

Frittata GF- Baked egg slice filled with bacon, onion and topped with baby spinach

(1 Container) Cal - 445 Carbs – 27.2g Fats – 26.5g Protein -21.3g

Ingredients: Baby Spinach, Brown Onion, Free Range Eggs, Sweet Potato, Tomato, **Bacon** (Pork, Water, Cure [salt, sugar, mineral salts (451, 450), antioxidant (316), preservative (250)], Naturally Wood Smoked), **Red Pepper Strips** (Peppers, Water, Sugar, Salt, Vinegar, Firming Agent (509)), Salt, Pepper, **Cooking Cream** (Cream (from milk), Skim Milk, Thickener (1442), Stabilisers (460, 466, 452), Emulsifier (471)).

Serving Instructions: Pull back corner tab and enjoy cold or place in microwave for 2-3 minutes on high. Alternatively place in oven for 10 minutes on 180 degrees Celsius (Cooking times may vary depending on appliance)

Storage Instructions: Please keep refrigerated under 4 degrees. Once opened consume within 2 days.



Classic Meal - Southern Chicken Salad – Crumbed chicken breast slices, seasoned potato, lettuce, cucumber, red onion, chipotle mayonnaise

Ingredients: Chicken Breast, Lettuce, Red Onion, Cocktail Potatoes, Cucumber, **Chipotle** (Peppers, Water, Sugar, Salt, Vinegar, Firming Agent (509)), **Whole Egg Mayo** (Australian Sourced Non-GMO Canola Oil, Whole Egg (pasteurised), White Vinegar, Dijon Mustard, Salt, Sugar, Natural Flavour (contains egg), Lemon Juice, Spice Extract, Acidity regulator (citric), Colour (lutein)).

Serving Instructions: Pull back corner tab and enjoy cold.

Storage Instructions: Please keep refrigerated under 4 degrees. Once opened consume within 2 days.

Classic Meal - Roast Pork GF/DF– Pulled pork, roast potatoes, pumpkin, carrot, steamed greens, gravy

Ingredients: Pork Shoulder, Carrot, White Potato, Pumpkin, Broccoli, Salt, Olive Oil, Pepper, Green Beans, Water, **Mixed Herbs** (Oregano, Basil, Thyme), **Brown Gravy Mix** (Thickener (1422), Cornflour (maize), Salt, Flavour Enhancer (621), Vegetable Protein Extract, Sugar, Colour (150c), Vegetable Oils, Spices, Flavour).

Serving Instructions: Pull back corner tab and place in microwave for 2-3 minutes on high. (Cooking times may vary depending on appliance)

Storage Instructions: Please keep refrigerated under 4 degrees. Once opened consume within 2 days.

Classic Meal - Thai Green Chicken Curry GF - Chicken pieces, mild Thai curry sauce, steamed greens, jasmine rice

Ingredients: Chicken Breast, Broccoli, Olive Oil, Salt, Cornflour, Jasmine Rice, Lemon Juice, Brown Sugar, Water, **Chicken Booster** (Iodised Salt, Sugar, Maize Starch, Chicken Fat, Onion Powder, Yeast Extract, Flavour, Chicken Powder, Flavour Enhancer (635), Colour (100,150c)), **Coconut Milk** (Coconut Extract, Water, Thickeners (xanthan gum, cellulose gum), Emulsifiers (sucrose esters)), **Cooking Cream** (Cream (from milk), Skim Milk, Thickener (1442), Stabilisers (460, 466, 452), Emulsifier (471)), **Full Cream Milk:** Pasteurised Whole Milk, **Crushed Garlic** (Rehydrated Garlic (water, dried garlic), Food Acid (260), Vegetable Oil (canola), Vegetable Gum (412)), **Thai Green Curry Paste** (Green Chilli, Lemongrass, Garlic, Salt, Galangal, Shrimp Paste (shrimp, salt), Kaffir Lime Peel, Coriander Seed, Pepper, Cumin, Turmeric).

Serving Instructions: Pull back corner tab and place in microwave for 2-3 minutes on high. (Cooking times may vary depending on appliance)

Storage Instructions: Please keep refrigerated under 4 degrees. Once opened consume within 2 days.

