







Image	Meal	Description	Price
	Thai Satay Chicken (GF)	Exquisite authentic flavours make this dish another Fresh Meals 2 U favourite. Original Thai classic chicken breast marinated in a rich peanut and coconut cream sauce served with brown rice. (Gluten Free) Ingredients: Chicken, brown rice, peanut butter (peanuts, vegetable oils, sugar, salt), coconut cream, red curry (chilli, lemongrass, salt, shallots, galangal, shrimp paste, kaffir lime, pepper), peanuts, vinegar, sugar.	\$9.95
	Cajun Chicken & Fresh Vegetables (GF)	Bursting with good health! Great mild spiced lean chicken breast with a mix of seasoned sweet potato, zucchini and beans. Gluten Free Ingredients: Chicken Breast, Zucchini, Beans, Sweet Potato, Cajun Spice Mix, Curry Powder, Salt, Pepper, Contains Traces of Nuts.	\$9.95
	Fillet of beef & Mushroom Sauce (GF)	Restaurant quality marinated tender grass feed beef eye fillet, served with mushroom sauce, sweet potato, broccoli and carrot. You will not believe how tender this beef fillet is. Ingredients: Rump fillet, Sweet Potato, Kale, Carrot, Broccoli, Onion, Mushrooms, Gravy Mix = (Maltodextrin, (from maize) Maize Starch, Dextrose, Salt, Flavours, Vegetable Gum, Shortening Powder, Colour, Anti-caking Agent (451), Yeast Extract, Canola Oil, Onion Herb Paste = (Basil, Parsley, Thyme, Garlic, Canola Oil)	\$12.95
	Classic Lasagne	Traditional lean beef lasagne with a served with steamed carrot and broccoli. Ingredients: Beef, Wheat Pasta, Carrot, Broccoli, Tomato Paste, Tomato Puree, Herb Paste = (Basil, Parsley, Thyme, Garlic, Canola Oil) Mixed Herbs, Milk, Cheese, Corn Flour, Cheese, Salt, Pepper.	\$9.95
	Super Lean Chicken (GF)	Super Lean Chicken (GF) For the calorie-conscious. Herb-marinated chicken breast served with market fresh broccoli, beans and peas. (Gluten Free) Be sure to check out our super lean package. Meals that are super tasty and very low in calories. Ingredients: Chicken Breast, Beans, Broccoli, Peas, Herb Paste = (Basil, Parsley, Thyme, Garlic, Canola Oil)	\$9.95
	Spaghetti Bolognese	Traditionally good, like Mum used to make. Lean beef mince slow cooked with fresh Italian herbs, carrot, onions, tomato and sea salt, served with spaghetti pasta. Ingredients: Wheat pasta, Beef mince, Herb paste = (Basil, Parsley, Thyme, Garlic, Canola oil, Sea salt, Raw sugar, Italian herbs,	\$9.95

Tomato paste, Tomatocrush



Super Lean Grass Fed Fillet of Beef (GF)

After a busy day at work, have this meal waiting for you at home! Herb marinated grass-fed fillet of beef served with market fresh broccoli, beans and peas. Be sure to check out our super lean package. Meals that are super tasty and very low in calories. (Gluten Free) Ingredients: Beef rump fillet, Beans, Broccoli, Peas, Herb Paste = (Basil, Parsley, Thyme, Garlic, Canola Oil)

\$11.95



Super Lean Barramundi (GF)

For the fish-lovers! Steamed barramundi fillet seasoned with lemon zest and salt served with market fresh broccoli, beans and peas. (Gluten Free) Be sure to check out our super lean package. Meals that are super tasty and very low in calories. Ingredients: Fish fillet, Beans, Broccoli, peas, Lemon zest, lemon juice, sea salt

\$9.95



Super Lean Salmon (GF)

This Fresh Meals 2 U fish dish is a healthy protein-packed feast. Fresh seasoned Tasmanian salmon served with market fresh broccoli, beans and peas. Be sure to check out our super lean package. Meals that are super tasty and very low in calories. (Gluten Free) Ingredients: Salmon, Beans, Broccoli, Peas, Lemon Zest, Lemon juice, Lemon Pepper, Sea Salt.

