



NUTRITIONAL INFORMATION

	(grams)	(calories)	(grams)	(grams)	(grams)	(grams)	(grams)	(grams)
PROTEIN (reg. serve)	SERVING	ENERGY	PROTEIN	FAT	SAT. FAT	CARBS	SUGAR	SODIUM
Chicken Breast	100	152	29.0	3.9	1.2	0.0	0.0	45
Rump Steak	100	177	31.5	5.5	2.0	0.0	0.0	4
Kangaroo Steak	100	160	33.9	2.5	0.9	0.0	0.0	51
Lean Beef Mince	85	184	16.9	13.1	5.8	0.4	0.4	60
Salmon	125	232	23.8	15.3	4.3	0.0	0.0	48
Barramundi	125	115	24.0	2.0	2.0	0.0	0.0	60
Tofu	80	129	13.9	7.7	2.4	0.3	0.3	15
BASE (reg. serve)	(approx.)	ENERGY	PROTEIN	FAT	SAT. FAT	CARBS	SUGAR	SODIUM
White Rice	80	128	2.2	0.1	0.0	28.8	0.1	2
Brown Rice	80	122	2.0	0.8	0.2	25.4	0.2	2
Cauliflower Rice	50	13	1.1	0.1	0.0	1.0	1.0	16
White Spaghetti	90	105	3.2	0.2	0.1	21.3	0.0	2
Wholemeal Spaghetti	90	97	3.8	0.8	0.1	17.3	0.0	4
Zucchini Noodles	90	15	0.9	0.3	0.0	1.7	1.3	1
White Potato Mash	180	108	4.3	0.0	0.0	20.2	3.1	9
Sweet Potato Mash	180	119	3.4	0.2	0.0	25.2	9.9	18
Cauliflower Mash	180	70	4.0	0.4	0.0	3.6	3.6	56
Spinach	30	7	0.9	0.1	0.0	1.1	0.7	24
Quinoa	90	112	4.1	1.8	0.0	19.8	0.0	7
VEGETABLES	(approx.)	ENERGY	PROTEIN	FAT	SAT. FAT	CARBS	SUGAR	SODIUM
Broccoli	60	19	2.8	0.2	0.1	0.2	0.2	13
Beans	50	11	0.8	0.1	0.0	1.1	0.9	2
Carrots	100	32	0.8	0.1	0.0	5.0	5.0	40
Cauliflower	90	23	2.0	0.2	0.0	1.8	1.8	28
Mexi Mix	90	70	4.0	1.0	0.0	11.0	3.0	80
Roast White Potato	70	57	1.7	1.7	0.3	7.8	1.2	120
Roast Sweet Potato	90	74	1.7	1.8	0.3	12.6	5.0	129
Roast Pumpkin	75	54	3.0	0.5	0.0	6.0	5.3	121
SAUCES	(grams)	ENERGY	PROTEIN	FAT	SAT. FAT	CARBS	SUGAR	SODIUM
Basil Pesto	40	178	2.9	15.8	2.9	7.6	5.7	397
Peanut Satay	70	85	2.2	4.2	0.7	9.7	6.4	288
Teriyaki	50	37	0.26	0.09	0.09	9.1	8.7	267
Bolognese	90	27	1.0	0.5	0.1	5.7	3.7	363
Gravy	45	20	0.5	0.5	0.5	4.4	0.8	299
Garlic Butter	15	110	0.1	12.5	8.3	0.1	0.1	4
Sweet Chilli	50	51	1.0	1.0	1.0	14.0	13.0	400
Tartare	40	113	0.2	10.0	1.2	6.3	5.4	378
Mexi Sauce	60	59	2.3	3.3	2.1	6.0	4.2	166
SWEETS	SERVING	ENERGY	PROTEIN	FAT	SAT. FAT	CARBS	SUGAR	SODIUM
Choc Banana Yogurt	1	353	12	28	15	37	24	169
Superfood Bowl	1	341	2	16	8	31	20	108
Protein Cookie	1	310	14	16	3	27	16	2
Choc Banana Muffin	1	358	9	27	10	23	13	30
Choc Chip Brownie	1	264	4	18	13	22	11	40