Classic Meal – Spaghetti Bolognese – Flavoured beef mince, rich tomato and herb sauce, hidden vegetables, spaghetti, parmesan cheese

Ingredients: Beef Mince, Carrot, Celery, Brown Onion, Salt, Pepper, Vinegar, Brown Sugar, Water, **Beef Booster** (Salt, Sugar, Maltodextrin, Yeast Extract, Natural Flavour, Beef Fat, Burnt Sugar, Onion Powder, Pepper), **Classic Herb** (Tomatoes (reconstituted, paste), Onion, Canola Oil, Sugar, Herbs (basil, oregano, parsley), Salt, Yeast Extract, Garlic, Pepper), **Crushed Garlic** (Rehydrated Garlic (water, dried garlic), Food Acid (260), Vegetable Oil (canola), Vegetable Gum (412)), **Crushed Tomatoes** (Tomatoes (reconstituted), Salt), **Mixed Herbs** (Oregano, Basil, Thyme), **Parmesan Cheese** (Parmesan Cheese (pasteurised milk, salt, starter cultures, enzymes (non- animal rennet, animal lipase)), Anti-caking Agent (460), Preservative (200)), **Spaghetti** (durum wheat semolina), **Red Wine** (Red Wine, Salt, Water, Preservative (220)).

Serving Instructions: Pull back corner tab and place in microwave for 2-3 minutes on high. (Cooking times may vary depending on appliance)

Storage Instructions: Please keep refrigerated under 4 degrees. Once opened consume within 2 days.

Lemon Curd Cheesecake - Vanilla bean cheesecake, shortbread tart, lemon curd, fresh cream, berries

Ingredients: Strawberries, Blueberries, Free Range Eggs, Sugar, Lemon Juice, Water, **Butter** (Pasteurised Cream (from milk), Salt), **Condensed Milk** (Milk, Sugar, Lactose), **Cooking Cream** (Cream (from milk), Skim Milk, Thickener (1442), Stabilisers (460, 466, 452), Emulsifier (471)), **Cream Cheese** (Pasteurised Milk and Cream, Salt, Stabilisers (415, 412 (contains soy), 407), Cultures), **Dollop Thick Cream** (Fresh Cream, Thickeners (pectin, carrageenan)), **Shortbread Tart Shell** (Wheat Flour, Butter, Sugar, Water, Wheaten Starch, Whole Egg Powder, Salt, Natural Vanilla Flavour, White Compound Chocolate, Coconut Shortening), **Vanilla Bean** ((Water, Alcohol, Vanilla Extract, Vanilla Seeds), Sugar, Inulin, Thickener (Tragacanth Gum))), **Vanilla Essence** (Water, Organic Alcohol, Organic Vanilla Bean Extractives, Organic Sugar), **Gelatine** (Gelatine (derived from Beef), Preservative (220)), **White Chocolate** (Sugar, Vegetable Fat, Whey Powder (Milk), Emulsifiers (Soy Lecithin, 492), Milk Solids).

Serving Instructions: Pull back corner tab and enjoy cold

Storage Instructions: Please keep refrigerated under 4 degrees. Once opened consume within 2 days.

Clean Pumpkin and Beetroot Quinoa GF/DF – Quinoa, fresh herbs, pumpkin, beetroot, lettuce, cherry tomatoes, balsamic reduction, pine nuts, feta

(1 Container) Cal - 334 Carbs – 47.9g Fats – 10.4g Protein -10.9g

Ingredients: Lettuce, Red Onion, Parsley, Mint, Cherry Tomatoes, Pumpkin, Quinoa, Red Wine Vinegar, Pine Nuts, **Diced Beetroot** (Beetroot, water, sugar, water, salt, food acid (acetic)), **Feta** (Pasteurised cow's milk, salt, lactic cultures, microbial (non-animal) rennet), Balsamic, Brown Sugar, Olive Oil, Salt Pepper

Serving Instructions: Pull back corner tab and enjoy cold

Storage Instructions: Please keep refrigerated under 4 degrees. Once opened consume within 2 days.



