



## 5 DAY HAMPER – NO FISH

SO LEAN & CLEAN  
WHY FROZEN

5 DAYS OF LEAN & CLEAN MEALS  
FOR WEIGHT LOSS

DAY 1 MEAL PLAN  
DAY 2 MEAL PLAN  
DAY 3 MEAL PLAN  
DAY 4 MEAL PLAN  
DAY 5 MEAL PLAN





# WELCOME TO SO LEAN & CLEAN

This plan has been created from my years of experience working with clients. I understand that we all have busy lives but also have a desire to be healthy but there are certain barriers such as:

- Time
- Money
- Knowledge



I have developed a plan that takes all the above into consideration. A plan that is not about counting calories or being hungry, but about nourishing and energising the body. Awakening your taste buds to a variety of flavours and feeling the benefits of eating natural foods.

## SO LEAN AND CLEAN BENEFITS

**Skin will glow**, You will lose your food addiction, sugar makes you hungry all the time, say goodbye to this once you quit sugar.

**Weight will fall off you** - you will be proud of your leaner physique.

**You will feel happier** - When you quit sugar your energy becomes more stable, so does your mood.

**You will learn to love your kitchen being free from junk**. No more processed foods, extra spending on snacks because when you become sugar free you won't be so hungry, your body will have the nutrients that it requires and will no longer send messages out that you need more food.

**Financial benefits** - We are doing the math for you, no fluctuating vegetable /meat prices.

**Reduced cooking costs**

**More YOU time** - No time trotting around the supermarket spending on extras you don't really require.

Delivered to your door - Easy to reheat - No waste - No guessing if what you have chosen has bad additives or is really what it says on the packet.

If you are willing to make the adaptation from processed to natural foods, you will see incredible changes you and your body will love.

## Some Facts about SO LEAN AND CLEAN Fresh Frozen meals

Freezing food as a method of preservation is on the rise, and with good reason: according to a recent study by the University of Hamburg and the University of Applied Sciences in Hamburg, frozen food retains important vitamins and nutrients over a longer period of time than fresh or chilled food.

**The scientists found that the vitamin C content of frozen food stored at minus 18 degrees after a year is still at 80%. However, food kept in the refrigerator, goes down to about 60% of vitamin C lost after just a few days.**

Furthermore, the study comes to the conclusion that frozen vegetables, like fresh vegetables, can lower the risk of cancer and strengthen the immune system. In a refrigerator, more than 40% of the essential nutrients that reduce the risk of cancer are lost after a few days.

Since time and temperature are the main enemies of freshness, it is clear to the nutritionists that:

- Frozen Meals / ingredients are better than fresh because they are fresh when they are frozen
- Frozen meals are always in optimal condition
- Super-fast snap freezing process ensures that meals are as fresh and tasty as the day they were prepared
- Snap Freezing allows a manufacturer not to use preservatives, artificial colours, flavours, E-numbers or sweeteners



# DAY 1 MEAL PLAN

**For breakfast:** 1 x 75g FRUIT GRANOLA (V) (VE) (DF)

**For lunch:** 1 X 250G POT - THAI GREEN VEG SOUP (V) (VE) (DF) (GF)

1 X 75g PULLED CHICKEN (GF) (DF)

1 X 75g BROWN RICE (V) (VE) (DF) (GF)

Try mixing the soup with the chicken & rice to make a more substantial meal

**For your evening meal:**

1 X MOROCCAN SPICED CARROT & BUTTERNUT SQUASH TAGINE GF) (DF) (V) (VE)

1 X 125G WHOLEWHEAT NOODLES (V)

1 X 75G PEA & BEAN MIX (V) (VE) (DF) (GF)

Try mixing the noodles with the peas & beans

1 x WHOLEGRAIN HONEY & MUSTARD (V) (VE) (DF) (GF)

Add the sauce to finish the meal in style

1 x 100G STRAWBERRY & BANANA SMOOTHIE (V) (VE) (DF) (GF)

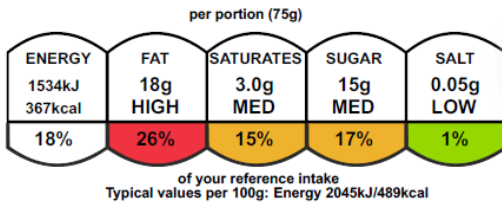
Have as an evening snack or at any time of day if you feel the need.



# DAY 1 MEAL PLAN

## NUTRITIONAL VALUES

### FRUIT GRANOLA



Typical values	per 100 g	per 75g serving
Energy	2045kJ 489kcal	1534kJ 367kcal
Fat	24g	18g
of which saturates	4.0g	3.0g
Carbohydrate	54g	40g
of which sugars	20g	15g
Fibre	8.9g	6.7g
Protein	14g	10g
Salt	0.07g	0.05g

### Ingredients and Allergens

Granola.

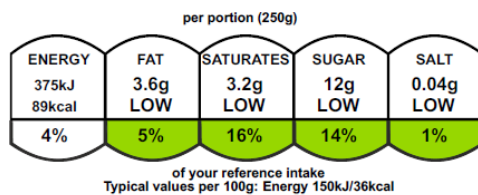
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

100% 75g Cereals ready-to-eat, granola, homemade

Just add Milk:

Low fat milk, soya milk or yoghurt. Approx 125 ml

### THAI GREEN VEG SOUP



Typical values	per 100 g	per 250g serving
Energy	150kJ 36kcal	375kJ 89kcal
Fat	1.4g	3.6g
of which saturates	1.3g	3.2g
Carbohydrate	5.3g	13g
of which sugars	4.9g	12g
Fibre	0.4g	1.1g
Protein	0.6g	1.5g
Salt	0.02g	0.04g

### Ingredients and Allergens

VEG STOCK, Water, Mushrooms, Green Peppers, Cream Coconut, Onion, Coriander Leaves, Green Beans, Ginger, Green Chilli, Lime Juice, Garlic.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

**To heat:** Defrost over night in fridge prior to reheating.  
Heat to simmer in saucepan or  
Heat for 3 mins in an 800w microwave.  
Stir & rest for 1 min.  
Check piping hot.  
If not return to microwave for a further 30 seconds.



# DAY 1 MEAL PLAN

## NUTRITIONAL VALUES

### BROWN RICE (V) (VE) (DF) (GF)

per portion (126g)

ENERGY	FAT	SATURATES	SUGAR	SALT
703kJ 165kcal	1.1g <b>LOW</b>	0.2g <b>LOW</b>	0g <b>LOW</b>	0.01g <b>LOW</b>
8%	2%	1%	0%	0%

of your reference intake  
Typical values per 100g: Energy 560kJ/132kcal



	per 100g	per 126 g serving
Energy	560.3kJ	703.2kJ
Energy	131.6kcal	165.2kcal
Fat	0.9g	1.1g
of which saturates	0.2g	0.2g
Carbohydrate	27.7g	34.8g
of which sugars	0.1g	0.1g
Fibre	1.5g	1.9g
Protein	3.6g	4.5g
Salt	0.01g	0.01g

#### Ingredients and Allergens

Cooked Brown Rice, Parsley.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

**To heat:** Defrost over night in fridge prior to reheating.  
Heat for 1 min 30 seconds in an 800w microwave.  
Stir & rest for 1 min.  
Check piping hot.  
If not return to microwave for a further 30 seconds.

### PULLED CHICKEN

per portion (125g)

ENERGY	FAT	SATURATES	SUGAR	SALT
528kJ 126kcal	2.8g <b>LOW</b>	0.6g <b>LOW</b>	0g <b>LOW</b>	0.12g <b>LOW</b>
6%	4%	3%	0%	2%

of your reference intake  
Typical values per 100g: Energy 422kJ/101kcal



Typical values	per 100 g	per 125g serving
Energy	422kJ 101kcal	528kJ 126kcal
Fat	2.2g	2.8g
of which saturates	0.5g	0.6g
Carbohydrate	0.6g	0.7g
of which sugars	0.3g	0.4g
Fibre	0.1g	0.1g
Protein	18g	23g
Salt	0.10g	0.12g

#### Ingredients and Allergens

Chicken, VEG STOCK, Onion, Parsley, Sage, Bay Leaf, Black Pepper.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

**To heat:** Defrost over night in fridge prior to reheating.  
Heat for 1 min 30 seconds in an 800w microwave.  
Stir & rest for 1 min.  
Check piping hot.  
If not return to microwave for a further 30 seconds.

