

2019 Numeals Nutritional Information

Breakfast

Protein Pancakes		
	Average Quantity per serve (132g)	Average Quantity per 100g
Energy	1548kj	1172kj
Protein	20.8g	15.7g
Fat, total	12.7g	9.7g
- Saturated	1.9g	1.4g
Carbohydrate	41.8g	31.7g
- Sugars	24.5g	18.6g
Sodium	576mg	437mg

Granola Bowl		
	Average Quantity per serve (150g)	Average Quantity per 100g
Energy	2767kj	1831kj
Protein	22.6g	14.9g
Fat, total	52.6g	34.8g
- Saturated	18.4g	12.2g
Carbohydrate	24.3g	16.1g
- Sugars	11.5g	7.6g
Sodium	105mg	70mg

Breaky Fritters		
	Average Quantity per serve (280g)	Average Quantity per 100g
Energy	1167kj	458kj
Protein	9.3g	3.6g
Fat, total	10.2g	4g
- Saturated	1.2g	0.5g
Carbohydrate	35.8g	14g
- Sugars	2.4g	0.9g
Sodium	1284mg	502mg

Protein Oats		
	Average Quantity per serve (180g)	Average Quantity per 100g
Energy	2541kj	1411kj
Protein	41.1g	22.8g
Fat, total	14g	7.8g
- Saturated	5.3g	2.9g
Carbohydrate	72.4g	40.2g
- Sugars	19.2g	10.7g
Sodium	232mg	129mg

Meals

Clean Chicken: Light		
	Average Quantity per serve (231g)	Average Quantity per 100g
Energy	1247kj	542.17kj
Protein	32.8g	14.2g
Fat, total	11.6g	5g
- Saturated	2.5g	1.1g
Carbohydrate	17.5g	7.6g
- Sugars	6.8g	2.9g
Sodium	729.1mg	317mg

Clean Chicken: Large		
	Average Quantity per serve (326g)	Average Quantity per 100g
Energy	1792.26kj	551.5kj
Protein	48.1g	15g
Fat, total	17.8g	5.5g
- Saturated	3.8g	1.2g
Carbohydrate	24.2g	7.5g
- Sugars	9.1g	2.8g
Sodium	1054mg	324.3mg

Sa-tasty Chicken: Light		
	Average Quantity per serve (251g)	Average Quantity per 100g
Energy	1393.8kj	557.52kj
Protein	38.7g	15.4g
Fat, total	12.8g	5.1g
- Saturated	2.8g	1.1g
Carbohydrate	17.9g	7.2g
- Sugars	6.9g	2.8g
Sodium	2261.1mg	904mg

Sa-tasty Chicken: Large		
	Average Quantity per serve (346g)	Average Quantity per 100g
Energy	1939kj	562.03kj
Protein	54.3g	15.7g
Fat, total	18.5g	5.3g
- Saturated	4.1g	1.2g
Carbohydrate	24.4g	7.1g
- Sugars	9.2g	2.7g
Sodium	2586.2mg	749.6mg

Green Spiced Chicken: Light		
	Average Quantity per serve (251g)	Average Quantity per 100g
Energy	1362.62kj	545.05kj
Protein	33g	13.2g
Fat, total	13.9g	5.6g
- Saturated	4.3g	1.7g
Carbohydrate	20.1g	8g
- Sugars	7.6g	3g
Sodium	849mg	339.6mg

Green Spiced Chicken: Large		
	Average Quantity per serve (346g)	Average Quantity per 100g
Energy	1907kj	552.7kj
Protein	49.1g	14.2g
Fat, total	19.6g	5.7g
- Saturated	5.5g	1.6g
Carbohydrate	24.5g	7.1g
- Sugars	9.9g	2.9g
Sodium	1174mg	340.3mg

Lean Chicken: Light		
	Average Quantity per serve (200g)	Average Quantity per 100g
Energy	1250.2kj	625.1kj
Protein	34.1g	17g
Fat, total	16.3g	8.2g
- Saturated	2.5g	1.2g
Carbohydrate	5.3g	2.7g
- Sugars	3.8g	1.9g
Sodium	572.5mg	286.3mg

