



		Calories	Protein	Carbs	Fat	Allergen, Intolerances, Vegetarian Options			Shelf life, heating, preparation, storage			
Meal	Meal Type	Per Serving	Per Serving	Per Serving	Per Serving	Allergen Details	Gluten Free (GF/GF-CINO)	Vegetarian Option	Shelf Life	Storage	Preparation / Heating Instructions	Freezable
<b>Breakfast</b>												
Breakie Burrito, Lean Mince, Avocado, Tomato Salsa, GF Tortilla	Breakfast	429	40	40	19	Dairy	GF O	Yes	1 Day	Refrigerate as soon as delivered.	Place on plate in microwave and keep heating the burrito for 1 minute at a time until it's heated through. Check that the filling inside is hot. Once it's finished dig in. Can be baked for 20 mins in oven, or in Air Fryer.	Yes - immediately on delivery
Breakfast Chicken Patty Muffin with Spinach and Tomato	Breakfast	314	27	28	11	Gluten	GF O	No	2 Day	Refrigerate as soon as delivered.	Place in microwave for 1 minutes intervals on high until meat is warm throughout. Check before consuming. Can be wrapped in foil and placed in the oven/air fryer too to reheat.	Yes - immediately on delivery
Breakfast Egg and Cheese Muffin	Breakfast	395	39	28	9	Dairy, Gluten	GF O	Yes	2 Day	Refrigerate as soon as delivered.	Place in microwave for 1 minutes intervals on high until warm throughout. Check before consuming. Can be wrapped in foil and placed in the oven/air fryer too to reheat.	Yes - immediately on delivery
Breakfast Proscuitto, Mozzarella, Basil, Pesto Muffin	Breakfast	267	14	28	10	Dairy, Gluten, Pine Nuts	GF O	Yes	2 Day	Refrigerate as soon as delivered.	Place in microwave for 1 minutes intervals on high until warm throughout. Check before consuming. Can be wrapped in foil and placed in the oven/air fryer too to reheat.	Yes - immediately on delivery
Egg Frittata - Chicken Sausage, Seasonal Vegetables	Breakfast	328	45	4	13	Dairy	GF	Yes	2 Day	Refrigerate as soon as delivered.	Place in microwave for 1 minutes intervals on high until meat is warm throughout. Check before consuming. Can be wrapped in foil and placed in the oven/air fryer too to reheat.	Yes - immediately on delivery
Egg Frittata - Seasonal vegetables, Ham/Proscuitto, Herbs, Mozzarella	Breakfast	322	45	4	13	Dairy	GF	Yes	3 Day	Refrigerate as soon as delivered.	Can be consumed Cold. To reheat place in microwave for 1 minutes intervals on high until warm throughout. Check before consuming.	Yes - immediately on delivery
Egg Frittata - Seasonal vegetables, Mozzarella, Herbs	Breakfast	309	42	4	12	Dairy	GF	Yes	3 Day	Refrigerate as soon as delivered.	Consume cold straight from fridge.	Yes - immediately on delivery
Overnight Oats - Chocolate, Peanut Butter, Banana	Breakfast	377	22	50	10	Dairy, Nut, Soy	GF	Yes	2 Day	Refrigerate as soon as delivered.	Consume cold straight from fridge.	No
Overnight Oats - Chocolate, Berries	Breakfast	343	20	54	6	Dairy, Soy	GF	Yes	3 Day	Refrigerate as soon as delivered.	Consume cold straight from fridge.	No
Overnight Oats - Forest Fruits	Breakfast	361	23	53	5	Dairy, Soy	GF	Yes	3 Day	Refrigerate as soon as delivered.	Consume cold straight from fridge.	No
Overnight Oats - Biscoff	Breakfast	399	13	46	19	Dairy, Gluten	GF	Yes	3 Day	Refrigerate as soon as delivered.	Consume cold straight from fridge.	No
Overnight Weetabix - Caramelised Fruits, Greek Yoghurt	Breakfast	339	29	51	1	Dairy, Soy, Gluten	No	Yes	1 Day	Refrigerate as soon as delivered.	Consume cold straight from fridge.	No
Protein Pancakes - Base	Breakfast	196	18	16	9	Dairy, Gluten (None if Oat Flour)	GFO	Yes	2 Days	Refrigerate as soon as delivered.	Consume cold or reheat in microwave for 1-2 minutes until warm throughout	No
- Caramelised Fruits and Maple Syrup	Breakfast	149	1	25	4	None	No	Yes	1 Day	Refrigerate as soon as delivered.	Consume Cold or reheat with pancakes at same time.	No