\$12.95



Super Lean Pork Fillet (GF)

Tender spiced pork fillet paired with fresh apple and goji served with market fresh broccoli, beans and peas. Be sure to check out our super lean package. Meals that are super tasty and very low in calories. (Gluten Free) Ingredients: Pork Fillet, Cajun Spice Mix, Broccoli, Peas, Beans, Apple and Goji Berries. (Contains traces of Nuts.)

\$9.95



Raw Super Food Seed Bar

Jam-packed full of natural ingredients for a super-healthy snack. Handmade fresh raw seed bar with goji berries, acia, almond meal, almond slithers, pepita, sunflower seeds, walnut, chia, sesame, coconut, wild honey, peanut paste and dark chocolate. Ingredients: Oats, Rasins, Sunflower Seeds, Pepitas, Almond slithered, Chocolate Morsels, Walnuts, Chia, Goji, Coconut Shred, Golden Syrup, Peanut Butter, Honey Now delivering fresh restaurant quality meals to Gold Coast, Brisbane, Sydney & Melbourne






\$4.95



Peanut butter, Goji, Chocolate Protein Balls (GF)

3 serves per pack. A great high-protein snack when you're on the run. Packed with whey protein, goji berries and plenty of other tasty healthy goodies. (Gluten Free) Ingredients: Peanut butter, Chocolate, Wholegrain Sorghum, Whey

\$6.95

		Protein,Almonds,Wholegrain sorghum (96%), golden syrup, salt,vitamins(niacin, thiamin, riboflavin, folate).goji berry, Coconut, Cocoa, Water, Dates,Vanilla, Olive oil,	
	Oatmeal Super Food	A super-healthy breakfast treat. Our very own Fresh Meals 2 Umix of oatmeal porridge oats, hazelnuts raisins, goji berries and sunflowerseeds. Just add milk, heat and eat.Ingredients:Oats,Sunflower seeds, Hazelnuts, Goji Berries, Chia seeds.	\$3.95
	Pulled Beef Ragu & Gnocchi	Tender pulled beef cooked in a rich Italian Ragutomato sauce packed with garlic, olives, basil and a hint of chilli, servedwith light and fluffy potato gnocchi. A fantastic and filling winterdish full of flavour that makes you fill warm inside. Ingredients: Gnocchi = (potato, water, milk,), Beef, tomatosauces= ( Basil, Parsley, Thyme,Garlic, Canola oil, Sea salt, Raw sugar, Italian herbs, Tomato paste, Tomatocrush)Onion, olives,chili,garlic,cheese, parsley, basil.	\$9.95
	Asian Inspired Salmon with Stir Fry Vegetables (GF)	Fresh prepared and marinated Salmon fillet serve with our own super food stir fry mix of fresh vegetables and goji berries.Gluten FreeIngredients:Salmon fillet, Carrot, Broccoli, Red Capsicum, Beans, Coconut oil, Sesame oil, Ginger, Garlic, Chilli, Honey, Soy Sauce.	\$13.95
	Chocolate Protein Balls (GF)	An amazing and healthysnack for between meals. Ourproteinballs are packed with wheyprotein, dark chocolate and other superfoods such as chia seed. Be warned -they are addictive!Gluten Free Ingredients:Chocolate (Sugar, cocoa Mags,Cocoa butter, cocoa milkfat, emulsifiers (soy)), whey protein, wholegrain sorghum(vitamins =Niacin,thiamine, riboflavin, folate, iron),almonds, chai seeds, coconut, cocoa, water,dates, vanilla, olive oil.Contains dairy & Nuts.	\$6.95
	50 pack Chocolate protein balls cafe range (GF)	Cafe range 50 packAn amazing and healthy snack for between meals. Ourproteinballs are packed with whey protein, dark chocolate and other superfoods such as chia seed. Be warned - they are addictive!Gluten Free Ingredients:Chocolate (Sugar, cocoa Mags,Cocoa butter, cocoa milkfat, emulsifiers (soy)), whey protein, wholegrain sorghum (vitamins =Niacin,thiamine, riboflavin, folate, iron), almonds, chai seeds, coconut, cocoa, water,dates, vanilla, olive oil.Contains dairy & Nuts.	\$80.50
	50 pack White	What a Creamy gourmet white chocolate hand	\$80.50



Chocolate & Goji Protein Balls  
Cafe Range (GF)

rolled with rice puffs, goji berry's, macadamia, almonds and coconut with a added whey protein kick  
The Cafe range of 50 protein balls are a awesome up sell product and are great for the cafe/ shop counter or even for the fridge at home  
Ingredients: White chocolate = sugar, cocoa butter, dried skimmed milk, dried whey (from milk), milk fat, emulsifier ( soya lecithin), flavoring.  
Almond meal, Macadamia nuts, whey protein, puffed rice, goji berries, canola oil, coconut.