Clean Beef Bolognese GF/DF – Lean beef mince, rich tomato and herb sauce, vegetables, gluten free penne

(1 Container) Cal - 434 Carbs – 45g Fats – 14g Protein - 32g

Ingredients: Beef Mince, Carrot, Celery, Brown Onion, Broccoli, Salt, Pepper, Vinegar, Brown Sugar, Water, **Beef Booster** (Salt, Sugar, Maltodextrin, Yeast Extract, Natural Flavour, Beef Fat, Burnt Sugar, Onion Powder, Pepper), **Classic Herb** (Tomatoes (reconstituted, paste), Onion, Canola Oil, Sugar, Herbs (basil, oregano, parsley), Salt, Yeast Extract, Garlic, Pepper), **Crushed Garlic** (Rehydrated Garlic (water, dried garlic), Food Acid (260), Vegetable Oil (canola), Vegetable Gum (412)), **Crushed Tomatoes** (Tomatoes (reconstituted), Salt), **Gluten Free Penne** (Maize Starch, Soy Flour, Potato Starch, Rice Starch), **Mixed Herbs** (Oregano, Basil, Thyme), **Red Wine** (Red Wine, Salt, Water, Preservative (220)).

Serving Instructions: Pull back corner tab and place in microwave for 2-3 minutes on high. (Cooking times may vary depending on appliance)

Storage Instructions: Please keep refrigerated under 4 degrees. Once opened consume within 2 days.



Clean Chicken Curry GF/DF – Chicken tenders, mild curry sauce, vegetables, long grain rice

(1 Container) Cal - 475 Carbs – 61.3g Fats – 8.5g Protein -37.4g

Ingredients: Chicken Breast, Brown Onion, Carrot, Salt, Long Grain Rice, Green Beans, Water, Cornflour, **KEEN'S Curry Powder** (Coriander, Salt, Fenugreek, Black Pepper, Chilli, Rice Flour, Allspice, Celery), **Coconut Milk** (Coconut Extract, Water, Thickeners (xanthan gum, cellulose gum), Emulsifiers (sucrose esters)), **Crushed Garlic** (Rehydrated Garlic (water,

dried garlic), Food Acid (260), Vegetable Oil (canola), Vegetable Gum (412)), **Chicken Booster** (Iodised Salt, Sugar, Maize Starch, Chicken Fat, Onion Powder, Yeast Extract, Flavour, Chicken Powder, Flavour Enhancer (635), Colour (100,150c)).

Serving Instructions: Pull back corner tab and place in microwave for 2-3 minutes on high. (Cooking times may vary depending on appliance)

Storage Instructions: Store below 24 degrees. Once opened consume within 4 days.



Clean Energize Honey Soy Chicken GF/DF – Chicken tenders, bok choy, low carb potatoes, broccoli, honey soy sauce, toasted sesame seeds

(1 Container) Cal - 312 Carbs – 61.1g Fats – 4.7g Protein - 40.2g

Ingredients: Chicken Breast, Bok Choy, Spud Lite Potatoes, Broccoli, Salt, Pepper, Olive Oil, Sesame Seeds, **Honey Soy Sauce** (Water, Soy Sauce (water, soybeans, rice, salt), Thickeners (1422, 415), Honey, Sherry, Food Acid (acetic), Yeast Extract, Colour (150d).

Serving Instructions: Pull back corner tab and place in microwave for 2-3 minutes on high. (Cooking times may vary depending on appliance)

Storage Instructions: Please keep refrigerated under 4 degrees. Once opened consume within 2 days.



Clean Choc Chip Cookies – Gluten free, grain free and refined sugar free choc chip cookies

(2 cookies) - Cals: 322 | Carbs: 22.6g | Fats: 24.2g | Protein: 3.2g

Ingredients: Organic Butter, Tapioca Flour, Almond Meal, Organic Coconut Sugar, Lindt 70% Extra Fine Dark Chocolate, Sugar, Cocoa Butter, Vanilla, 70% Min Cocoa Solids, Grain Free Baking Powder, Vanilla Essence, Sea Salt

Serving Instructions: Pull back corner tab and enjoy

Storage Instructions: Store below 24 degrees. Once opened consume within 4 days.



Classic Berry Granola Bowl- Granola clusters, greek yoghurt and fresh berries

Ingredients: Strawberries, Blueberries, **Greek Yoghurt** (Pasteurised Whole Milk, Milk Solids, Live Cultures), **Raspberry Coulis** (Raspberries, Sugar, Water, Food Acid (330), Vegetable Gum (415), Preservative (202)), **Vanilla Bean** ((Water, Alcohol, Vanilla Extract, Vanilla Seeds), Sugar, Inulin, Thickener (Tragacanth Gum))), **Berry Granola Clusters** (Whole Grain Rolled Oats, Glucose, Blackcurrant Rice Flakes (Rice, Fructose, Vegetable Oil, Stabiliser [Calcium Carbonate], Blackcurrant Juice, Salt, Emulsifier [471], Antioxidant [Vitamin E]), Seeds (Linseed, Sunflower Seeds), Raw Sugar, Canola Oil, Fruit (Cranberries, Strawberry Pieces [Strawberry Puree], Wheat Fibre], Blackcurrant Pieces [Blackcurrant Puree]), Natural Flavour, Antioxidant (Vitamin E)).