- Raw Fruits and Honey	Breakfast	77	1	20	0	None	No	Yes	2 Days	Refrigerate as soon as delivered.	Consume Cold or reheat with pancakes at same time.	No
- Choc Chips, Greek Yoghurt, Maple Syrup	Breakfast	185	16	26	3	Milk	Dairy	Yes	2 Days	Refrigerate as soon as delivered.	Consume Cold - reheat pancakes separately.	No
Turkish Yoghurt Eggs, Pita Bread	Breakfast	559	24	35	24	Dairy, Gluten	GF O	Yes	2 Days	Refrigerate as soon as delivered.	Consume Cold, reheat / toast pita bread lightly toast 1-2 minutes in toaster.	No
Yoghurt Parfait with Raw Fruits, Crunchy Oats, Honey	Breakfast	389	29	58	5	Dairy	GF	Yes	2 Days	Keep in air tight container in cool and dry environment.	Consume Cold.	No
Yoghurt Parfait with Caramelised Fruits, Crunchy Oats, Maple Syrup	Breakfast	416	29	65	5	Dairy	GF	Yes	1 Day	Refrigerate as soon as delivered.	Consume Cold.	No
Homemade Granola - Oats, Pistachio, Honey, Chia, Salt, Almond	Breakfast	145	3	17	9	Nuts	GF	Yes	1+ Week	Keep in air tight container in cool and dry environment.	Consume at room temperature.	No
<b>Main Meals</b>												
Tuscan Creamy Chicken Orzo with SunDried Tomatoes and Seasonal Greens	Main	601	48	37	34	Dairy, Mustard, Gluten	GF O	Yes	3 Days	Refrigerate as soon as delivered.	Place in microwave on high for 2 minutes, remove and stir and repeat for another 2 minutes or until warm throughout. Check the meal is reheated throughout. Once it's finished dig in. Can be baked for 20 mins in oven or as appropriate in an Air Fryer.	Yes - immediately on delivery
Baked Chicken/Turkey Meatballs with Lemon, Sage Spinach Orzo	Main	648	60	36	25	Dairy, Gluten	GF O	Yes	3 Days	Refrigerate as soon as delivered.	Place in microwave on high for 2 minutes, remove and stir and repeat for another 2 minutes or until warm throughout. Check the meal is reheated throughout. Once it's finished dig in. Can be baked for 20 mins in oven or as appropriate in an Air Fryer.	Yes - immediately on delivery
Beef Ragù with Pappardelle Pasta	Main	538	52	50	17	Dairy, Gluten	GF O	No	3 Days	Refrigerate as soon as delivered.	Place in microwave on high for 2 minutes, remove and stir and repeat for another 2 minutes or until warm throughout. Check the meal is reheated throughout. Once it's finished dig in. Can be baked for 20 mins in oven or as appropriate in an Air Fryer.	No
Beef Kofta, Tabbouleh, Hummous	Main	562	31	29	35	Gluten, Sesame	GF O	Yes	2 Days	Refrigerate as soon as delivered.	Consume Cold or remove Kofta from packaging and place in microwave (or oven) reheat on high for 2 minute intervals or until meat is warm throughout. Once done place back into bowl and consume with the rest.	No
+Zatar Flatbread	Main	146	6	13	3	Gluten, Sesame	GF O	Yes	3 Days	Keep in air tight container in cool and dry environment.	Lightly toast in toaster for 2-3 minutes, microwave for 30-60 seconds or consume at room temperature.	No
Chargrilled Chicken Caprese Salad and Balsamic Dressing	Main	531	33	11	37	Dairy	GF	Yes	2 Days	Refrigerate as soon as delivered.	Consume Cold.	No

# MAYO

HIGH QUALITY  
MEAL PREP

Meal	Meal Type	Calories	Protein	Carbs	Fat	Allergen, Intolerances, Vegetarian Options			Shelf life, heating, preparation, storage			
		Per Serving	Per Serving	Per Serving	Per Serving	Allergen Details	Gluten Free (GF/GF/CF/NO)	Vegetarian Option	Shelf Life	Storage	Preparation / Heating Instructions	Freezable
Chargrilled Chicken Caprese, Pasta Salad and Balsamic Dressing	Main	620	33	30	37	Dairy, Gluten	No	Yes	3 Days	Refrigerate as soon as delivered.	Consume Cold or place in microwave on high for 2 minutes, remove and stir and repeat for another 2 minutes or until warm throughout. Check the meat is reheated throughout. Once it's finished dig in. Can be baked for 20 mins in oven or as appropriate in an Air Fryer.	No
