

Avocado
& red wine

MACRO NUTRIENTS



LIST

	PROTEIN	CARBS	FAT	TOTAL CALORIES
CHICKEN FAJITA PASTA	47G	44G	12G	472 KCAL
BUN-LESS CAJUN BURGER	29G	43G	16G	447 KCAL
HONEY CHILLI CHICKEN	45G	65G	6G	471 KCAL
COTTAGE PIE	29G	45G	7G	473 KCAL
PAPRIKA CHICKEN	37G	53G	11G	452 KCAL
GREEK STYLE GYROS CHICKEN	42G	34G	14G	434 KCAL
KATSU CHICKEN CURRY	33G	73G	8G	496 KCAL
TURKEY TACO BOWL	41G	21G	27G	491 KCAL
CHICKEN PIZZAIOLA	37G	45G	7G	412 KCAL

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	PROTEIN	CARBS	FAT	TOTAL CALORIES
SWEDISH MEATBALLS	27G	48G	15G	469 KCAL
COCONUT TURMERIC FISH CURRY	35G	48G	15G	462 KCAL
SALT AND PEPPER CHICKEN	37G	56G	4G	409 KCAL
BOLOGNESE RISOTTO	29G	46G	9G	381 KCAL
COCONUT AND SPINACH DHAL	15G	95G	12G	499 KCAL
"NO BUTTER" BUTTER CHICKEN	38G	40G	19G	469 KCAL
SWEET AND SOUR PORK	38G	58G	10G	474 KCAL
FAJITA PASTA	48G	55G	7G	482 KCAL
CHICKEN SHAWARMA BOWL	37G	38G	15G	435 KCAL

