



WINTER MENU

2021 VER 1

Lifestyle Meal Prep



WEEK ONE

- Lean Beef Chilli Con Carne & Rice
- Chicken Pesto & Penne Pasta
- Chunky Slow Cooked Beef Potatoes Cottage Pie
- Clean Butter Chicken & Turmeric Rice
- Tom Yum Chicken Thigh & Rice Bowl

WEEK TWO

- Hoisin Pork Mince, Shiitake Mushroom & Rice
- BBQ Mexican Chicken Thigh Bowl
- Chicken Mince Singaporean Hokkien Noodles
- San Choy Bao Bowl
- Sliced Lean Korean Beef & Sweet Potato

WEEK THREE

- Lean Beef Mince Burrito Bowl
- Sweet Sour Chicken Thigh, Pineapple & Rice
- Japanese Curry, Chicken Breast, Rice & Potatoes
- Spaghetti Bolognese
- Clean Beef Stroganoff & Penne Pasta

WEEK FOUR

- Vietnamese Lemon Grass Pork Mince & Rice
- Teriyaki Chicken Breast & Rice
- Tandoori Lamb Curry & Rice
- Saucy Mongolian Beef & Spaghetti Noodles Stir Fry
- Black Pepper Chicken Thigh & Hokkien Noodles

PORTION SIZES & PRICES

LEAN MEALS

8 Meals \$78 | 10 Meals \$91
12 Meals \$109 | 14 Meals \$127

+300 Calories
250g serving size
25-35g Protein
25-35g Carbohydrates
8-14g Fat

MAIN MEALS

8 Meals \$95 | 10 Meals \$111
12 Meals \$133 | 14 Meals \$155

+500 Calories
400g serving size
45-55g Protein
45-55g Carbohydrates
12-19g Fat

SIZE MEALS

8 Meals \$110 | 10 Meals \$130
12 Meals \$158 | 14 Meals \$183

+650 Calories
500g serving size
55-65g Protein
55-65g Carbohydrates
14-20g Fat

*Menu is subject to change