Kale Caesar Salad	Main	263	14	1	13	Dairy	GF	Yes	2 Days	Refrigerate as soon as delivered.	Consume Cold	No
Blackened Shrimp, Kale Caesar Salad with Chickpea or GF Sourdough Croutons	Main	447	25	7	5	Dairy	GF	No	1 Days	Refrigerate as soon as delivered.	Consume Cold	No
Chargrilled Chicken, Kale Caesar Salad with Chickpea Crotons	Main	486	66	13	28	Dairy	GF	No	2 Days	Refrigerate as soon as delivered.	Consume Cold	No
Chicken Vietnamese Salad with Chinese Cabbage, Sliced Vegetables, and Sesame Dressing	Main	435	44	20	20	Sesame	GF	Yes	2 Days	Refrigerate as soon as delivered.	Consume Cold	No
Chicken Patties with Roasted Vegetable Salad	Main	516	61	24	15	None	GF	Yes	2 Days	Refrigerate as soon as delivered.	Consume Cold	No
Chargrilled Chicken Greek Salad with Pita Chips	Main	593	43	15	39	Dairy, Gluten	No	Yes	2 Days	Refrigerate as soon as delivered.	Consume Cold or remove Chicken from packaging and place in microwave (or oven) reheat on high for 2 minute intervals or until meat is warm throughout. Once done place back into bowl and consume with the rest.	No
Chicken Satay and Peanut Dipping Sauce, Cucumber Salad	Main	507	55	15	25	Soy, Sesame, Nut, Gluten	GF O	No	2 Days	Refrigerate as soon as delivered.	Consume Cold or remove Chicken from packaging and place in microwave (or oven) reheat on high for 2 minute intervals or until meat is warm throughout. Once done place back into bowl and consume with the rest.	No
Chicken Satay and Peanut Dipping Sauce, Asian Greens, Basmati Rice	Main	682	59	50	27	Soy, Sesame, Peanuts, Gluten	GF O	Yes	2 Days	Refrigerate as soon as delivered.	Place in microwave on high for 2 minutes, remove and stir and repeat for another 2 minutes or until warm throughout. Check the meat is reheated throughout. Once it's finished dig in. Can be baked for 20 mins in oven or as appropriate in an Air Fryer.	Yes - immediately on delivery
Salmon Fillet with Roast Vegetables, Spinach, and Sourdough Croutons	Main	412	27	28	18	Gluten	GF O	Yes	1 Day	Refrigerate as soon as delivered.	Consume Cold or remove Salmon from packaging and place in microwave (or oven) reheat on high for 2 minute intervals or until meat is warm throughout. Once done place back into bowl and consume with the rest.	No
Chicken Teriyaki Rice Bowl + Spicy Mayo Dressing	Main	621	33	63	28	Soy, Gluten	No	Yes	2 Days	Refrigerate as soon as delivered.	Place in microwave on high for 2 minutes, remove and stir and repeat for another 2 minutes or until warm throughout. Check the meat is reheated throughout. Once it's finished dig in. Can be baked for 25 mins in oven or as appropriate in an Air Fryer.	No
Salmon Teriyaki Rice Bowl + Spicy Mayo Dressing	Main	685	35	63	33	Soy, Gluten, Fish	No	No	1 Day	Refrigerate as soon as delivered.	Place in microwave on high for 2 minutes, remove and stir and repeat for another 2 minutes or until warm throughout. Check the meat is reheated throughout. Once it's finished dig in. Can be baked for 25 mins in oven or as appropriate in an Air Fryer.	No
Garlic Creamed Corn Chicken	Main	422	55	8	13	Dairy	GF	No	2 Days	Refrigerate as soon as delivered.	Place in microwave on high for 2 minutes, remove and stir and repeat for another 2 minutes or until warm throughout. Check the meat is reheated throughout. Once it's finished dig in. Can be baked for 25 mins in oven or as appropriate in an Air Fryer.	Yes - immediately on delivery