Lean Chicken: Large		
	Average Quantity per serve (275g)	Average Quantity per 100g
Energy	1716.4kj	624kj
Protein	47.7g	17.3g
Fat, total	21.8g	7.9g
- Saturated	3.7g	1.3g
Carbohydrate	5.9g	2.1g
- Sugars	4.7g	1.7g
Sodium	859mg	312mg

Lean and Cream: Light		
	Average Quantity per serve (220g)	Average Quantity per 100g
Energy	1350kj	613.6kj
Protein	34.6g	15.7g
Fat, total	18.2g	8.3g
- Saturated	3.7g	1.7g
Carbohydrate	5.7g	2.6g
- Sugars	3.6g	1.6g
Sodium	652.9mg	296.7mg

Lean and Cream: Large		
	Average Quantity per serve (295g)	Average Quantity per 100g
Energy	1816.1kj	615.6kj
Protein	50.2g	17g
Fat, total	18.1g	6.1g
- Saturated	5g	1.7g
Carbohydrate	5.9g	2g
- Sugars	4.8g	1.6g
Sodium	652.6mg	221.2mg

Low Carb Thai Chicken: Light		
	Average Quantity per serve (220g)	Average Quantity per 100g
Energy	1397kj	635kj
Protein	39.9g	18.1g
Fat, total	16.8g	7.6g
- Saturated	2.8g	1.3g
Carbohydrate	4.7g	2.2g
- Sugars	3.9g	1.8g
Sodium	2104.5mg	956.6mg

Low Carb Thai Chicken: Large		
	Average Quantity per serve (295g)	Average Quantity per 100g
Energy	1863kj	631.5kj
Protein	55.5g	18.8g
Fat, total	23.1g	7.8g
- Saturated	4g	1.3g
Carbohydrate	7.3g	2.5g
- Sugars	4.8g	1.6g
Sodium	2391mg	810.5mg

Quinoa Crusted Chicken: Light		
	Average Quantity per serve (180g)	Average Quantity per 100g
Energy	1303.8kj	724.3KJ
Protein	24.9g	13.8g
Fat, total	10.9g	6G
- Saturated	1.3g	0.7g
Carbohydrate	34.4g	19.1g
- Sugars	7.7g	4.3g
Sodium	384.8mg	213.8mg

Quinoa Crusted Chicken: Large		
	Average Quantity per serve (250g)	Average Quantity per 100g
Energy	1798.04kj	719.2kj
Protein	37.1g	14.8g
Fat, total	13.8g	5.5g
- Saturated	1.8g	0.7g
Carbohydrate	45.9g	18.4g
- Sugars	9.8g	3.9g
Sodium	531mg	212.4mg

BBQ Chicken & Chips: Light		
	Average Quantity per serve (200g)	Average Quantity per 100g
Energy	1510kj	755kj
Protein	25.3g	12.6g
Fat, total	13.9g	6.9g
- Saturated	1.6g	0.8g
Carbohydrate	39.3g	19.7g
- Sugars	8g	4g
Sodium	574.2mg	287.1mg

BBQ Chicken & Chips: Large		
	Average Quantity per serve (270g)	Average Quantity per 100g
Energy	2003.8kj	742.1kj
Protein	37.4g	13.9g
Fat, total	16.6g	6.2g
- Saturated	2g	0.8g
Carbohydrate	51.1g	18.9g
- Sugars	10.1g	3.7g
Sodium	720.4mg	266.8mg

Smokey BBQ Steak: Light		
	Average Quantity per serve (230g)	Average Quantity per 100g
Energy	1234.2kj	536.6kj
Protein	33.8g	14.7g
Fat, total	9.9g	4.3g
- Saturated	2.6g	1.1g
Carbohydrate	17.4g	7.6g
- Sugars	6.9g	3g
Sodium	599mg	260mg

Smokey BBQ Steak: Large		
	Average Quantity per serve (325g)	Average Quantity per 100g
Energy	1773.1kj	545.6kj
Protein	49.9g	15.4g
Fat, total	14.1g	4.3g
- Saturated	3g	0.9g
Carbohydrate	17.4g	5.2g
- Sugars	6.9g	2.1g
Sodium	859mg	264.3mg

BBQ Steak & Bake: Light		
	Average Quantity per serve (260g)	Average Quantity per 100g
Energy	1386kj	533kj
Protein	36.4g	14g
Fat, total	15.4g	5.9g
- Saturated	3.1g	1.1g
Carbohydrate	14.7g	5.7g
- Sugars	6.8g	2.6g
Sodium	757mg	291mg