Asian Wok Noodles

Classic Asian Wok Noodle dish, with stir fried chicken breast and fresh garden vegetables tossed through with hokkien noodles and a light Asian inspired sauce.  
Ingredients: Hokkien Noodles, (Wheat Flour, Water, Salt, Mineral Salts (500, 501, 341), Vegetable Oil, Colours (160b, 160a, 100) Preservative (281), Chicken, Sauce =(sesame oil, soy sauce, water, chilli flakes, Teriyaki sauce =(soya sauce, rice flour, water, salt) sugar, water, salt, ginger, vinegar, spices, food acids (260, 270), caramel (150D)) zucchini, red cabbage, onion, mushrooms, carrot, lime.

\$9.95



Chinese Chicken Stir fry (GF)

A delicious and light lean chicken breast & Stir fried fresh vegetables tossed through with our chefs own garlic, ginger and mirin sauce. So Tasty and only 372 calories and 10g of carbs  
Gluten Free  
Ingredients : Chicken, carrot, mushrooms, sauce ( sesame oil, ginger, garlic, mirin, soy sauce (GF), brown sugar, honey, chilli) zucchini, red cabbage, onion.

\$9.95



Chicken Enchilada

Take a trip to Mexico with our new Chicken enchilada meal. Lean chicken breast strips, beans and jalapenos are wrapped in a wholemeal tortilla and served with guacamole, tasty cheese and tomatoes.  
Ingredients: Chicken, 4 Bean Mix (Legumes (60%) [Red Kidney Beans (Small Red Variety), Baby Lima Beans, Chick Peas, Butter Beans], Water, Sugar, Salt, Food Acid (Acetic), Firming Agent (509) Tomatoes, Cheese, Wholemeal Wrap (wholemeal, wheat flour, water, salt, vitamins (thiamine, folate) Avocado Pulp, Onion, Jalapenos, Chilli Sauce (Sugar Syrup, Tomato Puree (Water, Tomato Paste), Malt Vinegar, Rehydrated Hot Chilli (5.5%), Vegetables (Rehydrated and Fresh), Salt, Thickener (1422), Spices, Flavor, Vegetable Gum (415)  
Please note the photo is generic picture and for illustration purposes only. and the real picture will be up loaded shortly.  
Arriba, Arriba! Andale, Andale!

\$9.95

Slow cooked

5hr slow cooked grass feed beef, cooked in a rich

\$9.95



beef, wholegrain mustard mash & Beans

full flavour jusserved with a smooth mustard potato mash and fresh green beans. Ingredients: Rump Beef, potato, beans, Sauce = (water, gravy, thyme, powder = (Salt, Sugar, Maize Starch, Beef Fat 5.6% [Beef Fat, Antioxidant (306), Food Acid (330) (Contains Soy)], Yeast Extract (contains Colour 150d), Soy Sauce Powder [(Contains Food Acid 260) (Contains Soy and Wheat)], Flavours (Contain Wheat & Soy), Hydrolysed Vegetable Protein (Contains Wheat, Corn and Soy), Colour (150c), Flavour, Onion Powder, Flavour Enhancer (635), Spice, Food Acid (330), Herbs) red wine, whitewine, onion, thyme, pepper, cinnamon, cloves.



Baked Potato with Pulled Pork (GF)

Baked Potato with Pulled Pork our spin on the classic stuffed baked spud we take Slow roasted potato then cover it with a generous helping of slow cooked pulled pork, drizzle over thick gravy & top with a mix of tasty & fresh Parmesan cheese. Great meal for lunch or dinner Gluten Free  
Ingredients: Potato, pork, Gravy mix = (Maltodextrin, (from Maize) Maize Starch, Dextrose, Salt, Flavors, Vegetable Gum, Shortening Powder, Colour, Anticaking Agent (451), Yeast Extract, Canola Oil, Onion), tasty cheese, garlic, thyme.