Serving Instructions: Pull back corner tab and enjoy cold

Storage Instructions: Please keep refrigerated under 4 degrees. Once opened consume within 2 days.

Classic Meal – Shepherd’s Pie GF – Beef mince, hidden veggies, mashed potato and cheese

Ingredients: Beef Mince, Carrot, Celery, Brown Onion, Potato, Olive Oil, Salt, Pepper, Peas, Vinegar, Water, **Crushed Garlic** (Rehydrated Garlic (water, dried garlic), Food Acid (260), Vegetable Oil (canola), Vegetable Gum (412)), **Shredded Cheese** (Cheese (pasteurised milk, salt, starter cultures, enzymes, (non-animal rennet, non-animal lipase)), Anti-caking Agent (460)), **Cooking Cream** (Cream (from milk), Skim Milk, Thickener (1442), Stabilisers (460, 466, 452), Emulsifier (471)), **Full Cream Milk** (Pasteurised Whole Milk), **Butter** (Pasteurised Cream (from milk), Salt), Caster Sugar, **Chicken Booster** (Iodised Salt, Sugar, Maize Starch, Chicken Fat, Onion Powder, Yeast Extract, Flavour, Chicken Powder, Flavour Enhancer (635), Colour (100,150c)), **Beef Booster** (Salt, Sugar, Maltodextrin, Yeast Extract, Natural Flavour, Beef Fat, Burnt Sugar, Onion Powder, Pepper), **Crushed Tomatoes** (Tomatoes (reconstituted), Salt), **Brown Gravy Mix** (Thickener (1422), Cornflour (maize), Salt, Flavour Enhancer (621), Vegetable Protein Extract, Sugar, Colour (150c), Vegetable Oils, Spices, Flavour), **Worcestershire** (Water, Vinegar, Molasses, Rehydrated Vegetables, Salt, Spices, Natural Flavours, Colour (Caramel IV), Spice Extract).

Serving Instructions: Pull back corner tab and place in microwave for 2-3 minutes on high. (Cooking times may vary depending on appliance).

Storage Instructions: Please keep refrigerated under 4 degrees. Once opened consume within 2 days.

Classic Meal – Chicken Pesto Pasta – Chicken breast, linguini, basil, chilli and garlic pesto, cherry tomatoes and parmesan cheese

Ingredients: Chicken Breast, Basil, Chilli, Duram Wheat Semolina, Olive Oil, Salt, Cornflour, Chilli Flakes, Cherry Tomatoes, Water, Lemon Juice, **Parmesan Cheese** (Parmesan Cheese (pasteurised milk, salt, starter cultures, enzymes (non-animal rennet, animal lipase)), Anti-caking Agent (460), Preservative (200)), **Chicken Booster** (Iodised Salt, Sugar, Maize Starch, Chicken Fat, Onion Powder, Yeast Extract, Flavour, Chicken Powder, Flavour Enhancer (635), Colour (100,150c)), **Crushed Garlic** (Rehydrated Garlic (water, dried garlic), Food Acid (260), Vegetable Oil (canola), Vegetable Gum (412)), **Cooking Cream** (Cream (from

milk), Skim Milk, Thickener (1442), Stabilisers (460, 466, 452), Emulsifier (471)), **Full Cream Milk** (Pasteurised Whole Milk).

Serving Instructions: Pull back corner tab and place in microwave for 2-3 minutes on high. (Cooking times may vary depending on appliance)

Storage Instructions: Please keep refrigerated under 4 degrees. Once opened consume within 2 days.