Golden Steak Mash: Light		
	Average Quantity per serve (230g)	Average Quantity per 100g
Energy	1236kj	537.4kj
Protein	33.2g	14.4g
Fat, total	9.8g	4.3g
- Saturated	2.5g	1.1g
Carbohydrate	18.3g	8g
- Sugars	6.5g	2.7g
Sodium	589.6mg	256.3mg

Golden Steak Mash: Large		
	Average Quantity per serve (300g)	Average Quantity per 100g
Energy	1742kj	580.6kj
Protein	47.6g	15.9g
Fat, total	14.4g	4.8g
- Saturated	3.8g	1.2g
Carbohydrate	23.1g	7.7g
- Sugars	8.2g	2.7g
Sodium	844mg	281.3mg

Green Barra Curry: Light		
	Average Quantity per serve (270g)	Average Quantity per 100g
Energy	993.4kj	367.9kj
Protein	23.6g	8.7g
Fat, total	4.2g	1.5g
- Saturated	2.5g	0.9g
Carbohydrate	25.8g	9.6g
- Sugars	2.7g	1g
Sodium	180.5mg	66.9mg

Green Barra Curry: Large		
	Average Quantity per serve (320g)	Average Quantity per 100g
Energy	1170.8kj	365.9kj
Protein	33.6g	10.5g
Fat, total	4.8g	1.5g
- Saturated	2.7g	0.8g
Carbohydrate	26.1g	8.1g
- Sugars	3.2g	1g
Sodium	206.5mg	64.5mg

Golden Thai Barramundi: Light		
	Average Quantity per serve (270g)	Average Quantity per 100g
Energy	1376kj	509.6kj
Protein	30.6g	11.3g
Fat, total	8.7g	3.2g
- Saturated	2.7g	1g
Carbohydrate	38.1g	14.1g
- Sugars	3.3g	1.2g
Sodium	1600.5mg	592.8mg

Golden Thai Barramundi: Large		
	Average Quantity per serve (320g)	Average Quantity per 100g
Energy	1555kj	485.9kj
Protein	40.6g	12.7g
Fat, total	9.4g	2.9g
- Saturated	3.1g	1g
Carbohydrate	38.4g	12g
- Sugars	3.8g	1.2g
Sodium	1626.5mg	508.3mg

Super Salmon: Light		
	Average Quantity per serve (250g)	Average Quantity per 100g
Energy	1268.4kj	507.4kj
Protein	24.3g	9.7g
Fat, total	11.5g	4.6g
- Saturated	2.7g	1.1g
Carbohydrate	24.7g	9.9g
- Sugars	1.9g	0.7g
Sodium	65.5mg	26.2mg

Creamy Baked Salmon: Light		
	Average Quantity per serve (270g)	Average Quantity per 100g
Energy	1368.2kj	506.7kj
Protein	23.8g	8.8g
Fat, total	13.5g	5g
- Saturated	4g	1.5g
Carbohydrate	25.7g	9.5g
- Sugars	3.3g	1.2g
Sodium	145.8mg	54mg

Portuguese Falafel: Light		
	Average Quantity per serve (300g)	Average Quantity per 100g
Energy	2299kj	766kj
Protein	17.1g	5.7g
Fat, total	13.4g	4.5g
- Saturated	2.2g	0.7g
Carbohydrate	87.4g	29g
- Sugars	15.8g	5.2g
Sodium	954.2mg	315.5mg

Portuguese Falafel: Large		
	Average Quantity per serve (370g)	Average Quantity per 100g
Energy	2921kj	789.5kj
Protein	21.6g	5.8g
Fat, total	15.8g	5.3g
- Saturated	2.7g	0.7g
Carbohydrate	108.6g	29.3g
- Sugars	19.8g	5.3g
Sodium	1316.2mg	352.8mg

The Mushroom Falafel: Light		
	Average Quantity per serve (300g)	Average Quantity per 100g
Energy	2193kj	731kj
Protein	16.7g	5.6
Fat, total	12.4g	4.1
- Saturated	3.3g	1.1g
Carbohydrate	83.3g	27.7g
- Sugars	11.9g	4g
Sodium	845.4mg	280mg

