

CARBS25g

PROTEIN12g

FATS3g

CALORIES180

RAW POWER MEALS KIDS SPAGHETTI

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250 g
Serves 1

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

CARBS 25g

PROTEIN 12g

FATS 3g

CALORIES 180

SERVING SUGGESTION

GYMNASTICS

SOCCER

DANCE

ATHLETICS

AUSSIE RULES

RAW POWER MEALS KIDS SPAGHETTI

POWER FOOD FOR ACTIVE CHILDREN


 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

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

NUTRITION INFORMATION		
Serving Size: 1 full recipe		
	Average Quantity per Serving	%Daily Intake*
Energy	755.6 kJ	9%
Protein	12.1g	24%
Fat, total	2.9g	4%
- saturated	0.9 g	4%
Carbohydrate	24.7 g	9%
- sugars	4.5 g	
- lactose	0 g	
- galactose	0 g	
- starches	0.7 g	
Dietary Fibre	4 g	13%
Sodium	166.2 mg	7%
Vitamin C	6.3 mg	
Vitamin A	798.1 µg	
Calcium	66.2 mg	
Iron	1.6 mg	
*Percentage daily intakes are based on an average adult diet of 8700 kJ.		



Best Before:

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Weight Loss Strength and Toning High Protein and Muscle Gain Vegetarian and Vegan Kids Meals

Essential Nutrients for Growing Bodies

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