Classic Meal – Chicken Tikka Massala GF – Chicken breast, tikka masala sauce and basmati rice

Ingredients: Chicken Breast, Brown Onion, Coriander, Basmati Rice, Cornflour, Water, **Chicken Booster** (Iodised Salt, Sugar, Maize Starch, Chicken Fat, Onion Powder, Yeast Extract, Flavour, Chicken Powder, Flavour Enhancer (635), Colour (100,150c)), **Crushed Garlic** (Rehydrated Garlic (water, dried garlic), Food Acid (260), Vegetable Oil (canola), Vegetable Gum (412)), **Cooking Cream** (Cream (from milk), Skim Milk, Thickener (1442), Stabilisers (460, 466, 452), Emulsifier (471)), **Crushed Tomatoes** (Tomatoes (reconstituted), Salt), **Crushed Ginger** (Rehydrated Ginger (water, dried ginger), Food Acid (330), Vegetable Oil (canola), Vegetable Gum (412), Preservative (200)), **Tikka Masala Sauce** (Water, Tomatoes, Vegetable Oil, Cream Powder, Spices, Onion, Sugar, Thickener (Maize Starch (1422), Coriander Leaf, Whey Powder, Salt, Garlic, Maize Flour, Lemon Juice, Milk Protein, Food Acid (Lactic), Colour (129).

Serving Instructions: Pull back corner tab and place in microwave for 2-3 minutes on high. (Cooking times may vary depending on appliance)

Storage Instructions: Please keep refrigerated under 4 degrees. Once opened consume within 2 days.

Classic Meal – Ravioli Milanese – Beef Ravioli, milanese sauce and parmesan cheese

Ingredients: Beef Chuck, Carrot, Brown Onion, Salt, Cornflour, Brown Sugar, Water, **Beef Ravioli** (Durum Wheat Pasta (semolina, water, egg, gluten), Beef Filling; (beef, water, textured vegetable protein (soya), breadcrumbs {wheat flour, salt, yeast, water}, carrot, onion, flavouring; salt, sugar, rice flour, colouring (150d), hydrolysed vegetable protein {maize, soya}, Canola Oil, Monosodium Glutamate, Preservative (citric acid), Spice Extracts, Ground Spices), Parmesan Cheese; (milk, tapioca starch, salt)), **Cooking Cream** (Cream (from milk), Skim Milk, Thickener (1442), Stabilisers (460, 466, 452), Emulsifier (471)), **Crushed Garlic** (Rehydrated Garlic (water, dried garlic), Food Acid (260), Vegetable Oil (canola), Vegetable Gum (412)), **Parmesan Cheese** (Parmesan Cheese (pasteurised milk, salt, starter cultures, enzymes (non- animal rennet, animal lipase)), Anti-caking Agent (460), Preservative (200)), **Red Wine** (Red Wine, Salt, Water, Preservative (220)), **Crushed Tomatoes** (Tomatoes (reconstituted), Salt), **Classic Herb** (Tomatoes (reconstituted, paste), Onion, Canola Oil, Sugar, Herbs (basil, oregano, parsley), Salt, Yeast Extract, Garlic, Pepper), **Chicken Booster** (Iodised Salt, Sugar, Maize Starch, Chicken Fat, Onion Powder, Yeast Extract, Flavour, Chicken Powder, Flavour Enhancer (635), Colour (100,150c)), **Beef Booster** (Salt, Sugar, Maltodextrin, Yeast Extract, Natural Flavour, Beef Fat, Burnt Sugar, Onion Powder, Pepper).

Serving Instructions: Pull back corner tab and place in microwave for 2-3 minutes on high. (Cooking times may vary depending on appliance)

Storage Instructions: Please keep refrigerated under 4 degrees. Once opened consume within 2 days.

Triple Choc Brownie – Brownie, chocolate ganache, mars bar pieces and fresh cream

Ingredients: Baking Powder, Plain Flour, Free Range Eggs, Brown Sugar, **Vanilla Bean** ((Water, Alcohol, Vanilla Extract, Vanilla Seeds), Sugar, Inulin, Thickener (Tragacanth Gum))), **Vanilla Essence** (Water, Organic Alcohol, Organic Vanilla Bean Extractives, Organic Sugar), **Dollop Thick Cream** (Fresh Cream, Thickeners (pectin, carrageenan)), **Cooking Cream** (Cream (from milk), Skim Milk, Thickener (1442), Stabilisers (460, 466, 452), Emulsifier (471)), **Chocolate** (Cocoa Butter, Cocoa Mass, Milk Solids, Emulsifiers (Soy Lecithin, 476), Flavours, Cocoa Solids, Milk Solids, Cream (from milk), Skim Milk, Thickener (1442), Stabilisers (460, 466, 452), Emulsifier (471)), **Butter** (Pasteurised Cream (from milk), Salt), **Mars Bar**

(Sugar, Glucose Syrup (sources include wheat), Milk Solids, Cocoa Mass, Cocoa Butter, Vegetable Oil, Vegetable Fat, Barley Malt Extract, Emulsifier (Soy, lecithin), Salt, Egg White, Natural Flavour (Vanilla Extract)).

