

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.