Raw Snickers Slice	1	348	7.2	21.1	8.1	33.2	24.5	58
BREAKFAST	SERVING	ENERGY	PROTEIN	FAT	SAT. FAT	CARBS	SUGAR	SODIUM
Scrambed Eggs	2	150	12.0	10.0	3.2	1.2	1.2	124
Kangaroo Sausages	2	184	33.6	2.8	1.2	5.6	0.6	880
Tofu	80	129	13.9	7.7	2.4	0.3	0.3	15
Chilli Beans	1/2 cup	150	8.1	2.6	0.2	19.6	3.9	285
Spinach	30	7	0.9	0.1	0.0	1.1	0.7	24
Broccoli	60	19	2.8	0.2	0.1	0.2	0.2	13
Roast Sweet Potato	90	74	1.7	1.8	0.3	12.6	5.0	129
Mushroom	105	23	3	1	0	3	0	0
Pancakes	4 pcs	303	8	17	13	30	6	124
Berry Compote	1	27	0	0	0	6	5	1
Greek Yogurt	1	20	2	0	0	2	2	9
Rice Malt Syrup	1	65	0	0	0	16	11	1
Peanut Butter	1	124	6	10	0	4	0	0
Low Carb Frittata	1	199	17	13	4	4	2	240

INGREDIENTS

Mexi Mix	Black Beans Corn Kernels Kidney Beans Cherry Tomatoes
Basil Pesto	Basil Puree Canola Oil Water Cashews Parmesan Cheese Sugar Garlic Vinegar Pine Nuts Salt Food Acid Potassium Sorbate
Peanut Satay	Coconut Milk Peanuts Onion Golden Syrup Lemon Grass Salt Water Garlic Emulsifier (Dairy) Yeast Extract Thickener Desiccated Coconut Cumin Ginger Coriander Seed Turmeric Chilli
Teriyaki	Organic Tamari Water Organic Sugar Corn Starch Burnt Sugar Organic Ginger Thickener Organic Garlic Natural Colour
Bolognese	Organic Tomato Sea Salt Organic Garlic Organic Basil Organic White Pepper Organic Oregano Onion Food Acid (Citric)
Gravy	Tapicoa Flour Starch Salt Corn Protein Onion Sodium Cadeinate Spices Garlic Milk Protein Emulsifiers
Garlic Butter	Unsalted Butter Garlic
Sweet Chilli	Chilli Water Garlic Salt Vegetable Gum
Tartare	Sunflower Oil Cucumber Egg Yolk Lemon Juice Vinegar Onion Mustard Sugar Salt Food Acid (Acetic) Vegetable Gum Butter Milk
Mexi Sauce	Salsa [Diced Tomato Tomato Juice Acidity Regulator Firming Agent Water Tomato Pulp Vinegar Capsicum Thickener Sugars Salt Garlic Spices Herb Preservative Spice Extract] Greek Yogurt
Choc Banana Yogurt	Greek Yogurt Muesli [cashews, almonds, coconut, rice malt, cinnamon] Banana Dark Chocolate
Superfood Bowl	Greek Yogurt WPI Protein Powder Muesli [cashews, almonds, coconut, rice malt, cinnamon] Kiwi Strawberry Blueberry Goji Berries
Protein Cookie	Chickpeas Peanut Butter [100% Peanuts] WPI Protein Powder Honey Dark Chocolate
Choc Banana Muffin	Banana Eggs Almond Meal Almond Flour Coconut Oil Dark Chocolate Rice Malt
Choc Chip Brownie	Coconut Flour Arrowroot Flour Stevia Cacao Powder Applesauce Dark Chocolate Coconut Oil
Raw Snickers Slice	Cacao Powder Medjool Dates Cashews Almonds Peanuts 100% Peanut Butter Coconut Oil Coconut Milk Rice Malt Syrup
Chilli Beans	Black Beans Kidney Beans Chickpeas Tomatoes Spices
Pancakes	Coconut Flour Arrowroot Flour Eggs Coconut Oil Rice Malt Syrup Almond Milk Bi Carb Soda
Berry Compote	Strawberries Black Berries Raspberries Stevia
Low Carb Frittata	Eggs Red Onion Basil Spinach Tasty Cheese [light] Tomatoes Paprika Rock Salt