Garlic Chicken with Creamed Corn and Herby Mash	Main	704	61	60	20	Dairy	GF	No	2 Days	Refrigerate as soon as delivered.	Place in microwave on high for 2 minutes, remove and stir and repeat for another 2 minutes or until warm throughout. Check the meat is reheated throughout. Once it's finished dig in. Can be baked for 25 mins in oven or as appropriate in an Air Fryer.	Yes - immediately on delivery
White Fish, Fondant Potatoes, Seasonale Greens and Brown Butter Caper Sauce	Main	598	47	27	35	Dairy	GF	No	1 Day	Refrigerate as soon as delivered.	Place in microwave on high for 2 minutes, remove and stir and repeat for another 2 minutes or until warm throughout. Check the meat is reheated throughout. Once it's finished dig in. Can be baked for 25 mins in oven or as appropriate in an Air Fryer.	Yes - immediately on delivery
Chicken/Turkey Patties with Garlic Mash and Seasonal Greens	Main	596	49	67	17	Dairy	GF	Yes	2 Days	Refrigerate as soon as delivered.	Place in microwave on high for 2 minutes, remove and stir and repeat for another 2 minutes or until warm throughout. Check the meat is reheated throughout. Once it's finished dig in. Can be baked for 25 mins in oven or as appropriate in an Air Fryer.	Yes - immediately on delivery
Cajun Chicken Breast with Sweet Potato and Greens	Main	369	31	33	14	Dairy	GF	Yes	2 Days	Refrigerate as soon as delivered.	Place in microwave on high for 2 minutes, remove and stir and repeat for another 2 minutes or until warm throughout. Check the meat is reheated throughout. Once it's finished dig in. Can be baked for 25 mins in oven or as appropriate in an Air Fryer.	Yes - immediately on delivery
Salmon Asian Fish Cakes, Asian Slaw	Main	353	18	14	25	Fish, Peanuts, Nut, Soy, Peanut	GF	No	2 Days	Refrigerate as soon as delivered.	Consume Cold or remove Salmon from packaging and place in microwave (or oven) reheat on high for 2 minute intervals or until meat is warm throughout. Once done place back into bowl and consume with the rest.	No
Salmon Asian Fish Cakes, Asian Slaw, Basmati Rice	Main	528	22	49	27	Fish, Peanuts, Nut, Soy, Peanut	GF	Yes	2 Days	Refrigerate as soon as delivered.	Place in microwave on high for 2 minutes, remove and stir and repeat for another 2 minutes or until warm throughout. Check the meat is reheated throughout. Once it's finished dig in. Can be baked for 25 mins in oven or as appropriate in an Air Fryer.	No
TexMex NO RICE Bowl with Lean Mince, Roasted Peppers, Corn, Cheese, and Salsa	Main	507	41	41	21	Dairy	GF	Yes	3 Days	Refrigerate as soon as delivered.	Place in microwave on high for 2 minutes, remove and stir and repeat for another 2 minutes or until warm throughout. Check the meat is reheated throughout. Once it's finished dig in. Can be baked for 25 mins in oven or as appropriate in an Air Fryer.	Yes - immediately on delivery
TexMex Rice Bowl with Lean Mince, Roasted Peppers, Corn, Salad and Rice	Main	651	44	72	21	Milk	GF	Yes	3 Days	Refrigerate as soon as delivered.	Place in microwave on high for 2 minutes, remove and stir and repeat for another 2 minutes or until warm throughout. Check the meat is reheated throughout. Once it's finished dig in. Can be baked for 25 mins in oven or as appropriate in an Air Fryer.	Yes - immediately on delivery
Ground Beef Orzo	Main	666	40	66	27	Dairy, Milk, Gluten	No	Yes	3 Days	Refrigerate as soon as delivered.	Place in microwave on high for 2 minutes, remove and stir and repeat for another 2 minutes or until warm throughout. Check the meat is reheated throughout. Once it's finished dig in. Can be baked for 25 mins in oven or as appropriate in an Air Fryer.	Yes - immediately on delivery