# DAY 1 MEAL PLAN

## NUTRITIONAL VALUES

### MOROCCAN SPICED CARROT & BUTTERNUT SQUASH TAGINE GF) (DF) (V) (VE)

per portion (125g)

ENERGY	FAT	SATURATES	SUGAR	SALT
151kJ 36kcal	0.7g LOW	0.1g LOW	4.7g LOW	0.15g LOW
2%	1%	1%	5%	3%

of your reference intake  
Typical values per 100g: Energy 121kJ/29kcal



Typical values	per 100 g	per 125g serving
Energy	121kJ 29kcal	151kJ 36kcal
Fat	0.6g	0.7g
of which saturates	0.1g	0.1g
Carbohydrate	5.7g	7.1g
of which sugars	3.7g	4.7g
Fibre	0.7g	0.8g
Protein	1.5g	1.8g
Salt	0.12g	0.15g

#### Ingredients and Allergens

Butternut Squash, Carrots, Tomatoes, Water, Onion, Potato, **Celery**, Tomato Purée, Garlic, Ground Cumin, Turmeric, Coriander Leaves, Red Chilli, Parsley, Black Pepper, Salt.  
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

**To heat:** Defrost over night in fridge prior to reheating.  
Heat for 2 min in an 800w microwave.  
Stir & rest for 1 min.  
Check piping hot.  
If not return to microwave for a further 30 seconds.

### WHOLEWHEAT NOODLES (V)

per portion (126g)

ENERGY	FAT	SATURATES	SUGAR	SALT
1842kJ 440kcal	2.0g LOW	0.1g LOW	4.4g LOW	0.31g LOW
22%	3%	1%	5%	5%

of your reference intake  
Typical values per 100g: Energy 1462kJ/349kcal



Typical values	per 100 g	per 126g serving
Energy	1462kJ 349kcal	1842kJ 440kcal
Fat	1.6g	2.0g
of which saturates	0.1g	0.1g
Carbohydrate	70g	88g
of which sugars	3.5g	4.4g
Fibre	5.9g	7.4g
Protein	12g	16g
Salt	0.25g	0.31g

#### Ingredients and Allergens

Wholewheat Noodles, Pepper, Parsley.  
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

**To heat:** Defrost over night in fridge prior to reheating.  
Heat for 1 min 40 seconds in an 800w microwave.  
Stir & rest for 1 min.  
Check piping hot.  
If not return to microwave for a further 30 seconds.

### PEA & BEAN MIX

per portion (127g)

ENERGY	FAT	SATURATES	SUGAR	SALT
292kJ 70kcal	1.2g LOW	0.3g LOW	2.3g LOW	0g LOW
3%	2%	2%	3%	0%

of your reference intake  
Typical values per 100g: Energy 231kJ/55kcal



Typical values	per 100 g	per 127g serving
Energy	231kJ 55kcal	292kJ 70kcal
Fat	1.0g	1.2g
of which saturates	0.2g	0.3g
Carbohydrate	6.8g	8.7g
of which sugars	1.8g	2.3g
Fibre	2.9g	3.7g
Protein	4.9g	6.2g
Salt	0.00g	0.00g

#### Ingredients and Allergens

Green Beans, Peas, Broad Beans, Parsley.  
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

**To heat:** Defrost over night in fridge prior to reheating.  
Heat for 1 min 30 seconds in an 800w microwave.  
Stir & rest for 1 min.  
Check piping hot.  
If not return to microwave for a further 30 seconds.

# DAY 1 MEAL PLAN

## NUTRITIONAL VALUES

### WHOLEGRAIN HONEY & MUSTARD SAUCE

per portion (100g)				
ENERGY	FAT	SATURATES	SUGAR	SALT
123kJ 29kcal	0g <b>LOW</b>	0g <b>LOW</b>	2.2g <b>LOW</b>	0.14g <b>LOW</b>
1%	1%	0%	2%	2%

of your reference intake  
Typical values per 100g: Energy 123kJ/29kcal



Typical values	per 100 g	per 100g serving
Energy	123kJ 29kcal	123kJ 29kcal
Fat	0.5g	0.5g
of which saturates	0.0g	0.0g
Carbohydrate	5.2g	5.2g
of which sugars	2.2g	2.2g
Fibre	0.7g	0.7g
Protein	1.3g	1.3g
Salt	0.14g	0.14g

#### Ingredients and Allergens

VEG STOCK, Leeks, Potato, Peas, Parsley, Onion, Water,  
**Mustard**, Honey, Garlic.

Allergen advice. For allergens, including cereals containing gluten,  
see ingredients in **bold**.

**To heat:** Defrost over night in fridge prior to reheating.  
Heat for 1 min 30 seconds in an 800w microwave.  
Stir & rest for 1 min.  
Check piping hot.  
If not return to microwave for a further 30 seconds.

### STRAWBERRY & BANANA SMOOTHIE

per portion (100g)				
ENERGY	FAT	SATURATES	SUGAR	SALT
259kJ 62kcal	0g <b>LOW</b>	0g <b>LOW</b>	8.4g <b>MED</b>	0g <b>LOW</b>
3%	0%	0%	9%	0%

of your reference intake  
Typical values per 100g: Energy 259kJ/62kcal



Typical values	per 100 g	per 100g serving
Energy	259kJ 62kcal	259kJ 62kcal
Fat	0.2g	0.2g
of which saturates	0.1g	0.1g
Carbohydrate	16g	16g
of which sugars	8.4g	8.4g
Fibre	2.4g	2.4g
Protein	0.8g	0.8g
Salt	0.00g	0.00g

#### Ingredients and Allergens

Strawberries, Banana.

Allergen advice. For allergens, including cereals containing gluten,  
see ingredients in **bold**.

50%	50g	Strawberries, frozen, unsweetened
50%	50g	Bananas, raw

#### Just add juice:

**Take your smoothie mix** straight from the freezer &  
place in your blender.

Add approx. 125ml of natural unsweetened fruit juice of  
your choice.

We recommend apple juice.



# DAY 2 MEAL PLAN

**For breakfast:** 1 X 75g BLUEBERRY PORRIDGE (V) (VE) (DF)

**For lunch:** 1 X 250G POT – MINESTRONE SOUP (V) (DF) (GF)

To make a more substantial soup why not add the 1 x 125G PEARL BARLEY MIX (V) (VE) (DF)

**For your evening meal:** 1 x 175G BEEF (GF) (DF)

1 X 125G SWEET POTATO MASH (V) (VE) (DF) (GF)

1 X 75G GARDEN PEAS (V) (VE) (DF) (GF)

1 X 100G ONION GRAVY (V) (VE) (DF) (GF)

**Any time snacks:**

1 x 35G NAKED COCO & ORANGE SNACK BAR (V) (VE) (DF) (GF)

1 x 30G ALMONDS (V) (VE) (DF) (GF)



# DAY 2 MEAL PLAN

## NUTRITIONAL VALUES

### BLUEBERRY PORRIDGE (V) (VE) (DF)

per portion (75g)

ENERGY	FAT	SATURATES	SUGAR	SALT
1119kJ 268kcal	4.7g <b>MED</b>	0.8g <b>LOW</b>	0g <b>LOW</b>	0g <b>LOW</b>
13%	7%	4%	0%	0%

of your reference intake  
Typical values per 100g: Energy 1492kJ/357kcal



Typical values	per 100 g	per 75g serving
Energy	1492kJ 357kcal	1119kJ 268kcal
Fat	6.3g	4.7g
of which saturates	1.1g	0.8g
Carbohydrate	61g	46g
of which sugars	0.0g	0.0g
Fibre	9.6g	7.2g
Protein	15g	12g
Salt	0.00g	0.00g

#### Ingredients and Allergens

Oats, Blueberries.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

90.7%	68g	Oats
9.33%	7g	Blueberries, wild, frozen (Alaska Native)

Just add Milk: Low fat milk, soya milk.