Serving Instructions: Pull back corner tab and enjoy cold or remove brownie portion and microwave for 30 seconds or until warm.

Storage Instructions: Please keep refrigerated under 4 degrees. Once opened consume within 2 days.

Clean Berry Granola Bowl GF – Gluten free granola clusters, greek yoghurt and fresh berries

(1 Container) Cal - 520 Carbs – 35.4g Fats – 33.2g Protein -15g

Ingredients: Strawberries, Blueberries, **Greek Yoghurt** (Pasteurised Whole Milk, Milk Solids, Live Cultures), **Raspberry Coulis** (Raspberries, Sugar, Water, Food Acid (330), Vegetable Gum (415), Preservative (202)), **Vanilla Bean** (Water, Alcohol, Vanilla Extract, Vanilla Seeds), Sugar, Inulin, Thickener (Tragacanth Gum)), **Berry Granola Clusters** (Whole Grain Rolled Oats, Glucose, Blackcurrant Rice Flakes (Rice, Fructose, Vegetable Oil, Stabiliser [Calcium Carbonate], Blackcurrant Juice, Salt, Emulsifier [471], Antioxidant [Vitamin E]), Seeds (Linseed, Sunflower Seeds), Raw Sugar, Canola Oil, Fruit (Cranberries, Strawberry Pieces [Strawberry Puree], Wheat Fibre), Blackcurrant Pieces [Blackcurrant Puree]), Natural Flavour, Antioxidant (Vitamin E)).

Serving Instructions: Pull back corner tab and enjoy cold

Storage Instructions: Please keep refrigerated under 4 degrees. Once opened consume within 2 days.



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Clean Chicken Penne Peppino GF – Chicken breast, rich tomato and chilli sauce, penne pasta and mozzarella cheese

(1 Container) Cal - 458 Carbs – 52.1g Protein – 38.7g Fats – 10.5g

Ingredients: Chicken Breast, Brown Onion, Celery, Carrot, Oregano, Broccoli, Chilli Powder, Olive Oil, Lemon Juice, Chilli Flakes, Salt, **Mozzarella Cheese** (Cheese (pasteurized milk, salt, cultures, enzyme (non-animal rennet)), Anticaking Agent (460), Preservative (200)), **Gluten Free Penne** (Maize Starch, Soy Flour, Potato Starch, Rice Starch), **Classic Herb** (Tomatoes (reconstituted, paste), Onion, Canola Oil, Sugar, Herbs (basil, oregano, parsley), Salt, Yeast Extract, Garlic, Pepper), **Crushed Tomatoes** (Tomatoes (reconstituted), Salt), **Crushed Garlic** (Rehydrated Garlic (water, dried garlic), Food Acid (260), Vegetable Oil (canola), Vegetable Gum (412)), **Sweet Chilli Sauce** (Red Chilli, Sugar, Rice Vinegar, Water, Salt, Thickener (E415), Modified Starch).

Serving Instructions: Pull back corner tab and place in microwave for 2-3 minutes on high. (Cooking times may vary depending on appliance)

Storage Instructions: Please keep refrigerated under 4 degrees. Once opened consume within 2 days.



Clean Healthy Parmi GF – Chicken breast, tomato and herb sauce, cheese, carrot, broccoli, pumpkin and potatoes

(1 Container) Cals: 431 | Carbs: 40.6g | Fats: 12.9g | Protein: 40.7g

Ingredients: Chicken Breast, Carrot, Broccoli, Pumpkin, Parsley, Cocktail Potatoes, Salt, Olive Oil, **Classic Herb** (Tomatoes (reconstituted, paste), Onion, Canola Oil, Sugar, Herbs (basil, oregano, parsley), Salt, Yeast Extract, Garlic, Pepper), **Shredded Cheese** (Cheese (pasteurised milk, salt, starter cultures, enzymes, (non-animal rennet, non-animal lipase)), Anti-caking Agent (460))

Serving Instructions: Pull back corner tab and enjoy cold or place in microwave for 2-3 minutes on high. Alternatively place in oven for 10-15 minutes on 180 degrees Celsius (Cooking times may vary depending on appliance)

Storage Instructions: Please keep refrigerated under 4 degrees. Once opened consume within 2 days.