\$9.95



Turmeric & Parmesan Roasted Chicken Breast (GF)

Delicious and tender Turmeric & Parmesan roasted chicken breast served with roasted pumpkin, roast potato, Spanish onion and fennel. With only 358 calories per serve, this super tasty meal is not only filling but provides a lean treat throughout your busy week. (Gluten Free) Ingredients: Chicken breast, potato, pumpkin, onion, beans, Parmesan cheese, turmeric, parsley

\$9.95



Tandoori Chicken

Indian inspired and full of flavour, Tandoori & Greek yoghurt marinated chicken breast slow cooked and served with pearl couscous. Ingredients: Chicken, couscous = (wheat flour, water), tandoori paste = (Water, Spices (Cumin, Cayenne, Mustard, Ginger, Coriander, Cinnamon, Paprika, Onion Powder, Fenugreek, Celery, Black Pepper, Turmeric), Vegetable Oil, Semolina (Wheat), Salt, Sugar, Acidity Regulators (260, 330), Colour (160c), Ginger Puree, Stabilisers (415, 412).

\$9.95



Marinated Chicken Tenders with Creamy Mash Potato & Roasted Veg

Garlic & wholegrain mustard marinated chicken tenders served with a restaurant quality creamy mash potato, roasted zucchini and red capsicum. This dish has it all, flavour, texture and better still is only 331 calories. Restaurant meals home delivered it doesn't get any easier than this. Ingredients: Chicken, potato mash = (butter,

\$9.95

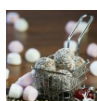
cream, milk, salt, pepper) zucchini, red capsicum, wholegrain mustard, garlic, dried oregano, salt, pepper.



Rocky Road Protein Balls (GF)

What happens when you blend protein balls with rocky road? one word delicious. My new favourite protein ball hands down. Cherries, marshmallows, whey protein, rice puffs & peanuts covered in a mix of chocolate and hand rolled in coconut. A yum cheeky treat for when your on the run (3 pack) Gluten Free Ingredients: Chocolate = (Sugar, cocoa Mags, Cocoa butter, cocoa milkfat, emulsifiers (soy)) Milk chocolate = ( Sugar, Vegetable fat, emulsifiers, soy, (492), Milk solids, cocoa flavours, salt), cream (dairy), whey protein, Cherries = ( cherries, sucrose, citric acid (E330), potassium sorbate (E202), cochineal carmine ( E120) Sulphur dioxide (E220)), Peanuts, puffed rice = Whole white rice (90%), sugar, salt, barley malt extract, vitamins (vitamin C, niacin, riboflavin, thiamin, folate), minerals (iron, zinc oxide), Coconut, Marshmallows = ( sugar, glucose syrup, dextrose, gelatine, humectant (420), thickener (1401), flavours, colour, (129) Contains nuts and dairy

\$6.95



50 pack Rocky Road Protein Balls

Cafe range 50 pack What happens when you blend protein balls with rocky road? one word delicious. My new favourite protein ball hands down. Cherries, marshmallows, whey protein, rice puffs & peanuts covered in a mix of chocolate and hand rolled in coconut. A yum cheeky treat for when your on the run Gluten Free Ingredients: Chocolate = (Sugar, cocoa Mags, Cocoa butter, cocoa milkfat, emulsifiers (soy)) Milk chocolate = ( Sugar, Vegetable fat, emulsifiers, soy, (492), Milk solids, cocoa flavours, salt), cream (dairy), whey protein, Cherries = ( cherries, sucrose, citric acid (E330), potassium sorbate (E202), cochineal carmine ( E120) Sulphur dioxide (E220)), Peanuts, puffed rice = Whole white rice (90%), sugar, salt, barley malt extract, vitamins (vitamin C, niacin, riboflavin, thiamin, folate), minerals (iron, zinc oxide), Coconut, Marshmallows = ( sugar, glucose syrup, dextrose, gelatine, humectant (420), thickener (1401), flavours, colour, (129) Contains nuts and dairy