Approx. 225 ml

Heat for 3 mins in an 800w microwave.

Stir (add more milk if you like) return for 30 seconds if necessary.

Stir - enjoy

### MINESTRONE SOUP (V) (DF) (GF)

per portion (250g)

ENERGY	FAT	SATURATES	SUGAR	SALT
502kJ 118kcal	1.1g <b>LOW</b>	0.2g <b>LOW</b>	5.4g <b>LOW</b>	0.59g <b>LOW</b>
6%	2%	1%	6%	10%

of your reference intake  
Typical values per 100g: Energy 201kJ/47kcal



	per 100g	per 250 g serving
Energy	200.8kJ	501.9kJ
Energy	47.3kcal	118.3kcal
Fat	0.5g	1.1g
of which saturates	0.1g	0.2g
Fatty Acids	0.1g	0.2g
Monounsaturated		
Fatty Acids	0.1g	0.3g
Polyunsaturated		
Trans Fatty Acids	0.0g	0.0g
Carbohydrate	9.3g	23.2g
of which sugars	2.2g	5.4g
Fibre	0.8g	1.9g
Protein	1.7g	4.2g
Salt	0.24g	0.59g

#### Ingredients and Allergens

VEG STOCK, Tomatoes, Sweet Potato, Pasta (**Wheat, Egg**).

Carrots, Onion, **Celery**, Green Beans, Parsley, Coriander Leaves, Mixed Herbs, Garlic, Salt, Black Pepper.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

**To heat:** Defrost over night in fridge prior to reheating.

Heat for 3 mins in an 800w microwave.

Stir & rest for 1 min.

Check piping hot.

If not return to microwave for a further 30 seconds.

### PEARL BARLEY MIX (V) (VE) (DF)

per portion (125g)

ENERGY	FAT	SATURATES	SUGAR	SALT
577kJ 137kcal	0.6g <b>LOW</b>	0g <b>LOW</b>	0.6g <b>LOW</b>	0.02g <b>LOW</b>
7%	1%	0%	1%	0%

of your reference intake  
Typical values per 100g: Energy 461kJ/109kcal



Typical values	per 100 g	per 125g serving
Energy	461kJ 109kcal	577kJ 137kcal
Fat	0.5g	0.6g
of which saturates	0.1g	0.1g
Carbohydrate	20g	25g
of which sugars	0.5g	0.6g
Fibre	1.3g	1.6g
Protein	6.2g	7.8g
Salt	0.02g	0.02g

#### Ingredients and Allergens

Barley, Lentils.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

**To heat:** Defrost over night in fridge prior to reheating.

Heat for 1 min 30 seconds in an 800w microwave.

Stir & rest for 1 min.

Check piping hot.

If not return to microwave for a further 30 seconds.

# DAY 2 MEAL PLAN

## NUTRITIONAL VALUES

### PULLED BEEF (GF) (DF)

per portion (125g)				
ENERGY	FAT	SATURATES	SUGAR	SALT
573kJ 137kcal	4.7g MED	2.0g MED	0g LOW	0.21g LOW
7%	7%	10%	0%	3%

of your reference intake  
Typical values per 100g: Energy 458kJ/110kcal



Typical values	per 100 g	per 125g serving
Energy	458kJ 110kcal	573kJ 137kcal
Fat	3.8g	4.7g
of which saturates	1.6g	2.0g
Carbohydrate	1.0g	1.3g
of which sugars	0.2g	0.3g
Fibre	0.5g	0.6g
Protein	18g	22g
Salt	0.17g	0.21g

#### Ingredients and Allergens

Beef, VEG STOCK, Onion, Rosemary, Thyme, Sage, Bay Leaf, Black Pepper.  
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

**To heat:** Defrost over night in fridge prior to reheating.  
Heat for 1 min 30 seconds in an 800w microwave.  
Stir & rest for 1 min.  
Check piping hot.  
If not return to microwave for a further 30 seconds.

### ONION GRAVY (V) (VE) (DF) (GF)

per portion (100g)				
ENERGY	FAT	SATURATES	SUGAR	SALT
128kJ 30kcal	0g LOW	0g LOW	3.1g LOW	0.23g LOW
2%	0%	0%	3%	4%

of your reference intake  
Typical values per 100g: Energy 128kJ/30kcal



Typical values	per 100 g	per 100g serving
Energy	128kJ 30kcal	128kJ 30kcal
Fat	0.3g	0.3g
of which saturates	0.0g	0.0g
Carbohydrate	5.4g	5.4g
of which sugars	3.1g	3.1g
Fibre	1.3g	1.3g
Protein	1.0g	1.0g
Salt	0.23g	0.23g

#### Ingredients and Allergens

Onion, VEG STOCK, **Celery**, Potato, Parsley, Sherry (**Sulphites**), Garlic, Thyme, **Mustard**, Red Wine Vinegar, Mixed Herbs, Rosemary, Black Pepper, Salt.  
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

**To heat:** Defrost over night in fridge prior to reheating.  
Heat for 1 min 30 seconds in an 800w microwave.  
Stir & rest for 1 min.  
Check piping hot.  
If not return to microwave for a further 30 seconds.

# DAY 2 MEAL PLAN

## NUTRITIONAL VALUES

### GARDEN PEAS (V) (VE) (DF) (GF)

per portion (126g)

ENERGY	FAT	SATURATES	SUGAR	SALT
409kJ 98kcal	0g LOW	0g LOW	5.5g LOW	0.23g LOW
5%	0%	0%	6%	4%

of your reference intake  
Typical values per 100g: Energy 326kJ/78kcal



Typical values	per 100 g	per 126g serving
Energy	326kJ 78kcal	409kJ 98kcal
Fat	0.3g	0.3g
of which saturates	0.0g	0.1g
Carbohydrate	14g	18g
of which sugars	4.4g	5.5g
Fibre	4.5g	5.6g
Protein	5.1g	6.5g
Salt	0.18g	0.23g

#### Ingredients and Allergens

Peas, Mint.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

**To heat:** Defrost over night in fridge prior to reheating.  
Heat for 1 min 20 seconds in an 800w microwave.  
Stir & rest for 1 min.  
Check piping hot.  
If not return to microwave for a further 30 seconds.

### SWEET POTATO MASH (V) (VE) (DF) (GF)

per portion (126g)

ENERGY	FAT	SATURATES	SUGAR	SALT
448kJ 107kcal	0g LOW	0g LOW	5.2g LOW	0.17g LOW
5%	0%	0%	6%	3%

of your reference intake  
Typical values per 100g: Energy 357kJ/85kcal



Typical values	per 100 g	per 126g serving
Energy	357kJ 85kcal	448kJ 107kcal
Fat	0.1g	0.1g
of which saturates	0.0g	0.0g
Carbohydrate	20g	25g
of which sugars	4.2g	5.2g
Fibre	3.1g	3.9g
Protein	1.6g	2.0g
Salt	0.14g	0.17g

#### Ingredients and Allergens

Sweet Potato, Parsley, Pepper.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

**To heat:** Defrost over night in fridge prior to reheating.  
Heat for 1 min 20 seconds in an 800w microwave.  
Stir & rest for 1 min.  
Check piping hot.  
If not return to microwave for a further 30 seconds.