The Mushroom Falafel: Large		
	Average Quantity per serve (370g)	Average Quantity per 100g
Energy	2815kj	760.8kj
Protein	21.8g	5.9g
Fat, total	14.9g	4g
- Saturated	3.7g	1g
Carbohydrate	104.4g	28.2g
- Sugars	16g	4.3g
Sodium	1207.4mg	324.3mg

The Saucy Sanjay: Light		
	Average Quantity per serve (270g)	Average Quantity per 100g
Energy	1719.28kj	636.8kj
Protein	33.1g	12.3g
Fat, total	15g	5.5g
- Saturated	4.6g	1.7g
Carbohydrate	40.5g	15g
- Sugars	3.9g	1.4g
Sodium	685.5mg	253.9mg

The Saucy Sanjay: Large		
	Average Quantity per serve (320g)	Average Quantity per 100g
Energy	2152kj	672.5kj
Protein	47.6g	14.9g
Fat, total	19.5g	6.1g
- Saturated	5.8g	1.8g
Carbohydrate	42g	13g
- Sugars	5g	1.6g
Sodium	965.5mg	301.7mg

Mr Pete's Chicken: Light		
	Average Quantity per serve (270g)	Average Quantity per 100g
Energy	1818kj	673kj
Protein	39.5g	14.6g
Fat, total	13.4g	5g
- Saturated	3.7g	1.4g
Carbohydrate	40.4g	14.9g
- Sugars	4.1g	1.5g
Sodium	2098.5mg	777.2mg

Mr Pete's Chicken: Large		
	Average Quantity per serve (320g)	Average Quantity per 100g
Energy	2285j	714kj
Protein	55g	17.2g
Fat, total	18.9g	5.9g
- Saturated	4.9g	1.5g
Carbohydrate	42g	13.1g
- Sugars	6.1g	1.6g
Sodium	2379.5mg	743.6mg

BBQ Chicken & Broc: Light		
	Average Quantity per serve (250g)	Average Quantity per 100g
Energy	1260.12kj	504kj
Protein	27.9g	11.1g
Fat, total	8.8g	3.5g
- Saturated	1g	0.4g
Carbohydrate	30.7g	12.3g
- Sugars	5.6g	2.2g
Sodium	557.5mg	223mg

BBQ Chicken & Broc: Large		
	Average Quantity per serve (345g)	Average Quantity per 100g
Energy	1707j	494.8kj
Protein	40.5g	11.7g
Fat, total	12g	3.5g
- Saturated	2.3g	0.7g
Carbohydrate	40.7g	11.8g
- Sugars	6.8g	1.8g
Sodium	702.5mg	203.6mg

Crispy Chicken Mash: Light		
	Average Quantity per serve (230g)	Average Quantity per 100g
Energy	1054kj	426.36kj
Protein	27.5g	11.9g
Fat, total	5.8g	2.5g
- Saturated	0.7g	0.3g
Carbohydrate	25.5g	11g
- Sugars	5.7g	2.5g
Sodium	369mg	160mg

Crispy Chicken Mash: Large		
	Average Quantity per serve (325g)	Average Quantity per 100g
Energy	1502.8kj	462.4kj
Protein	40.9g	12.5g
Fat, total	7.9g	2.4g
- Saturated	1.1g	0.3g
Carbohydrate	35.9g	11g
- Sugars	6.8g	2.1g
Sodium	514.2mg	158.2

The Spice Is Right: Light		
	Average Quantity per serve (250g)	Average Quantity per 100g
Energy	1169.3kj	467.7kj
Protein	27.7g	11.1g
Fat, total	7.6g	3g
- Saturated	2.5g	1g
Carbohydrate	28.1g	11.2g
- Sugars	6.1g	2.4g
Sodium	488.1mg	195.2mg

The Spice Is Right: Large		
	Average Quantity per serve (345g)	Average Quantity per 100g
Energy	1617kj	468.7kj
Protein	41.1g	11.9g
Fat, total	10.2g	2.9g
- Saturated	1.8g	0.8g
Carbohydrate	36.5g	10.6g
- Sugars	7.4g	2.1g
Sodium	488mg	141mg