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Clean ENERGIZE Beef Tagine GF/DF – Beef, morrocan sauce, zucchini, sweet potato, carrot, onion and tomatoes

(1 Container) Cal - 468 Carbs – 55.1g Fats – 9.8g Protein -38.2g

Ingredients: Beef Chuck, Zucchini, Sweet Potato, Carrot, Brown Onion, Parsley, Cherry Tomatoes, Salt, Cornflour, Lentils, Water, **Beef Booster** (Salt, Sugar, Maltodextrin, Yeast Extract, Natural Flavour, Beef Fat, Burnt Sugar, Onion Powder, Pepper), **Crushed Tomatoes** (Tomatoes (reconstituted), Salt), **Moroccan Spice** (Salt, Natural Chicken Extract, Pepper, Garlic, Sugar, Onion, Rice Flour, Rosemary, Turmeric, Paprika, Food Acid (Citric), Capsicum, Coriander, Spices, Vegetable Oil, Natural Flavour), **Moroccan Sauce** (Tomatoes (from paste and diced), Pear Paste, Orange Juice, Onion, Sultana, Lemon Juice, Sugar, Vegetable Oil, Spices (Cumin, Paprika, Pepper), Salt, Honey, Garlic, Coriander Leaf, Yeast Extract, Chillies, Colour (160a, 150d), Natural Flavours, Firming Agent (509).

Serving Instructions: Pull back corner tab and place in microwave for 2-3 minutes on high. (Cooking times may vary depending on appliance)

Storage Instructions: Store below 24 degrees. Once opened consume within 4 days.



Clean Indian Vegetable Curry GF/DF/VE – Chickpeas, cauliflower, potato, onion, rogan josh sauce and basmati rice

(1 Container) Cals: 370 | Carbs: 63g | Fats: 9.2g | Protein: 8.9g

Ingredients: Brown Onion, Potato, Cauliflower, Coriander, Basmati Rice, Olive Oil, Salt, Brown Sugar, Cornflour, Paprika, Cinnamon, Chickpeas, Water, **Crushed Garlic** (Rehydrated Garlic (water, dried garlic), Food Acid (260), Vegetable Oil (canola), Vegetable Gum (412)), **Crushed Ginger** (Rehydrated Ginger (water, dried ginger), Food Acid (330), Vegetable Oil (canola), Vegetable Gum (412), Preservative (200)), **Coconut Milk** (Coconut Extract, Water, Thickeners (xanthan gum, cellulose gum), Emulsifiers (sucrose esters)), **Crushed Tomatoes** (Tomatoes (reconstituted), Salt), **Vegetable Stock Powder** (Salt, Sugar, Maltodextrin, Yeast Extract, Vegetable Powders (onion, carrot, tomato, garlic), Natural Flavours, Vegetable Oil, Natural Colour (carotene), Pepper, Burnt Sugar), **Rogan Josh Paste** (Water, Spices, Vegetable Oil, Tomato Paste, Salt, Lemon Juice, Onion Powder, Sugar, Food Acid (acetic), Garlic Puree).

Serving Instructions: Pull back corner tab and place in microwave for 2-3 minutes on high. (Cooking times may vary depending on appliance)

Storage Instructions: Please keep refrigerated under 4 degrees. Once opened consume within 2 days.



Clean Cherry Ripe Slice GF/DF – A raw cherry slice made with cashews, coconut, dates, cocoa and cherries.

(1 slice) - Cals: 306 | Carbs: 18.9g | Fats: 21.7g | Protein: 8.5g

Ingredients: Cashews, Desiccated Coconut, Dates, **Maple Syrup** (Sugar Syrup, Water, Sugar, Salt, Vegetable Gum (466), Colours (150c, 150d), Preservative (202), Natural Maple Flavour, Food Acid (330)), Coconut Oil, **Vanilla Bean** (Water, Alcohol, Vanilla Extract, Vanilla Seeds), Sugar, Inulin, Thickener (Tragacanth Gum), Cherries, Cocoa.

Serving Instructions: Pull back corner tab and enjoy

Storage Instructions: Store below 24 degrees. Once opened consume within 4 days.