# DAY 2 MEAL PLAN

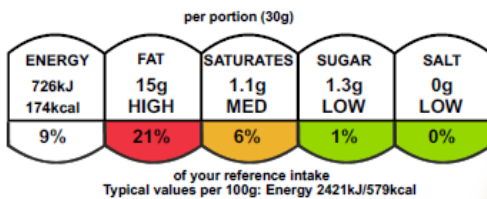
## NUTRITIONAL VALUES

### NAKED COCO & ORANGE SNACK BAR



Energy	1736kJ	607kJ
Energy	415kcal	145kcal
Fat	20.0g	7.0g
(of which saturates)	4.2g	1.5g
Carbohydrate	45.1g	15.8g
(of which sugars)	38.9g	13.6g
Fibre	6.4g	2.2g
Protein	11.0g	3.9g
Salt	<0.1g	<0.1g

### ALMONDS (V) (VE) (DF) (GF)



Typical values	per 100 g	per 30g serving
Energy	2421kJ 579kcal	726kJ 174kcal
Fat	50g	15g
of which saturates	3.8g	1.1g
Carbohydrate	22g	6.5g
of which sugars	4.3g	1.3g
Fibre	13g	3.8g
Protein	21g	6.3g
Salt	0.00g	0.00g

### Ingredients and Allergens

Almonds.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

100% 30g Nuts, almonds



# DAY 3 MEAL PLAN

**For breakfast:** 1 X 75g PROTEIN PORRIDGE (RASPBERRY) (V) (VE) (DF)

Mid morning snack 100G SPINACH, KIWI MANGO & KALE (V) (VE) (DF) (GF)

For lunch we suggest: 1 X 250G 5 BEAN MEXICAN SOUP(V) (VE) (DF) (GF)  
1 x 175gG TURKEY (GF) (DF)  
1 X 125G BROCOLI (V) (VE) (DF) (GF)

For your evening meal why not have:

1 X 125G PULLED PORK (GF) (DF)  
1 X 75G WHOLE WHEAT PROTEIN PASTA (V)  
1 x 75G PEA & BEAN MIX (V) (VE) (DF) (GF)  
1 X 100G THAI GREEN SAUCE (V) (VE) (DF) (GF)

For an any time snack: 1 x 30G  
CASHEW NUTS (V) (VE) (DF) (GF)



# DAY 3 MEAL PLAN

## NUTRITIONAL VALUES

### RASPBERRY PORRIDGE (V) (VE) (DF)

per portion (75g)

ENERGY	FAT	SATURATES	SUGAR	SALT
1121kJ 268kcal	4.7g <b>MED</b>	0.8g <b>LOW</b>	0g <b>LOW</b>	0g <b>LOW</b>
13%	7%	4%	0%	0%

of your reference intake  
Typical values per 100g: Energy 1495kJ/358kcal



Typical values	per 100 g	per 75g serving
Energy	1495kJ 358kcal	1121kJ 268kcal
Fat	6.3g	4.7g
of which saturates	1.1g	0.8g
Carbohydrate	61g	46g
of which sugars	0.4g	0.3g
Fibre	10g	7.7g
Protein	15g	12g
Salt	0.00g	0.00g

#### Ingredients and Allergens

Oats, Raspberries.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

90.7%	68g	Oats
9.33%	7g	Raspberries, frozen, unsweetened

Just add Milk: Low fat milk, soya milk.

Approx. 25 ml

Heat for 3 mins in an 800w microwave.

Stir (add more milk if you like) return for 30 seconds if necessary.

Stir - enjoy

### SPINACH, KIWI MANGO & KALE (V) (VE) (DF) (G)

per portion (100g)

ENERGY	FAT	SATURATES	SUGAR	SALT
203kJ 49kcal	0.7g <b>LOW</b>	0g <b>LOW</b>	6.6g <b>MED</b>	0.12g <b>LOW</b>
2%	1%	0%	7%	2%

of your reference intake  
Typical values per 100g: Energy 203kJ/49kcal



Typical values	per 100 g	per 100g serving
Energy	203kJ 49kcal	203kJ 49kcal
Fat	0.7g	0.7g
of which saturates	0.1g	0.1g
Carbohydrate	10.0g	10.0g
of which sugars	6.6g	6.6g
Fibre	2.0g	2.0g
Protein	2.3g	2.3g
Salt	0.12g	0.12g

#### Ingredients and Allergens

Spinach, Mangos, Kiwifruit, Kale.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

**Just add juice:**

**Take your smoothie mix** straight from the freezer & place in your blender.

Add approx. 125ml of natural unsweetened fruit juice of your choice.

We recommend apple juice.

### CASHEW NUTS (V) (VE) (DF) (GF)

per portion (30g)

ENERGY	FAT	SATURATES	SUGAR	SALT
726kJ 174kcal	15g <b>HIGH</b>	1.1g <b>MED</b>	1.3g <b>LOW</b>	0g <b>LOW</b>
9%	21%	6%	1%	0%

of your reference intake  
Typical values per 100g: Energy 2421kJ/579kcal



Typical values	per 100 g	per 30g serving
Energy	2421kJ 579kcal	726kJ 174kcal
Fat	50g	15g
of which saturates	3.8g	1.1g
Carbohydrate	22g	6.5g
of which sugars	4.3g	1.3g
Fibre	13g	3.8g
Protein	21g	6.3g
Salt	0.00g	0.00g

#### Ingredients and Allergens

Almonds.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

100%	30g	Nuts, almonds
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# DAY 3 MEAL PLAN

## NUTRITIONAL VALUES

### PS4 FIVE BEAN MEXICAN SOUP

per portion (250g)

ENERGY	FAT	SATURATES	SUGAR	SALT
408kJ 96kcal	1.3g LOW	0.2g LOW	4.0g LOW	0.20g LOW
5%	2%	1%	4%	3%

of your reference intake  
Typical values per 100g: Energy 163kJ/39kcal



Typical values	per 100 g	per 250g serving
Energy	163kJ 39kcal	408kJ 96kcal
Fat	0.5g	1.3g
of which saturates	0.1g	0.2g
Carbohydrate	6.4g	16g
of which sugars	1.6g	4.0g
Fibre	0.9g	2.3g
Protein	2.6g	6.5g
Salt	0.08g	0.20g

#### Ingredients and Allergens

VEG STOCK, Tomatoes, Onion, Carrots, Red Kidney Beans, Blackeye Beans, Chick Peas, Haricot Beans, Pinto Beans, **Celery**, Leeks, Coriander Leaves, Red Chilli, Garlic, Chilli Powder, Mixed Herbs, Paprika, Ground Cumin, Black Pepper.  
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

**To heat:** Defrost over night in fridge prior to reheating.  
Heat to simmer in saucepan or  
Heat for 3 mins in an 800w microwave.  
Stir & rest for 1 min.  
Check piping hot.  
If not return to microwave for a further 30 seconds.

### PULLED TURKEY (GF) (DF)

per portion (125g)

ENERGY	FAT	SATURATES	SUGAR	SALT
528kJ 126kcal	2.8g LOW	0.6g LOW	0g LOW	0.12g LOW
6%	4%	3%	0%	2%

of your reference intake  
Typical values per 100g: Energy 422kJ/101kcal



Typical values	per 100 g	per 125g serving
Energy	422kJ 101kcal	528kJ 126kcal
Fat	2.2g	2.8g
of which saturates	0.5g	0.6g
Carbohydrate	0.6g	0.7g
of which sugars	0.3g	0.4g
Fibre	0.1g	0.1g
Protein	18g	23g
Salt	0.10g	0.12g

#### Ingredients and Allergens

Turkey, VEG STOCK, Onion, Parsley, Sage, Bay Leaf, Black Pepper.  
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

**To heat:** Defrost over night in fridge prior to reheating.  
Heat for 2 min in an 800w microwave.  
Stir & rest for 1 min.  
Check piping hot.  
If not return to microwave for a further 30 seconds.