Loaded Chicken: Light		
	Average Quantity per serve (250g)	Average Quantity per 100g
Energy	1102kj	440.8kj
Protein	27.8g	11.1g
Fat, total	5.7g	2.3g
- Saturated	0.8g	0.3g
Carbohydrate	28.1g	11.2g
- Sugars	6.5g	2.6g
Sodium	421.5mg	168.6mg

Loaded Chicken: Large		
	Average Quantity per serve (345g)	Average Quantity per 100g
Energy	1550kj	449kj
Protein	41.1g	11.9g
Fat, total	8.7g	2.5g
- Saturated	1.1g	0.3g
Carbohydrate	27.6g	8g
- Sugars	7g	2g
Sodium	422mg	122mg

Steak Hot Pot: Light		
	Average Quantity per serve (200g)	Average Quantity per 100g
Energy	1268.54kj	634.27kj
Protein	32g	16g
Fat, total	11.7g	5.9g
- Saturated	3.8g	1.9g
Carbohydrate	18.2g	9.1g
- Sugars	7.1g	3.5g
Sodium	666.6mg	333.3mg

Steak Hot Pot: Large		
	Average Quantity per serve (270g)	Average Quantity per 100g
Energy	1775kj	657.4kj
Protein	47g	17.4g
Fat, total	15.8g	5.9g
- Saturated	4.2g	1.6g
Carbohydrate	23.2g	8.6g
- Sugars	8.1g	3g
Sodium	922mg	341mg

Chicken Hot Pot: Light		
	Average Quantity per serve (200g)	Average Quantity per 100g
Energy	1432kj	716kj
Protein	30.7g	15.3g
Fat, total	17.8g	8.8g
- Saturated	3g	1.5g
Carbohydrate	19.1g	9.6g
- Sugars	6.7g	3.3g
Sodium	800mg	400mg

Chicken Hot Pot: Large		
	Average Quantity per serve (270g)	Average Quantity per 100g
Energy	1944kj	720kj
Protein	45.6g	16.8g
Fat, total	23.8g	8.8g
- Saturated	4.2g	1.5g
Carbohydrate	24.4g	9g
- Sugars	8.8g	3.3g
Sodium	1120.1mg	414.8mg

Portuguese Chicken: Light		
	Average Quantity per serve (270g)	Average Quantity per 100g
Energy	1876.56kj	695kj
Protein	34g	12.6g
Fat, total	15.2g	5.6g
- Saturated	3.6g	1.3g
Carbohydrate	45.3g	16.8g
- Sugars	8.3g	3.1g
Sodium	755.9mg	280mg

Portuguese Chicken: Large		
	Average Quantity per serve (320g)	Average Quantity per 100g
Energy	2344kj	732.5kj
Protein	49.5g	18.3g
Fat, total	20.7g	6.5g
- Saturated	4.8g	1.5g
Carbohydrate	47.8g	14.9g
- Sugars	8.3g	2.6g
Sodium	1036.9mg	324.7mg

Snacks

Almonds		
	Average Quantity per serve (40g)	Average Quantity per 100g
Energy	1020kj	2549kj
Protein	8.5g	21.2g
Fat, total	20g	50g
- Saturated	1.5g	3.8g
Carbohydrate	1.8g	4.4g
- Sugars	1.7g	4.4g
Sodium	0.4mg	1mg

Walnuts		
	Average Quantity per serve (40g)	Average Quantity per 100g
Energy	1167kj	2914kj
Protein	5.8g	14.4g
Fat, total	27.6g	69g
- Saturated	1.8g	4.5g
Carbohydrate	1.2g	3g
- Sugars	1.1g	2.7g
Sodium	1mg	3mg

Carrot Sticks & Beetroot Hommus		
	Average Quantity per serve (190g)	Average Quantity per 100g
Energy	609kj	310kj
Protein	3.8g	2g
Fat, total	6.6g	3.5g
- Saturated	0.6g	0.3g
Carbohydrate	13.6g	7.1g
- Sugars	7.7g	4g
Sodium	208mg	110mg

Green Beans & Beetroot Hommus		
	Average Quantity per serve (190g)	Average Quantity per 100g
Energy	537kj	285kj
Protein	6g	3.2g
Fat, total	7.4g	3.9g
- Saturated	0.5g	0.3g
Carbohydrate	12.7g	6.7g
- Sugars	3.5g	1.8g
Sodium	128mg	68mg