Chicken/Prawn Thai Green Curry with Basmati Rice	Main	568	67	46	14	Soy, Peanuts	GF	Yes	3 Days	Refrigerate as soon as delivered.	Place in microwave on high for 2 minutes, remove and stir and repeat for another 2 minutes or until warm throughout. Check the meat is reheated throughout. Once it's finished dig in. Can be baked for 25 mins in oven or as appropriate in an Air Fryer.	Yes - immediately on delivery
Chicken Egg Fried Rice, Chili Soy Sauce	Main	487	37	50	16	Soy	GF	Yes	3 Days	Refrigerate as soon as delivered.	Place in microwave on high for 2 minutes, remove and stir and repeat for another 2 minutes or until warm throughout. Check the meat is reheated throughout. Once it's finished dig in. Can be baked for 25 mins in oven or as appropriate in an Air Fryer.	Yes - immediately on delivery
Lemon Butter Orzo Carbonara	Main	468	21	60	16	Dairy, Gluten	No	Yes	3 Days	Refrigerate as soon as delivered.	Place in microwave on high for 2 minutes, remove and stir and repeat for another 2 minutes or until warm throughout. Check the meat is reheated throughout. Once it's finished dig in. Can be baked for 25 mins in oven or as appropriate in an Air Fryer.	Yes - immediately on delivery
Chicken Pad Thai	Main	558	42	46	22	Peanuts, Gluten (Fish Sauce), Soy	GF O	Yes	2 Days	Refrigerate as soon as delivered.	Place in microwave on high for 2 minutes, remove and stir and repeat for another 2 minutes or until warm throughout. Check the meat is reheated throughout. Once it's finished dig in. Can be baked for 25 mins in oven or as appropriate in an Air Fryer.	No
Chicken Tikka Bowl, Tumeric Rice, Grilled Veggies	Main	584	47	72	17	None	GF	Yes	2 Days	Refrigerate as soon as delivered.	Place in microwave on high for 2 minutes, remove and stir and repeat for another 2 minutes or until warm throughout. Check the meat is reheated throughout. Once it's finished dig in. Can be baked for 25 mins in oven or as appropriate in an Air Fryer.	Yes - immediately on delivery
Beef Lebanese Arayes, Chili and Tzaiki/Garlic Yoghurt	Main	502	39	56	12	Gluten, Dairy	GF O	Yes	1 Day	Refrigerate as soon as delivered.	Place in microwave on high for 2 minutes, remove and stir and repeat for another 2 minutes or until warm throughout. Check the meat is reheated throughout. Once it's finished dig in. Can be baked for 25 mins in oven or as appropriate in an Air Fryer. If at home we recommended to toast Pita's on panini toaster after microwaving to crisp up.	No



		Calories	Protein	Carbs	Fat	Allergen, Intolerances, Vegetarian Options			Shelf life, heating, preparation, storage			
Meal	Meal Type	Per Serving	Per Serving	Per Serving	Per Serving	Allergen Details	Gluten Free (GF/GF-ON/O)	Vegetarian Option	Shelf Life	Storage	Preparation / Heating Instructions	Freezable
Spiced Lamb, Pita Pockets	Main	535	38	39	25	Gluten	GF O	Yes	1 Day	Refrigerate as soon as delivered.	Place in microwave on high for 2 minutes, remove and stir and repeat for another 2 minutes or until warm throughout. Check the meat is reheated throughout. Once it's finished dig in. Can be baked for 25 mins in oven or as appropriate in an Air Fryer. If at home we recommended to toast Pita's on pan/in toaster after microwaving to crisp up	No
<b>Protein</b>												
Chicken Breast - Chargrilled	Protein	223	27	4	11	None	GF	Sweet Potato/Aubergine	3 Days	Refrigerate as soon as delivered.	Microwave on high heat heat 1 minute at a time until it's heated through. Check that the inside of the meat is hot. Option to reheat in oven at 180C for 20-30 minutes.	Yes - immediately on delivery
Chicken Breast - Cajun	Protein	298	37	5	14	None	GF	Sweet Potato/Aubergine	3 Days	Refrigerate as soon as delivered.	Microwave on high heat heat 1 minute at a time until it's heated through. Check that the inside of the meat is hot. Option to reheat in oven at 180C for 20-30 minutes.	Yes - immediately on delivery