### PEA & BEAN MIX

per portion (127g)

ENERGY	FAT	SATURATES	SUGAR	SALT
292kJ 70kcal	1.2g LOW	0.3g LOW	2.3g LOW	0g LOW
3%	2%	2%	3%	0%

of your reference intake  
Typical values per 100g: Energy 231kJ/55kcal



Typical values	per 100 g	per 127g serving
Energy	231kJ 55kcal	292kJ 70kcal
Fat	1.0g	1.2g
of which saturates	0.2g	0.3g
Carbohydrate	6.8g	8.7g
of which sugars	1.8g	2.3g
Fibre	2.9g	3.7g
Protein	4.9g	6.2g
Salt	0.00g	0.00g

#### Ingredients and Allergens

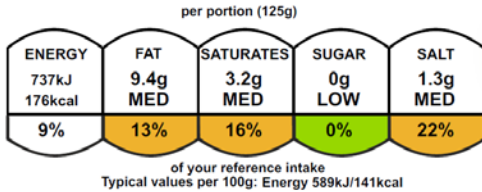
Green Beans, Peas, Broad Beans, Parsley.  
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

**To heat:** Defrost over night in fridge prior to reheating.  
Heat for 1 min 30 seconds in an 800w microwave.  
Stir & rest for 1 min.  
Check piping hot.  
If not return to microwave for a further 30 seconds.

# DAY 3 MEAL PLAN

## NUTRITIONAL VALUES

### PULLED PORK (GF) (DF)



Typical values	per 100 g	per 125g serving
Energy	589kJ 141kcal	737kJ 176kcal
Fat	7.5g	9.4g
of which saturates	2.5g	3.2g
Carbohydrate	0.5g	0.6g
of which sugars	0.3g	0.3g
Fibre	0.2g	0.3g
Protein	17g	21g
Salt	1.1g	1.3g

#### Ingredients and Allergens

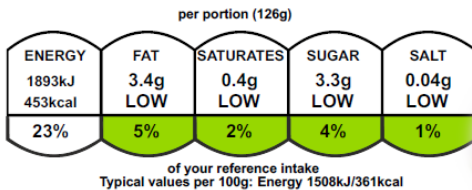
Pork, Ham, VEG STOCK, Onion, Coriander Leaves, Sage, Bay Leaf, Red Chilli, Black Pepper.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

46.1%	57.6g	Pork, fresh, shoulder, whole, separable lean only, raw
30.7%	38.4g	Ham, gammon joint, boiled
15.4%	19.2g	VEG STOCK

**To heat:** Defrost over night in fridge prior to reheating.  
Heat for 1 min 30 seconds in an 800w microwave.  
Stir & rest for 1 min.  
Check piping hot.  
If not return to microwave for a further 30 seconds.

### WHOLEWHEAT PASTA (V)



	per 100g	per 126 g serving
Energy	1508.4kJ	1893.1kJ
Energy	360.7kcal	452.7kcal
Fat	2.7g	3.4g
of which saturates	0.3g	0.4g
Carbohydrate	72.8g	91.4g
of which sugars	2.6g	3.3g
Fibre	10.1g	12.6g
Protein	13.5g	16.9g
Salt	0.03g	0.04g

#### Ingredients and Allergens

Whole Wheat Pasta, Parsley.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

**To heat:** Defrost over night in fridge prior to reheating.  
Heat for 2 min in an 800w microwave.  
Stir & rest for 1 min.  
Check piping hot.  
If not return to microwave for a further 30 seconds.



# DAY 3 MEAL PLAN

## NUTRITIONAL VALUES

### BROCCOLI WITH ALMONDS(V) (VE) (DF) (GF)

per portion (126g)

ENERGY	FAT	SATURATES	SUGAR	SALT
163kJ 38kcal	0.9g LOW	0.2g LOW	1.9g LOW	0.02g LOW
2%	1%	1%	2%	0%

of your reference intake  
Typical values per 100g: Energy 130kJ/30kcal



#### Ingredients and Allergens

Broccoli, Almonds (**Nuts**).

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

Typical values	per 100 g	per 126g serving
Energy	130kJ 30kcal	163kJ 38kcal
Fat	0.7g	0.9g
of which saturates	0.1g	0.2g
Carbohydrate	2.7g	3.4g
of which sugars	1.5g	1.9g
Fibre	2.8g	3.5g
Protein	3.4g	4.2g
Salt	0.02g	0.02g

**To heat:** Defrost over night in fridge prior to reheating.  
Heat for 1 min 30 seconds in an 800w microwave.  
Stir & rest for 1 min.  
Check piping hot.  
If not return to microwave for a further 30 seconds.

### THAI GREEN SAUCE (V) (VE) (DF) (GF)

per portion (100g)

ENERGY	FAT	SATURATES	SUGAR	SALT
54kJ 13kcal	0.7g LOW	0.5g LOW	0.8g LOW	0.01g LOW
1%	1%	3%	1%	0%

of your reference intake  
Typical values per 100g: Energy 54kJ/13kcal



#### Ingredients and Allergens

Water, VEG STOCK, Mushrooms, Green Peppers, Coconut Milk, Coriander Leaves, Onion, Ginger, Red Chilli, Lime Juice, Garlic, Brown Sugar.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

Typical values	per 100 g	per 100g serving
Energy	54kJ 13kcal	54kJ 13kcal
Fat	0.7g	0.7g
of which saturates	0.5g	0.5g
Carbohydrate	1.1g	1.1g
of which sugars	0.8g	0.8g
Fibre	0.4g	0.4g
Protein	0.5g	0.5g
Salt	0.01g	0.01g

**To heat:** Defrost over night in fridge prior to reheating.  
Heat for 1 min 30 seconds in an 800w microwave.  
Stir & rest for 1 min.  
Check piping hot.  
If not return to microwave for a further 30 seconds.



# DAY 4 MEAL PLAN

**For breakfast:** 1 x 75G PROTEIN PORRIDGE (STRAWBERRY) (V) (VE) (DF)

**A mid morning snack:** 1x 100G STRAWBERRY PEACH PINEAPPLE & MANGO SMOOTHIE (V) (VE) (DF) (GF)

**An any time snack:** 30G ALMONDS (V) (VE) (DF) (GF)

Lunch time: 1 x 125G PULLED BEEF (GF) (DF)

1 x 75G KALE (V) (VE) (DF) (GF)

1 X 75G CARROT & SWEDE (V) (VE) (DF) (GF)

1 X 100G KORMA SAUCE (V) (VE) (DF) (GF)

**For your evening meal:** 1 x 175G CHICKEN (GF) (DF)

1 X 175G WHOLEWHEAT NOODLES (V)

1 X 125G MIX VEGETABLE SPAGHETTI (V) (VE) (DF) (GF)

1 X 100G TOMATO & CHILLI SAUCE (V) (VE) (DF) (GF)



# DAY 4 MEAL PLAN

## NUTRITIONAL VALUES

### STRAWBERRY PORRIDGE (V) (VE) (DF)

per portion (75g)

ENERGY	FAT	SATURATES	SUGAR	SALT
1137kJ 268kcal	5.7g MED	0.9g LOW	0g LOW	0g LOW
13%	8%	4%	0%	0%

of your reference intake  
Typical values per 100g: Energy 1516kJ/358kcal



Typical values	per 100 g	per 75g serving
Energy	1516kJ 358kcal	1137kJ 268kcal
Fat	7.6g	5.7g
of which saturates	1.2g	0.9g
Carbohydrate	63g	48g
of which sugars	0.6g	0.4g
Fibre	7.4g	5.6g
Protein	10g	7.7g
Salt	0.00g	0.00g

#### Ingredients and Allergens

Oatmeal (**Oats**), Strawberries.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

93.3%	70g	Porridge oats, unfortified
6.67%	5g	Strawberries, frozen, unsweetened

Just add Milk: Low fat milk, soya milk.

Approx. 25 ml

Heat for 3 mins in an 800w microwave.

Stir (add more milk if you like) return for 30 seconds if necessary.