Boiled Eggs & Harissa		
	Average Quantity per serve (125g)	Average Quantity per 100g
Energy	823kj	667kj
Protein	12.9g	10.4g
Fat, total	15.7g	12.6g
- Saturated	3.5g	2.8g
Carbohydrate	1.5g	1.2g
- Sugars	1.1g	0.8g
Sodium	190mg	153mg

Choc Coconut Protein Balls		
	Average Quantity per serve (40g)	Average Quantity per 100g
Energy	940.8kj	2356.2kj
Protein	8.2g	20.6g
Fat, total	17g	42.5g
- Saturated	2.6g	6.4g
Carbohydrate	5.5g	13.7g
- Sugars	4.8g	11.9g
Sodium	17.7mg	44.2mg

White Chocolate Raspberry Protein Ball		
	Average Quantity per serve (40g)	Average Quantity per 100g
Energy	919.8kj	2356.2kj
Protein	8.8g	22.4g
Fat, total	16.1g	41.2g
- Saturated	1.3g	3.4g
Carbohydrate	5.5g	14g
- Sugars	5g	12.8g
Sodium	14.7mg	37.7mg

Salted Caramel Protein Ball		
	Average Quantity per serve (40g)	Average Quantity per 100g
Energy	919.8kj	2356.1kj
Protein	8.8g	22.4g
Fat, total	16.1g	41.2g
- Saturated	1.3g	3.4g
Carbohydrate	5.3g	13.5g
- Sugars	4.7g	12g
Sodium	15.6mg	40.1mg

Cookies & Cream Protein Ball		
	Average Quantity per serve (40g)	Average Quantity per 100g
Energy	915.6kj	2347.8kj
Protein	8.8g	22.5g
Fat, total	16g	41.1g
- Saturated	1.3g	3.4g
Carbohydrate	5.3g	13.5g
- Sugars	4.6g	11.9g
Sodium	14.9mg	38.2mg

Cinnamon Protein Ball		
	Average Quantity per serve (40g)	Average Quantity per 100g
Energy	911.4kj	2335.2kj
Protein	8.3g	21.3g
Fat, total	16g	41g
- Saturated	1.4g	3.5g
Carbohydrate	5.6g	14.4g
- Sugars	4.8g	12.2g
Sodium	17.8mg	45.7mg

Sauces

Aioli		
	Average Quantity per serve (20g)	Average Quantity per 100g
Energy	571kj	2850kj
Protein	0.4g	1.9g
Fat, total	15.1g	75.4g
- Saturated	1.3g	6.2g
Carbohydrate	0.3g	1.7g
- Sugars	0.2g	1g
Sodium	100mg	502mg

Harissa Sauce		
	Average Quantity per serve (20g)	Average Quantity per 100g
Energy	235kj	995kj
Protein	0.2g	0.9g
Fat, total	5.8g	24.1g
- Saturated	0.8g	3.4g
Carbohydrate	1.2g	4.9g
- Sugars	0.8g	3.1g
Sodium	56mg	235mg

Chilli Aioli		
	Average Quantity per serve (20g)	Average Quantity per 100g
Energy	484kj	2420kj
Protein	0.4g	1.8g
Fat, total	12.2g	61.1g
- Saturated	1g	5.1g
Carbohydrate	1.5g	7.3g
- Sugars	1.3g	6.3g
Sodium	176mg	882mg

Tomato Relish		
	Average Quantity per serve (20g)	Average Quantity per 100g
Energy	83kj	415kj
Protein	0.2g	0.7g
Fat, total	0g	0.2g
- Saturated	0g	0.1g
Carbohydrate	4.6g	22.7g
- Sugars	3.7g	18.3g
Sodium	92mg	457mg

Olive Oil		
	Average Quantity per serve (20g)	Average Quantity per 100g
Energy	679kj	3395kj
Protein	0g	0g
Fat, total	19g	95g
- Saturated	3g	14g
Carbohydrate	0g	0g
- Sugars	0g	0g
Sodium	0mg	0mg

Beetroot Hommus		
	Average Quantity per serve (20g)	Average Quantity per 100g
Energy	193kj	974kj
Protein	1.3g	6.6g
Fat, total	3.2g	16.2g
- Saturated	0.3g	1.4g
Carbohydrate	3g	15.2g
- Sugars	0.1g	0.4g
Sodium	74mg	370mg