Chicken Patties	Protein	262	40	10	7	None	GF	Quorn Patties/Falafel	3 Days	Refrigerate as soon as delivered.	Microwave on high heat heat 1 minute at a time until it's heated through. Check that the inside of the meat is hot. Option to reheat in oven at 180C for 20-30 minutes.	Yes - immediately on delivery
Chicken Satay and Peanut Dipping Sauce	Protein	366	50	5	15	Nuts, Soy, Sesame	GF	No	3 Days	Refrigerate as soon as delivered.	Microwave on high heat heat 1 minute at a time until it's heated through. Check that the inside of the meat is hot. Option to reheat in oven at 180C for 20-30 minutes.	Yes - immediately on delivery
Beef Kofta	Protein	286	28	11	15	None	GF	Falafel	2 Days	Refrigerate as soon as delivered.	Microwave on high heat heat 1 minute at a time until it's heated through. Check that the inside of the meat is hot. Option to reheat in oven at 180C for 20-30 minutes.	Yes - immediately on delivery
Ground Asian Beef Mix	Protein	278	28	11	15	None	GF	Ground Quorn	2 Days	Refrigerate as soon as delivered.	Microwave on high heat heat 1 minute at a time until it's heated through. Check that the inside of the meat is hot.	No
Asian Fish Cakes (Salmon)	Protein	233	18	4	16	Soy, Sesame	No	Falafel	1 Day	Refrigerate as soon as delivered.	Microwave on high heat heat 1 minute at a time until it's heated through. Check that the inside of the meat is hot. Option to reheat in oven at 180C for 20-30 minutes.	No
Salmon Fillet	Protein	263	23	3	18	Fish	GF	No	1 Day	Refrigerate as soon as delivered.	Microwave on high heat heat 1 minute at a time until it's heated through. Check that the inside of the meat is hot. Option to reheat in oven at 180C for 20-30 minutes.	No
Blackened Shrimp	Protein	184	25	7	5	Fish	No	No	1 Day	Refrigerate as soon as delivered.	Microwave on high heat heat 1 minute at a time until it's heated through. Check that the inside of the meat is hot. Option to reheat in oven at 180C for 20-30 minutes.	No
Chicken Breast - Teriyaki	Protein	229	47	8	5	Soy, Sesame	No	Sweet Potato/Aubergine	3 Days	Refrigerate as soon as delivered.	Microwave on high heat heat 1 minute at a time until it's heated through. Check that the inside of the meat is hot. Option to reheat in oven at 180C for 20-30 minutes.	Yes - immediately on delivery
<b>SIDES</b>												
+ Smooth Mash	Side	276	5	51	7	Dairy	GF	Yes	3 Days	Refrigerate as soon as delivered.	Microwave on high heat heat 1 minute at a time stir and repeat until it's heated through. Option to reheat in oven at 180C for 20-30 minutes.	Yes - immediately on delivery
+ Sweet Potato Mash	Side	252	3	29	15	Dairy	GF	Yes	3 Days	Refrigerate as soon as delivered.	Microwave on high heat heat 1 minute at a time stir and repeat until it's heated through. Option to reheat in oven at 180C for 20-30 minutes.	Yes - immediately on delivery
+ Roasted Sweet Potato	Side	215	2	31	10	None	GF	Yes	3 Days	Refrigerate as soon as delivered.	Microwave on high heat heat 1 minute at a time stir and repeat until it's heated through. Option to reheat in oven at 180C for 20-30 minutes.	Yes - immediately on delivery
+ Garlic Herby Mash	Side	282	6	52	7	Dairy	GF	Yes	3 Days	Refrigerate as soon as delivered.	Microwave on high heat heat 1 minute at a time stir and repeat until it's heated through. Option to reheat in oven at 180C for 20-30 minutes.	Yes - immediately on delivery
+ Crispy Potatoes	Side	276	6	47	10	None	GF	Yes	3 Days	Refrigerate as soon as delivered.	Microwave on high heat heat 2-3 minutes or until it's heated through. Option to reheat in oven at 180C for 20-30 minutes.	Yes - immediately on delivery