Stir - enjoy

### STRAWBERRY PEACH PINEAPPLE & MANGO SMOOTHIE (V) (VE) (DF) (GF)

per portion (100g)

ENERGY	FAT	SATURATES	SUGAR	SALT
259kJ 62kcal	0g LOW	0g LOW	8.4g MED	0g LOW
3%	0%	0%	9%	0%

of your reference intake  
Typical values per 100g: Energy 259kJ/62kcal



#### Ingredients and Allergens

Strawberries, Banana.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

50%	50g	Strawberries, frozen, unsweetened
50%	50g	Bananas, raw

Typical values	per 100 g	per 100g serving
Energy	259kJ 62kcal	259kJ 62kcal
Fat	0.2g	0.2g
of which saturates	0.1g	0.1g
Carbohydrate	16g	16g
of which sugars	8.4g	8.4g
Fibre	2.4g	2.4g
Protein	0.8g	0.8g
Salt	0.00g	0.00g

#### Just add juice:

**Take your smoothie mix** straight from the freezer & place in your blender.

Add approx. 125ml of natural unsweetened fruit juice of your choice.

We recommend apple juice.

### ALMONDS (V) (VE) (DF) (GF)

per portion (30g)

ENERGY	FAT	SATURATES	SUGAR	SALT
726kJ 174kcal	15g HIGH	1.1g MED	1.3g LOW	0g LOW
9%	21%	6%	1%	0%

of your reference intake  
Typical values per 100g: Energy 2421kJ/579kcal



#### Ingredients and Allergens

Almonds.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

100%	30g	Nuts, almonds
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Typical values	per 100 g	per 30g serving
Energy	2421kJ 579kcal	726kJ 174kcal
Fat	50g	15g
of which saturates	3.8g	1.1g
Carbohydrate	22g	6.5g
of which sugars	4.3g	1.3g
Fibre	13g	3.8g
Protein	21g	6.3g
Salt	0.00g	0.00g

# DAY 4 MEAL PLAN

## NUTRITIONAL VALUES

### PULLED BEEF (GF) (DF)

per portion (125g)

ENERGY	FAT	SATURATES	SUGAR	SALT
573kJ 137kcal	4.7g MED	2.0g MED	0g LOW	0.21g LOW
7%	7%	10%	0%	3%

of your reference intake  
Typical values per 100g: Energy 458kJ/110kcal



Typical values	per 100 g	per 125g serving
Energy	458kJ 110kcal	573kJ 137kcal
Fat	3.8g	4.7g
of which saturates	1.6g	2.0g
Carbohydrate	1.0g	1.3g
of which sugars	0.2g	0.3g
Fibre	0.5g	0.6g
Protein	18g	22g
Salt	0.17g	0.21g

### Ingredients and Allergens

Beef, VEG STOCK, Onion, Rosemary, Thyme, Sage, Bay Leaf, Black Pepper.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

**To heat:** Defrost over night in fridge prior to reheating.  
Heat for 1 min 30 seconds in an 800w microwave.  
Stir & rest for 1 min.  
Check piping hot.  
If not return to microwave for a further 30 seconds.

### KALE (V) (VE) (DF) (GF)

per portion (126g)

ENERGY	FAT	SATURATES	SUGAR	SALT
147kJ 35kcal	0.5g LOW	0g LOW	1.6g LOW	0.07g LOW
2%	1%	0%	2%	1%

of your reference intake  
Typical values per 100g: Energy 117kJ/28kcal



Typical values	per 100 g	per 126g serving
Energy	117kJ 28kcal	147kJ 35kcal
Fat	0.4g	0.5g
of which saturates	0.1g	0.1g
Carbohydrate	5.6g	7.0g
of which sugars	1.2g	1.6g
Fibre	2.1g	2.6g
Protein	1.9g	2.4g
Salt	0.06g	0.07g

### Ingredients and Allergens

Kale, Pepper, Onion.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

**To heat:** Defrost over night in fridge prior to reheating.  
Heat for 1 min 30 seconds in an 800w microwave.  
Stir & rest for 1 min.  
Check piping hot.  
If not return to microwave for a further 30 seconds.

# DAY 4 MEAL PLAN

## NUTRITIONAL VALUES

### CARROT & SWEDE (V) (VE) (DF) (GF)

per portion (127g)

ENERGY	FAT	SATURATES	SUGAR	SALT
143kJ 34kcal	0.5g LOW	0g LOW	6.3g LOW	0.19g LOW
2%	1%	0%	7%	3%

of your reference intake  
Typical values per 100g: Energy 113kJ/27kcal



Typical values	per 100 g	per 127g serving
Energy	113kJ 27kcal	143kJ 34kcal
Fat	0.4g	0.5g
of which saturates	0.1g	0.1g
Carbohydrate	5.2g	6.6g
of which sugars	5.0g	6.3g
Fibre	0.1g	0.1g
Protein	0.7g	0.9g
Salt	0.15g	0.19g

#### Ingredients and Allergens

Carrots, Swede, Pepper, Parsley, Salt.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

**To heat:** Defrost over night in fridge prior to reheating.  
Heat for 1 min 30 seconds in an 800w microwave.  
Stir & rest for 1 min.  
Check piping hot.  
If not return to microwave for a further 30 seconds.

### KORMA SAUCE (V) (VE) (DF) (GF)

per portion (100g)

ENERGY	FAT	SATURATES	SUGAR	SALT
272kJ 65kcal	2.2g LOW	0.9g LOW	2.9g LOW	0.20g LOW
3%	3%	4%	3%	3%

of your reference intake  
Typical values per 100g: Energy 272kJ/65kcal



	per 100g	per 100 g serving
Energy	272.0kJ	272.0kJ
Energy	64.9kcal	64.9kcal
Fat	2.2g	2.2g
of which saturates	0.9g	0.9g
Fatty Acids	0.2g	0.2g
Monounsaturated		
Fatty Acids	0.4g	0.4g
Polyunsaturated		
Trans Fatty Acids	0.0g	0.0g
Carbohydrate	9.5g	9.5g
of which sugars	2.9g	2.9g
Fibre	2.7g	2.7g
Protein	3.0g	3.0g
Salt	0.20g	0.20g

#### Ingredients and Allergens

Chickpeas, VEG STOCK, Coconut Milk, Butternut Squash, Yellow Peppers, Onion, Coriander Leaves, Red Chilli, Turmeric, Ground Cumin, Paprika, Garam Masala, Ginger, Lime Juice, Garlic, Brown Sugar.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

**To heat:** Defrost over night in fridge prior to reheating.  
Heat for 1 min 30 seconds in an 800w microwave.  
Stir & rest for 1 min.  
Check piping hot.  
If not return to microwave for a further 30 seconds.

# DAY 4 MEAL PLAN

## NUTRITIONAL VALUES

### PULLLED CHICKEN (GF) (DF)

per portion (125g)

ENERGY	FAT	SATURATES	SUGAR	SALT
528kJ 126kcal	2.8g <b>LOW</b>	0.6g <b>LOW</b>	0g <b>LOW</b>	0.12g <b>LOW</b>
6%	4%	3%	0%	2%

of your reference intake  
Typical values per 100g: Energy 422kJ/101kcal



Typical values	per 100 g	per 125g serving
Energy	422kJ 101kcal	528kJ 126kcal
Fat	2.2g	2.8g
of which saturates	0.5g	0.6g
Carbohydrate	0.6g	0.7g
of which sugars	0.3g	0.4g
Fibre	0.1g	0.1g
Protein	18g	23g
Salt	0.10g	0.12g

#### Ingredients and Allergens

Chicken, VEG STOCK, Onion, Parsley, Sage, Bay Leaf, Black Pepper.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

**To heat:** Defrost over night in fridge prior to reheating.  
Heat for 1 min 30 seconds in an 800w microwave.  
Stir & rest for 1 min.  
Check piping hot.  
If not return to microwave for a further 30 seconds.