\$80.50



Banana Bread

Banana bread is great snack for when your on the run, with a coffee or mid afternoon treat. So we have teamed up with a local sunny coast bakery so we can supply you with a fantastic and tasty new product. The country chef bakery are baking specialists who have been baking since 1952. They

\$2.50



create some of Australia's favourite banana breads. By combining their heritage and technical know-how with today's 'on-trend' ingredients, they have mastered a family favourite that nourish and delight the taste buds.\* Please note that this product has a 4 day shelf life. **INGREDIENTS** Banana Puree (Banana, Food Acids (330, 300)), Wheat Flour, (Vitamins (Thiamin, Folate)), Sugar, Canola Oil, Sour Cream (Cream, Milk Solids, Culture), Water, Whole Egg Powder, Baking Powder (450, 500 Wheat Starch)), Bicarb Soda (500), Natural Vanilla Flavour, Preservative (202), Salt, Ground Cinnamon.



Super Green Crush

Go green & clean and start your day with our super Green Crush. Jammed pack with nutrients with a fantastic flavour. This green crush offers many unique benefits from energy & immune support not to forget high in antioxidants. It's easy to enjoy, like all of our products just let it defrost a little, crush it up in the bag and enjoy a fruit crush, or let it defrost fully and enjoy a refreshing cold pressed juice. Made from local fresh cold pressed juice. **Ingredients:** Orange, Water, Apple, Spinach, Banana, Cucumber, Ginger. **Please note:** This is a frozen product made fresh with local produce. Best kept frozen until ready to drink. Can be refrozen if slightly defrosted on delivery.

\$5.50



Watermelon and Beet Crush

Keep on the beat with our refreshing Cold Pressed watermelon and Beet crush. Full of nutrients and natural energy to give you a pick me up to get through the rest of the day. It's easy to enjoy, like all of our products just let it defrost a little, crush it up in the bag and enjoy a fruit crush, or let it defrost fully and enjoy a refreshing cold pressed juice. Made from local fresh cold pressed juice. **Ingredients:** Watermelon, orange, coconut water, water, beetroot, raspberry. **Please note:** This is a frozen product made fresh with local produce. Best kept frozen until ready to drink. Can be refrozen if slightly defrosted on delivery.

\$4.95



Pulled pork Roast Dinner (GF)

It's a Roast Dinner with a lean twist. Tender and lean slow cooked pulled pork, served with herb crusted roast veg, corn and peas, and not to forget our very own home made apple sauce just like mum used to make. **Gluten Free** **Ingredients:** Pulled Pork - (Pork (93%), Food Acid (325), Salt, Maltodextrin, Mineral Salts (451, 450), Vegetable Gum (407), Natural Flavour, Sugar, Vegetable Powders, Spice Extract, Dextrose, Anti-caking Agent (551), Vegetable Oil, Water). Potato, Pumpkin, sweet potato, corn, Applesauce = (apple,

\$9.95

honey, brown sugar, cinnamon, cloves) peas, rosemary, parsley, (may contain traces of nuts)



Slim Noodle Pork Stir Fry (GF)

Spring has sprung and we have created a dish that is low in calories and high in taste. It has it all with only 235 Calories. The secret to the dish is within the noodle, we have found a great noodle made from Konjac, an ancient Japanese vegetable used for thousands of years to create a low calorie substitute to egg or wheat noodles. Combined with lean pork mince, fresh veg and herbs how can you wrong. **Gluten Free Ingredients:** Konjac noodles (water, Konjac ) Pork, cabbage, beans, onion, honey, soy sauce, garlic, shallots.

\$9.95



Summer Thai Chicken Salad (GF)

We have the perfect summer lunch or dinner meal with a fantastic Thai flavor. We combine vermicelli rice noodles, zucchini, carrot, coriander and spring onion to create a Thai infused salad. Then top it with a lean chicken mince packed it with classic Thai flavours like coriander, ginger & ginger, steam roasted making it so soft and tender. Not to forget a side of homemade sweet chilli sauce. **Gluten Free Serving Suggestions** Enjoy cold or remove the sweet chilli sauce and reheat the entire meal then drizzle over the sauce or remove the chicken and reheat on its own for 1min, once the chicken is hot add to the top of your salad and drizzle the sweet chilli sauce over the top and enjoy. **Ingredients:** Chicken cake = (chicken mince, chilli, garlic, coriander, sugar, onion, curry paste, lime, oil, ginger, fish sauce, .Salad = (carrot, zucchini, rice noodle, onion, spring onion, lime, mint, coriander, sugar, sesame oil, chilli, salt, pepper. Sweet chilli sauce = (, Sweet chilli sauce = (White sugar, Water, Chilli paste, Lemon juice n Zest, Arrowroot)

