	8.7	159	Quinoa, Coconut Milk, brown sugar, Vanilla, Cinnamon, Passionfruit	X	✓	X
Pandan Tapioca Pudding	200gm	1.9	42.1	19.4	337	Tapioca, coconut milk, palm sugar, pandan essence	X	✓	X
Bircher Muesli	220gm	11.1	44.6	7.8	281	Oats, Apple, Yoghurt, Orange Juice, Honey, Gelatine, Apricot, Coconut, Hazelnuts	X	X	✓

SNACKS	PORTION SIZE	PROTEIN (G)	CARBS (G)	FATS (G)	CALORIES	INGREDIENT(S) LIST	FODMAP	GF	Nuts
Seed Slice	40gm	2.5	10.8	9.6	131	flax, pepita, sesame, sunflower and chia seeds, cranberries, honey coconut oil, butter	X	✓	✓
BBQ Shapes	40gm	36.7	1	25.8	381	Parmesan Cheese, Egg white, Almond Meal, Parsley, Paprika	✓	✓	✓
Sticky Date pudding	200gm	19.5	44.1	34.2	530	dates, coconut milk, almond, eggs, oil, cinnamon, baking powder, walnuts	X	✓	✓