### WHOLEWHEAT NOODLES (V)

per portion (126g)

ENERGY	FAT	SATURATES	SUGAR	SALT
1842kJ 440kcal	2.0g <b>LOW</b>	0.1g <b>LOW</b>	4.4g <b>LOW</b>	0.31g <b>LOW</b>
22%	3%	1%	5%	5%

of your reference intake  
Typical values per 100g: Energy 1462kJ/349kcal



Typical values	per 100 g	per 126g serving
Energy	1462kJ 349kcal	1842kJ 440kcal
Fat	1.6g	2.0g
of which saturates	0.1g	0.1g
Carbohydrate	70g	88g
of which sugars	3.5g	4.4g
Fibre	5.9g	7.4g
Protein	12g	16g
Salt	0.25g	0.31g

#### Ingredients and Allergens

Wholewheat Noodles, Pepper, Parsley.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

**To heat:** Defrost over night in fridge prior to reheating.  
Heat for 1 min 40 seconds in an 800w microwave.  
Stir & rest for 1 min.  
Check piping hot.  
If not return to microwave for a further 30 seconds.



# DAY 4 MEAL PLAN

## NUTRITIONAL VALUES

### MIX VEGETABLE SPGHETTI (V) (VE) (DF) (GF)

per portion (125g)

ENERGY	FAT	SATURATES	SUGAR	SALT
148kJ 35kcal	0g LOW	0g LOW	4.7g LOW	0.05g LOW
2%	1%	0%	5%	1%

of your reference intake  
Typical values per 100g: Energy 118kJ/28kcal



Typical values	per 100 g	per 125g serving
Energy	118kJ 28kcal	148kJ 35kcal
Fat	0.3g	0.4g
of which saturates	0.1g	0.1g
Carbohydrate	5.1g	6.4g
of which sugars	3.7g	4.7g
Fibre	0.0g	0.0g
Protein	1.2g	1.5g
Salt	0.04g	0.05g

#### Ingredients and Allergens

Courgette, Carrots, Butternut Squash.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

**To heat:** Defrost over night in fridge prior to reheating.  
Heat for 1 min 30 seconds in an 800w microwave.  
Stir & rest for 1 min.  
Check piping hot.  
If not return to microwave for a further 30 seconds.

### TOMATO & CHILLI SAUCE (V) (VE) (DF) (GF)

per portion (100g)

ENERGY	FAT	SATURATES	SUGAR	SALT
100kJ 24kcal	0g LOW	0g LOW	3.2g LOW	0.23g LOW
1%	0%	0%	4%	4%

of your reference intake  
Typical values per 100g: Energy 100kJ/24kcal



Typical values	per 100 g	per 100g serving
Energy	103kJ 24kcal	103kJ 24kcal
Fat	0.2g	0.2g
of which saturates	0.0g	0.0g
Carbohydrate	4.6g	4.6g
of which sugars	3.1g	3.1g
Fibre	0.8g	0.8g
Protein	1.2g	1.2g
Salt	0.20g	0.20g

#### Ingredients and Allergens

Tomatoes, VEG STOCK, Sweet Potato, Tomato Purée, Carrots, Coriander Leaves, Onion, **Celery**, Parsley, Red Chilli, Chilli Powder, Ground Cumin, Mixed Herbs, Garlic, Salt, Black Pepper.  
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

**To heat:** Defrost over night in fridge prior to reheating.  
Heat for 1 min 30 seconds in an 800w microwave.  
Stir & rest for 1 min.  
Check piping hot.  
If not return to microwave for a further 30 seconds.

# DAY 5 MEAL PLAN

**For breakfast:** 1 X 75g PROTEIN PORRIDGE (GOJI BERRIES) (V) (VE) (DF)

**An any time snack:** 30G MIXED SEEDS (V) (VE) (DF) (GF)

**Lunch time:** 1 X 250G POT - LEEK & POTAO SOUP (V) (VE) (DF) (GF)

**Why not add to your soup:** 1 X 125G PEARL BARLEY MIX (V) (VE) (DF)

**For your evening meal:** 1 X 175G PULLED BEEF (GF) (DF)

1 X 175G 5 BEAN MEXICAN (V) (VE) (DF)

1 X 175G BROWN RICE (V) (VE) (DF) (GF)

1 X 75G BROCOLI (V) (VE) (DF) (GF)

1 X 100G TOMATO & BASIL (V) (VE) (DF) (GF)

**Soup for an evening snack:** 1 X 250G POT - MINESTRONE (V) (DF) (GF)



# DAY 5 MEAL PLAN

## NUTRITIONAL VALUES

### GOJI BERRY PORRIDGE (V) (VE) (DF)

per portion (75g)

ENERGY	FAT	SATURATES	SUGAR	SALT
1203kJ 284kcal	5.7g <b>MED</b>	0.9g <b>LOW</b>	2.5g <b>LOW</b>	0.04g <b>LOW</b>
14%	8%	4%	3%	1%

of your reference intake  
Typical values per 100g: Energy 1604kJ/379kcal



Typical values	per 100 g	per 75g serving
Energy	1604kJ 379kcal	1203kJ 284kcal
Fat	7.6g	5.7g
of which saturates	1.2g	0.9g
Carbohydrate	68g	51g
of which sugars	3.3g	2.5g
Fibre	8.1g	6.1g
Protein	11g	8.3g
Salt	0.05g	0.04g

#### Ingredients and Allergens

Oatmeal (**Oats**), Goji Berries.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

93.3%	70g	Porridge oats, unfortified
6.67%	5g	Goji berries, dried

Just add Milk: Low fat milk, soya milk.

Approx. 25 ml

Heat for 3 mins in an 800w microwave.

Stir (add more milk if you like) return for 30 seconds if necessary.

Stir - enjoy

### MIXED SEEDS (V) (VE) (DF) (GF)

per portion (30g)

ENERGY	FAT	SATURATES	SUGAR	SALT
436kJ 105kcal	7.5g <b>HIGH</b>	1.0g <b>MED</b>	0.8g <b>LOW</b>	0.24g <b>MED</b>
5%	11%	5%	1%	4%

of your reference intake  
Typical values per 100g: Energy 1454kJ/349kcal



Typical values	per 100 g	per 30g serving
Energy	1454kJ 349kcal	436kJ 105kcal
Fat	25g	7.5g
of which saturates	3.4g	1.0g
Carbohydrate	19g	5.6g
of which sugars	2.8g	0.8g
Fibre	0.0g	0.0g
Protein	13g	3.9g
Salt	0.79g	0.24g

#### Ingredients and Allergens

Nut And Seed Roast (**Nuts**).

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

# DAY 5 MEAL PLAN

## NUTRITIONAL VALUES

### LEEK & POTATO SOUP (V) (VE) (DF) (GF)

per portion (250g)

ENERGY	FAT	SATURATES	SUGAR	SALT
234kJ 55kcal	0g LOW	0g LOW	3.1g LOW	0.03g LOW
3%	1%	0%	3%	0%

of your reference intake  
Typical values per 100g: Energy 94kJ/22kcal



Typical values	per 100 g	per 250g serving
Energy	94kJ 22kcal	234kJ 55kcal
Fat	0.2g	0.5g
of which saturates	0.0g	0.1g
Carbohydrate	4.1g	10g
of which sugars	1.2g	3.1g
Fibre	0.9g	2.2g
Protein	1.1g	2.7g
Salt	0.01g	0.03g

#### Ingredients and Allergens

VEG STOCK, Leeks, Potato, Peas, Onion, Parsley, Garlic.  
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

**To heat:** Defrost over night in fridge prior to reheating.  
Heat for 2 min 30 seconds in an 800w microwave.  
Stir & rest for 1 min.  
Check piping hot.  
If not return to microwave for a further 30 seconds.