\$9.95



Chicken Tenders & Brown rice

Panko crumb & poppy seed encrusted lean chicken tenders. Served with brown rice and our own home made preservative free sweet chilli sauce. Great for lunch or dinner. **Ingredients:** Chicken, Brown Rice, Sweetchili sauce = (Water, sugar, chilli, lemon juice, lemon zest, arrowroot ) Panko Crumb, poppy seed, sesame seeds, (May contain traces of nuts)

\$9.95



Choc Orange Power Balls with Guarana (GF)

Did you love the old school Jaffa chocolate balls? We did, so we made a protein balls that tastes just like it. An awesome combo of chocolate, dried organic orange, coconut and whey protein make this delicious ball. For a little extra pick me up we have added a little Guarana for when you need a kick to help get through a work out, work or you have just had a massive day. **Gluten**

\$6.95



FreeIngredients: Chocolate= (Sugar, cocoa Mags, Cocoa butter, cocoa milkfat, emulsifiers (soy)), Almond Meal, Canola oil, Coconut, Whey protein powder, Dates, wholegrain sorghum (vitamins =Niacin, thiamine, riboflavin, folate, iron), Poppy Seeds, Vanilla essence,Cocoa, Guarana powder, Organic Orange powder



Super Food Cereal

Breakfast is the most important meal of the day and a 'Aussie Breakfast Report' researched the breakfast eating habits of Australians. The study found that despite 42 per cent of Australians acknowledging that breakfast is the most important meal of the day, more than half (56 per cent) are missing out on their morning meal at least once a week, and almost a third are skipping as many as three times per week. Our custom blend of oats clusters, chia seeds, dried fruit and goji berries make this a delicious low GI breakfast, and all you need to do is add milk. Ingredients: Cereal clusters = (Whole Grains 61% (Whole Grain Oats, Puffed Rice [Rice, Emulsifier (471), Salt, Vitamin E], Whole Grain Oat Flour), Fruit (Cranberries 7% [Cranberries, Sugar, Sunflower Oil], Apple 4%), Raw Sugar, Nuts 5% (Almonds, Pecans), Honey, Pepitas, Corn Starch, Sunflower Oil, Cinnamon, Natural Vanilla Flavour, Antioxidant (E307b)+.) chia seeds, almonds, goji berries. GI RATING 54 = LOW GI Foods with a low glycaemic index (GI) help control hunger and provide more sustained energy. Serving instructions : Just add you fav milk and enjoy.

\$3.99



Slow cooked Turkey, tomato & sage (GF)

A meal full of flavor, filling and low in calories. We take lean turkey mince, sage, tomato and garlic to make a delicious mix of flavor and serve it with a warm salad mix of fresh baby spinach, roasted sweet potato & red onion and top it all off with a little homemade tomato sauce. A fantastic meal with low calories, no preservatives or additives. Gluten Free Ingredients: Turkey mince = (turkey, onion, sage, garlic, olive oil, salt, pepper) sauce = (tomatoes, sage, salt, pepper), sweet potato, baby spinach, red onion

\$9.95



Apple & Ginger Crush

Classic and refreshing cold pressed juice crush with plenty of health benefits. Locally sourced fresh apples and ginger cold pressed and snap frozen make this a tasty and refreshing drink for any time of day. Well we know an apple a day keeps the doctor away but did you know that ginger is also a great immune booster. Ingredients: Apple, ginger Please note: This is a frozen product made fresh with local produce. Best kept frozen until ready to drink. Can be refrozen if slightly defrosted on

\$4.95

delivery.



English Scrambled eggs (GF)

English scrambled eggs served with sherry glazed cherry tomatoes, sautéed mushrooms, thyme, fresh parsley and fresh baby spinach. what a great way to start the day. Gluten Free Ingredients: Eggs, tomatoes, mushrooms, baby spinach, cream, sherry, thyme, parsley, salt, pepper. May contain traces of nuts. Contains Dairy.

