

CALORIES

267

FATS

8g

PROTEIN

38g

CARBS

7g

RAW POWER MEALS SUPER LEAN LEMON SNAPPER WITH BEANS, BROCCOLI & KALE

RAW POWER MEALS

SUPER LEAN LEMON SNAPPER WITH BEANS, BROCCOLI & KALE

320 g
Serves 1



CARBS 7g

PROTEIN 38g

FATS 8g

CALORIES 267

RAW POWER MEALS

SUPER LEAN LEMON SNAPPER WITH BEANS, BROCCOLI & KALE

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



0-5°C

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

NUTRITION INFORMATION

Serving Size: 1 full recipe

	Average Quantity per Serving	%Daily Intake*
Energy	1118.6 kJ	13%
Protein	38.2 g	76%
Fat, total	7.6 g	11%
- saturated	1.2 g	5%
Carbohydrate	6.6 g	4%
- sugars	3.7 g	
- lactose	0 g	
- galactose	0 g	
- starches	0.7 g	
Dietary Fibre	5.6 g	19%
Sodium	307.1 mg	13%
Vitamin C	69.2 mg	
Vitamin A	813.7 µg	
Calcium	153.9 mg	
Iron	1.8 mg	

*Percentage daily intakes are based on an average adult diet of 8700 kJ.



Best Before:



8 50004 84043 2



Weight Loss
Strength and
Toning



High Protein
and
Muscle Gain



Vegetarian
and
Vegan



Kids Meals

Weightloss - Strength & Toning to

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Shop 9 161 Station Road , Burpengary, QLD, 4505.