### PEARL BARLEY MIX (V) (VE) (DF)

per portion (125g)

ENERGY	FAT	SATURATES	SUGAR	SALT
577kJ 137kcal	0.6g LOW	0g LOW	0.6g LOW	0.02g LOW
7%	1%	0%	1%	0%

of your reference intake  
Typical values per 100g: Energy 461kJ/109kcal



Typical values	per 100 g	per 125g serving
Energy	461kJ 109kcal	577kJ 137kcal
Fat	0.5g	0.6g
of which saturates	0.1g	0.1g
Carbohydrate	20g	25g
of which sugars	0.5g	0.6g
Fibre	1.3g	1.6g
Protein	6.2g	7.8g
Salt	0.02g	0.02g

#### Ingredients and Allergens

Barley, Lentils.  
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

**To heat:** Defrost over night in fridge prior to reheating.  
Heat for 1 min 30 seconds in an 800w microwave.  
Stir & rest for 1 min.  
Check piping hot.  
If not return to microwave for a further 30 seconds.

# DAY 5 MEAL PLAN

## NUTRITIONAL VALUES

### PULLED BEEF (GF) (DF)

per portion (125g)

ENERGY	FAT	SATURATES	SUGAR	SALT
573kJ 137kcal	4.7g MED	2.0g MED	0g LOW	0.21g LOW
7%	7%	10%	0%	3%

of your reference intake  
Typical values per 100g: Energy 458kJ/110kcal



Typical values	per 100 g	per 125g serving
Energy	458kJ 110kcal	573kJ 137kcal
Fat	3.8g	4.7g
of which saturates	1.6g	2.0g
Carbohydrate	1.0g	1.3g
of which sugars	0.2g	0.3g
Fibre	0.5g	0.6g
Protein	18g	22g
Salt	0.17g	0.21g

#### Ingredients and Allergens

Beef, VEG STOCK, Onion, Rosemary, Thyme, Sage, Bay Leaf, Black Pepper.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

**To heat:** Defrost over night in fridge prior to reheating.  
Heat for 2 mins in an 800w microwave.  
Stir & rest for 1 min.  
Check piping hot.  
If not return to microwave for a further 30 seconds.

### 5 BEAN MEXICAN (V) (VE) (DF)

per portion (125g)

ENERGY	FAT	SATURATES	SUGAR	SALT
463kJ 109kcal	0.9g LOW	0.1g LOW	2.3g LOW	0.21g LOW
5%	1%	1%	3%	3%

of your reference intake  
Typical values per 100g: Energy 370kJ/88kcal



Typical values	per 100 g	per 125g serving
Energy	370kJ 88kcal	463kJ 109kcal
Fat	0.7g	0.9g
of which saturates	0.1g	0.1g
Carbohydrate	15g	19g
of which sugars	1.8g	2.3g
Fibre	1.4g	1.7g
Protein	5.7g	7.2g
Salt	0.17g	0.21g

#### Ingredients and Allergens

Tomatoes, **Barley**, VEG STOCK, Parsley, Onion, Lentils, Peas, Carrots, Kidney Beans, Pinto Beans, Butter Beans, Blackeye Beans, Haricot Beans, **Celery**, Leeks, Red Chilli, Coriander Leaves, Garlic, Chilli Powder, Mixed Herbs, Paprika, Ground Cumin, Black Pepper, Salt.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

**To heat:** Defrost over night in fridge prior to reheating.  
Heat for 2 min 30 seconds in an 800w microwave.  
Stir & rest for 1 min.  
Check piping hot.  
If not return to microwave for a further 30 seconds.



# DAY 5 MEAL PLAN

## NUTRITIONAL VALUES

### BROWN RICE (V) (VE) (DF) (GF)

per portion (126g)

ENERGY	FAT	SATURATES	SUGAR	SALT
703kJ 165kcal	1.1g LOW	0.2g LOW	0g LOW	0.01g LOW
8%	2%	1%	0%	0%

of your reference intake  
Typical values per 100g: Energy 560kJ/132kcal



	per 100g	per 126 g serving
Energy	560.3kJ	703.2kJ
Energy	131.6kcal	165.2kcal
Fat	0.9g	1.1g
of which saturates	0.2g	0.2g
Carbohydrate	27.7g	34.8g
of which sugars	0.1g	0.1g
Fibre	1.5g	1.9g
Protein	3.6g	4.5g
Salt	0.01g	0.01g

#### Ingredients and Allergens

Cooked Brown Rice, Parsley.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

**To heat:** Defrost over night in fridge prior to reheating.  
Heat for 1 min 30 seconds in an 800w microwave.  
Stir & rest for 1 min.  
Check piping hot.  
If not return to microwave for a further 30 seconds.

### BROCCOLI WITH ALMONDS(V) (VE) (DF) (GF)

per portion (126g)

ENERGY	FAT	SATURATES	SUGAR	SALT
163kJ 38kcal	0.9g LOW	0.2g LOW	1.9g LOW	0.02g LOW
2%	1%	1%	2%	0%

of your reference intake  
Typical values per 100g: Energy 130kJ/30kcal



Typical values	per 100 g	per 126g serving
Energy	130kJ 30kcal	163kJ 38kcal
Fat	0.7g	0.9g
of which saturates	0.1g	0.2g
Carbohydrate	2.7g	3.4g
of which sugars	1.5g	1.9g
Fibre	2.8g	3.5g
Protein	3.4g	4.2g
Salt	0.02g	0.02g

#### Ingredients and Allergens

Broccoli, Almonds (**Nuts**).

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

**To heat:** Defrost over night in fridge prior to reheating.  
Heat for 1 min 30 seconds in an 800w microwave.  
Stir & rest for 1 min.  
Check piping hot.  
If not return to microwave for a further 30 seconds.

# DAY 5 MEAL PLAN

## NUTRITIONAL VALUES

### TOMATO & BASIL (V) (VE) (DF) (GF)

per portion (100g)

ENERGY	FAT	SATURATES	SUGAR	SALT
103kJ 24kcal	0g LOW	0g LOW	3.1g LOW	0.20g LOW
1%	0%	0%	3%	3%

of your reference intake  
Typical values per 100g: Energy 103kJ/24kcal



Typical values	per 100 g	per 100g serving
Energy	103kJ 24kcal	103kJ 24kcal
Fat	0.2g	0.2g
of which saturates	0.0g	0.0g
Carbohydrate	4.6g	4.6g
of which sugars	3.1g	3.1g
Fibre	0.8g	0.8g
Protein	1.2g	1.2g
Salt	0.20g	0.20g

#### Ingredients and Allergens

Tomatoes, VEG STOCK, Sweet Potato, Tomato Purée, Carrots, Coriander Leaves, Onion, **Celery**, Basil, Parsley, Mixed Herbs, Garlic, Salt, Black Pepper.  
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

**To heat:** Defrost over night in fridge prior to reheating. Heat for 1 min 30 seconds in an 800w microwave. Stir & rest for 1 min. Check piping hot. If not return to microwave for a further 30 seconds.

### MINESTRONE SOUP (V) (DF)

per portion (250g)

ENERGY	FAT	SATURATES	SUGAR	SALT
502kJ 118kcal	1.1g LOW	0.2g LOW	5.4g LOW	0.59g LOW
6%	2%	1%	6%	10%

of your reference intake  
Typical values per 100g: Energy 201kJ/47kcal



	per 100g	per 250 g serving
Energy	200.8kJ	501.9kJ
Energy	47.3kcal	118.3kcal
Fat	0.5g	1.1g
of which saturates	0.1g	0.2g
Fatty Acids	0.1g	0.2g
Monounsaturated		
Fatty Acids	0.1g	0.3g
Polyunsaturated		
Trans Fatty Acids	0.0g	0.0g
Carbohydrate	9.3g	23.2g
of which sugars	2.2g	5.4g
Fibre	0.8g	1.9g
Protein	1.7g	4.2g
Salt	0.24g	0.59g

#### Ingredients and Allergens

VEG STOCK, Tomatoes, Sweet Potato, Pasta (**Wheat, Egg**), Carrots, Onion, **Celery**, Green Beans, Parsley, Coriander Leaves, Mixed Herbs, Garlic, Salt, Black Pepper.  
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

**To heat:** Defrost over night in fridge prior to reheating. Heat for 3 mins in an 800w microwave. Stir & rest for 1 min. Check piping hot. If not return to microwave for a further 30 seconds.