\$6.95



Pancakes & Berries

They say not to skip breakfast, so we have made a cooked breakfast so easy. You just can't beat waking up to a serving of light and fluffy pancakes that have a little extra protein boost, served with a mixed berry compote. Great for breakfast or a mid-morning snack or any time of the day really. Ingredients: Pancakes = (wheat flour, sugar, vegetable oil, baking powder, mineral salts (500, 450, 541), non-fat milk solids, whey protein concentrate, egg, preservative (281), salt, emulsifier (471), flavour. Mixed berry compote = )blackberry, raspberries, blueberries, sugar, honey, vanilla,)

\$6.95



Sesame encrusted snapper (GF)

You can't beat a nice serving of fish in summer. So we have taken a nutrient rich snapper fillet marinated in our very own classic Chinese inspired black bean sauce and encrusted with sesame seeds. Served with a white cabbage, beans, broccoli, carrot, onion & coriander stir fry mix. Delicious & nutritious. Gluten Free Ingredients: Fish (snapper), black bean sauce = (sugar, black beans, onion, rice bran oil, olive oil, lemon juice, soy sauce, sesame oil, fish sauce, chilli, coriander), white cabbage, beans, broccoli, carrot, onion coriander, sesame seeds,

\$9.95



Lemon Paprika Herbed Chicken

What a great summer meal and full of flavor. Lean chicken breast marinated in our own lemon & paprika herb marinade, served with a citrus couscous, dried apricots, cranberries, raisins, walnuts and fresh herbs with a side of homemade Tahini yoghurt. Ingredients: Chicken, couscous, walnuts, dried apricots, dried cranberry, mint, parsley, olive oil, salt, pepper, Tahini dressing = (yogurt, lemon juice, cumin, garlic), marinade = (olive oil, garlic, paprika, parsley, cumin, oregano, lemon zest). Contains nuts and Dairy

\$9.95



White Chocolate & Goji Protein Balls (GF)

Creamy gourmet white chocolate hand rolled with rice puffs, goji berries, macadamia, almonds and coconut with an added whey protein kick. Gluten Free Ingredients: White chocolate = sugar, cocoa butter, dried skimmed milk, dried whey (from milk),

\$6.95

milk fat, emulsifier ( soya lecithin), flavoring.  
Almond meal, Macadamia nuts, whey protein, puffed rice, goji berries, canola oil, coconut.



Authentic Indonesian Nasi Goreng (GF)

A traditional Indonesian classic. Nasi Goreng is a traditional fried rice with chicken, shallots, wombok and a hint of chilli. (very very Mild), mixed through with our own homemade Indonesian inspired sauce and an egg on top. If you have not had an egg on top of your fried rice you have been missing out. My serving tip - squeeze a little lime on top to your taste. Delicious! Ingredients: Rice, chicken, wombok, egg, sauce = (Honey, soy sauce (GF), sweet chilli = (Water, sugar, chilli, lemon juice, lemon zest, arrowroot ), shallots, chilli, onion.

\$9.95



Roast pork loin with roast pumpkin puree

Slow roasted pork loin served with a sweet roast pumpkin and maple puree, sautéed cabbage, bacon and a drizzle of gravy. A super tasty meal high in protein. Ingredients: Pork, Cabbage, Bacon, Pumpkin, Cabbage, Gravy = (Maltodextrin, (from Maize) Maize Starch, Dextrose, Salt, Favour, Vegetable Gum, Shortening Powder, Colour, Anticaking Agent (451), Yeast Extract, Canola Oil, Onion) Butter, Salt, Pepper.