+ Fondant Potatoes	Side	165	2	15	11	None	GF	Yes	3 Days	Refrigerate as soon as delivered.	Microwave on high heat heat 2-3 minutes or until it's heated through. Option to reheat in oven at 180C for 20-30 minutes.	No
+ Green Beans & Almonds - Olive Oil	Side	133	5	18	6	Nuts - Almonds	GF	Yes	2 Days	Refrigerate as soon as delivered.	Microwave on high heat heat 2-3 minutes or until it's heated through. Or reheat over hob on medium with Oil 5-10 minutes.	No
+ Asparagus / Broccoli - Olive Oil	Side	52	3	5	3	None	GF	Yes	2 Days	Refrigerate as soon as delivered.	Microwave on high heat heat 2-3 minutes or until it's heated through. Or reheat over hob on medium with Oil 5-10 minutes.	No
+ Tabbouleh	Side	196	1	12	15	Gluten - Bulgar Wheat	GF	Yes	3 Days	Refrigerate as soon as delivered.	Consume Cold	No
+ Hummous (2 Tbsp)	Side	80	2	6	5	Sesame, Garlic	GF	Yes	4 Days	Refrigerate as soon as delivered.	Consume Cold	No
+ Basmati Rice	Side	175	4	35	2	None	GF	Yes	3 Days	Refrigerate as soon as delivered.	Microwave on high heat heat 2-3 minutes or until it's heated through. Or fry over hob on medium with 5-10 minutes.	No
+ Cucumber Salad	Side	141	5	10	10	Nut, Sesame	No	Yes	2 Days	Refrigerate as soon as delivered.	Consume Cold	No
+ Zatar Flatbread	Side	146	6	13	3	Gluten	GF	Yes	3 Days	Keep in air tight container in cool and dry environment.	Consume as is or lightly toast in toaster 1-2 minutes	No
+ Asian Slaw	Side	120	0	10	9	None	GF	Yes	2 Days	Refrigerate as soon as delivered.	Consume Cold	No
<b>Snacks</b>												



Meal	Meal Type	Calories	Protein	Carbs	Fat	Allergen, Intolerances, Vegetarian Options			Shelf life, heating, preparation, storage			
		Per Serving	Per Serving	Per Serving	Per Serving	Allergen Details	Gluten Free (GF/GF O/NO)	Vegetarian Option	Shelf Life	Storage	Preparation / Heating Instructions	Freezable
Vegetable Egg Cups	Snack	125	17	6	3	None	GF O	Yes	2 Days	Refrigerate as soon as delivered.	Consume straight from the fridge or reheat in microwave for 1 minute	Yes - immediately on delivery
Chocolate Banana Protein Muffins	Snack	143	5	18	7	Gluten (Depending on Flour), Dairy	GF O	Yes	2 Days	Keep in air tight container in cool and dry environment.	Consume at room temperature or cold	Yes - immediately on delivery
Chocolate Peanut Butter Protein Balls (GF Oats)	Snack	121	6	12	6	Peanuts, Dairy	GF O	Yes	4 Days	Refrigerate as soon as delivered.	Consume at room temperature or cold	Yes - immediately on delivery
Biscoff Protein Balls (GF Oats)	Snack	97	4	11	4	Dairy	No	Yes	4 Days	Refrigerate as soon as delivered.	Consume at room temperature or cold	Yes - immediately on delivery
Pistachio Oat Squares (GF Oats)	Snack	218	4	22	14	Nuts, Pistachios	GF	Yes	4 Days	Keep in air tight container in cool and dry environment.	Consume at room temperature or cold	Yes - immediately on delivery
Carrot Cake Bliss Balls (GF Oats)	Snack	127	2	12	8	Nuts	GF	Yes	4 Days	Refrigerate as soon as delivered.	Consume at room temperature or cold	Yes - immediately on delivery
No Bake Peanut Butter Cookies (GF Oats)	Snack	202	2	34	7	Peanuts, Dairy	GF	Yes	4 Days	Keep in air tight container in cool and dry environment.	Consume at room temperature or cold	Yes - immediately on delivery
Healthy 5 Ingredient Granola Bars (GF Oats)	Snack	284	6	33	16	Nuts, Peanut, Dairy	GF	Yes	4 Days	Keep in air tight container in cool and dry environment.	Consume at room temperature	Yes - immediately on delivery
Blueberry, White Chocolate Oat Cookies (GF Oats)	Snack	124	1	15	7	Dairy	GF	Yes	2 Days	Refrigerate as soon as delivered.	Consume cold or at room temperature	Yes - immediately on delivery
Greek Yoghurt No Sugar Chocolate Brownies	Snack	137	4	16	10	Dairy	GF	Yes	4 Days	Refrigerate as soon as delivered.	Consume straight from the fridge	Yes - immediately on delivery