

CARBS

26g

PROTEIN

53g

FATS

8g

CALORIES

417

RAW POWER MEALS

CLEAN CHICKEN WITH BROCCOLI & SWEET POTATO

RAW POWER MEALS

CLEAN CHICKEN WITH BROCCOLI & SWEET POTATO

FRESH MEALS DAILY | NUTRITIONALLY BALANCED | MACROS CALCULATED | WE CATER FOR EVERYONE

385 g

Serves 1

CARBS 26g

PROTEIN 53g

FATS 8g

CALORIES 417



SERVING SUGGESTION



RAW POWER MEALS

CLEAN CHICKEN WITH BROCCOLI & SWEET POTATO

TRUSTED BY ATHLETES – POWER FOOD FOR EVERYONE



90-120 Sec.

Instructions :

Heat in microwave on high for 90-120 seconds. Once finished carefully remove tray from microwave oven.

Container and contents inside will be HOT.

Microwaves may vary, adjust cooking times as needed.

Storage :

Keep refrigerated 0-5 Degrees

Meal can be frozen before use by date

NUTRITION INFORMATION		
Serving Size: 1 full recipe		
	Average Quantity per Serving	%Daily Intake*
Energy	1746.1 kJ	20%
Protein	53.3 g	107%
Fat, total	7.7 g	11%
- saturated	2.1 g	9%
Carbohydrate	25.7 g	10%
- sugars	9.7 g	
- lactose	0 g	
- galactose	0 g	
- starches	7.8 g	
Dietary Fibre	6.2 g	21%
Sodium	194.5 mg	8%
Vitamin C	67.9 mg	
Vitamin A	7452.7 µg	
Calcium	94.5 mg	
Iron	3.3 mg	
*Percentage daily intakes are based on an average adult diet of 8700 kJ.		

Allergen Advice:Contains Sesame.
May be present:Peanuts, Milk, Gluten, Fish, Crustaceans, Nuts, Eggs, Soybean, Lupin or Tree Nuts.

Measurements not exact and could vary by 5-10 grams




Best Before:




\$


8 50004 84043 4




Weight Loss
Strength and
Toning



High Protein
and
Muscle Gain



Vegetarian
and
Vegan



Kids Meals



Bulking & Muscle Gain - High Protein & Muscle Gain

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