\$9.95



Teriyaki Chicken (GF)

Steamed Chicken breast marinated in a homemade teriyaki sauce and served with Jasmine rice & fresh spring onion. Ingredients: Chicken, rice, sauce = (Mirin sake, water, soy sauce (glutenfree ), brown sugar, garlic. (May contain traces of nuts)

\$9.95



Chicken & Chorizo Bake

Oven baked and infused with rosemary, spuds, sweet potato, pumpkin, diced chicken breast & chorizo tossed with a sweet Napoli sauce and fresh parsley. Ingredients: Chicken, potato, pumpkin, sweet potato, onion, Napoli sauce = (tomato, olive oil, chilli, balsamic vinegar, red wine, basil, salt, garlic powder, ginger, pepper, dried oregano ) Chorizo = Chorizo = Pork (92%), Salt, Edible Casing, Spices, Lactose (Milk), Dehydrated Vegetables, Dextrose, Maltodextrin, Antioxidant (316), Herb, Sugar, Spice Extract, Natural Colour (160c), Preservative (250), Culture, Natural Wood Smoke, Curry Powder, GF Soy Sauce, Curry Paste, parsley, rosemary, (May contain traces of nuts)

\$9.95



Cold Mediterranean Salad

What about on a hot day sitting outside enjoying summer, with a delicious cold pasta dish made up of fresh diced chicken breast, olives, sun-dried tomatoes, cherry tomatoes, baby spinach and our own home-made pesto sauce tossed through with penne pasta. Get your meals home delivered and

\$9.95

stay out of the kitchen this summer  
 Ingredients:Chicken, Wheat pasta, olives, sun-dried tomatoes, tomatoes, pesto = (Basil, Parmesan, Canola Oil, Sea Salt, Garlic Pinenuts Roasted, Basil, Parsley, Thyme, Garlic, CanolaOil).Baby spinach, olive oil, salt.



Pear & Raspberry Bread

Australian pears and sweet raspberries make a perfect match in this morning tea or quick snack treat. Wrapped up in a convenient pack - wherever you are - at work, in the car between jobs or just relaxing at home, it's the perfect tasty treat.\* Please note that this product has a 4 day shelf  
 INGREDIENTS Wheat Flour (Vitamins, (Thiamin, Folate)), Sugar, Pear, Canola Oil, Raspberries, Water, Sour Cream (Cream, Milk Solids, Culture), Whole Egg Powder, Baking Powder (450, 500 Wheat Starch)), Natural Vanilla Flavour, Ground Cinnamon, Bicarb Soda (500), Preservative (202), Salt.

\$3.50



BBQ Chicken & Greens (GF)

Super tasty & tender BBQ marinated chicken thighs served with a mix of fresh greens ( brocolini & Choy sum), brown rice and a delicious BBQ Asian sauce. Ingredients:Chicken, brown rice, Brocolini, Choy sum, sauce = ( Sugar, soy sauce, ginger, chili, red wine vinegar, garan masala =( Coriander, cinnamon, cumin, nutmeg, cloves, cardamom, ginger, fennel, black pepper ) May Contains traces of nuts

\$9.95



Lemon Pepper Chicken (GF)

Tender and lean chicken breast marinated in a fresh and zesty lemon pepper rub, served with green beans, roast pumpkin, slithered almonds for a little crunch and feta cheese for something a little creamy. Ingredients: Chicken, Pumpkin, green beans, feta cheese ( made from dairy) almonds, lemon pepper ( Salt, pepper, sugar, rice flour, food acid (330), onion, lemon granules (lemon peel, sugar, syrup, food acid (330), garlic, lemon flavour, lemon oil, canola oil, turmeric.

\$9.95



Honey Soy Pork and Greens (GF)

Tender and lean pork mince slow cooked with a classic honey and soy sauce. Served with seasonal and fresh bok choy, choy sum Asian greens and purple cabbage for a little extra crunch. And only 237 calories Gluten Free  
 Ingredients: Pork mince = (cabbage, onion, honey, soy sauce, garlic, shallots.) Bok Choy, Choy Sum

\$9.95



Portuguese Chicken (GF)

You just have to try this meal, it is delicious. Juicy and tender maryland chicken marinated in a Portuguese spice rub and served with a smooth & cheese, bacon & spring onion infused mash

\$9.95

potato and fresh steamed broccoli. Gluten Free Ingredients: Chicken, Mash potato = (potato, bacon, milk, cheese), Broccoli, Portuguese rub = (Spices, salt, dehydrated vegetables, rice cereal, acid regulator (62), flavour enhancers ( 621, 635), sugar, dextrose, maize starch, food acid (330), natural flavours, canola oil, herbs, spice extract ( 160c), anti-caking agent(551)