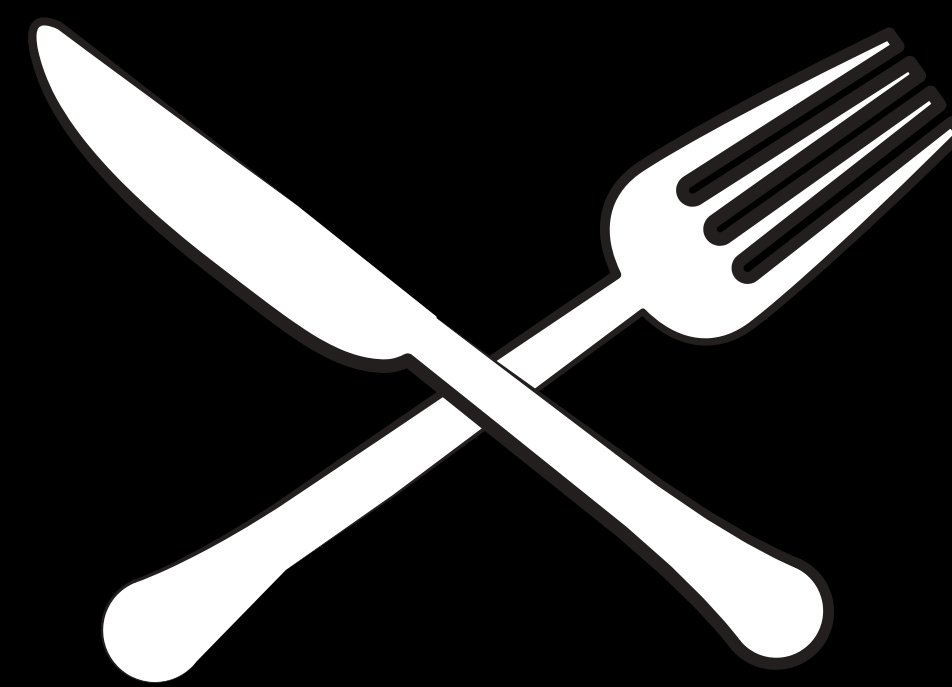




Mon

Tues

Wed

Thurs

Fri

Sat

Lunch

Sloppy Joe
Stuffed
Peppers

K - 428 P - 37.7g
F - 23.7g C - 14g

Lean Clean
Chicken

K - 462 P - 52.7g
F - 10.3g C - 36.3g

Chicken
Enchiladas

K - 551 P - 47.3g
F - 18.7g C - 45.6g

Stuffed
Cabbage
Burrito

K - 462 P - 35g
F - 12.3g C - 48.8g

Spiced
Chickpea

K - 420 P - 14.9g
F - 12.9g C - 53.5g

Black Pepper
Chicken &
Noodles

K - 564 P - 55.2g
F - 10.6g C - 57.8g

Dinner

Jerk Chicken
& Coconut
Rice

K - 584 P - 59.3g
F - 8.8g C - 65.8g

Lentil
Dhansak

K - 478 P - 15.9g
F - 6.7g C - 83.9g

Chilli & Basil
Turkey With
Noodles

K - 440 P - 31.5g
F - 12.2g C - 46.7g

Sweet Chilli
Beef &
Noodles

K - 530 P - 41.6g
F - 12.9g C - 59.8g

Chicken
Satay

K - 539 P - 55.4g
F - 12g C - 48.9g

Mongolian
Beef

K - 469 P - 37.2g
F - 6.9g C - 63.8g

Total

K - 1012 P - 97g
F - 32.5g C - 79.8g

K - 940 P - 68.6g
F - 17g C - 120.2g

K - 991 P - 78.8g
F - 30.9g C - 92.3g

K - 992 P - 76.6g
F - 25.2g C - 108.6g

K - 959 P - 70.3g
F - 24.9g C - 102.4g

K - 1033 P - 92.4g
F - 17.5g C - 121.6g