

	Bresaola Boost						Chicken and Chorizo						Chilli Chicken Blast					
	100gm			365g full portion			100gm			395g full portion			100gm			420g full portion		
Nutrients:	quantity	unit	% RI	quantity	unit	% RI	quantity	unit	% RI	quantity	unit	% RI	quantity	unit	% RI	quantity	unit	% RI
Energy (Kj)	810	kJ	10%	2956	kJ	35%	777	kJ	9%	3069	kJ	37%	760	kJ	9%	3194	kJ	38%
Energy (kcal)	192	kcal	10%	7092	kcal	35%	185	kcal	9%	729	kcal	36%	181	kcal	9%	759	kcal	38%
Fat	5.5	g	8%	20	g	29%	5.5	g	8%	22	g	31%	5.2	g	7%	22	g	31%
Saturated Fat	3	g	15%	11	g	55%	2.9	g	15%	11	g	55%	3.2	g	16%	13	g	65%
Carbohydrate	18	g	7%	67	g	26%	18	g	7%	71	g	27%	18	g	7%	74	g	28%
Sugars	1.1	g	1%	4.2	g	5%	1.9	g	2%	7.4	g	8%	1.2	g	1%	5.1	g	6%
Fibre	0.8	g	3%	2.9	g	12%	0.8	g	3%	3.1	g	12%	1.2	g	5%	5.1	g	20%
Protein	17	g	34%	62	g	124%	15	g	30%	61	g	122%	15	g	30%	64	g	128%
Salt	1.5	g	25%	5.4	g	90%	1.2	g	20%	4.7	g	78%	1.1	g	18%	4.6	g	77%
	Steak and Cheese						Eggs and More						Florentina Full					
	100gm			344g full pizza			100gm			462g full portion			100gm			392g full portion		
Nutrients:	quantity	unit	% RI	quantity	unit	% RI	quantity	unit	% RI	quantity	unit	% RI	quantity	unit	% RI	quantity	unit	% RI
Energy (Kj)	935	kJ	11%	3216	kJ	38%	719	kJ	9%	3324	kJ	40%	732	kJ	9%	2869	kJ	34%
Energy (kcal)	223	kcal	11%	766	kcal	38%	171	kcal	9%	790	kcal	40%	174	kcal	9%	681	kcal	34%
Fat	8.3	g	12%	29	g	41%	5.7	g	8%	26	g	37%	5.2	g	7%	21	g	30%
Saturated Fat	3.5	g	18%	12	g	60%	3.1	g	16%	14	g	70%	2.6	g	13%	10	g	50%
Carbohydrate	19	g	7%	66	g	25%	17	g	7%	77	g	30%	17	g	7%	67	g	26%
Sugars	0.9	g	1%	3.1	g	3%	1.9	g	2%	8.8	g	10%	1.1	g	1%	4.2	g	5%
Fibre	1	g	4%	3.3	g	13%	0.9	g	4%	4.2	g	17%	0.8	g	3%	3	g	12%
Protein	17	g	34%	59	g	118%	12	g	24%	57	g	114%	14	g	28%	55	g	110%
Salt	1.4	g	23%	4.7	g	78%	0.98	g	16%	4.5	g	75%	1.1	g	18%	4.3	g	72%
	Lean & Green						Hot Halloumi						Power Margherita					
	100gm			190g full portion			100gm			391g full portion			100gm			346g full pizza		
Nutrients:	quantity	unit	% RI	quantity	unit	% RI	quantity	unit	% RI	quantity	unit	% RI	quantity	unit	% RI	quantity	unit	% RI
Energy (Kj)	928	kJ	11%	3203	kJ	38%	850	kJ	10%	3324	kJ	40%	743	kJ	9%	2570	kJ	31%
Energy (kcal)	221	kcal	11%	762	kcal	38%	202	kcal	10%	791	kcal	40%	176	kcal	9%	610	kcal	31%
Fat	7.8	g	11%	27	g	39%	7	g	10%	27	g	39%	4.4	g	6%	15	g	21%
Saturated Fat	3.2	g	16%	11	g	55%	4.4	g	22%	17	g	85%	2.6	g	13%	8.9	g	45%
Carbohydrate	19	g	7%	67	g	26%	19	g	7%	74	g	28%	20	g	8%	68	g	26%
Sugars	0.7	g	1%	2.3	g	3%	2.5	g	3%	9.9	g	11%	1.4	g	2%	4.9	g	5%
Fibre	1	g	4%	3.5	g	14%	0.9	g	4%	3.5	g	14%	0.9	g	4%	3.1	g	12%
Protein	18	g	36%	61	g	122%	15	g	30%	60	g	120%	14	g	28%	48	g	96%
Salt	1.5	g	25%	5	g	83%	1.6	g	27%	6.4	g	107%	1.2	g	20%	4.1	g	68%
	Protein gain						Rocket Fuel						Skinny Pepperoni					
	100gm			387g full pizza			100gm			395g full pizza			100gm			352g full pizza		
Nutrients:	quantity	unit	% RI	quantity	unit	% RI	quantity	unit	10%	quantity	unit	% RI	quantity	unit	% RI	quantity	unit	% RI
Energy (Kj)	996	kJ	9%	3856	kJ	46%	762	kJ	9%	3009	kJ	36%	879	kJ	10%	3093	kJ	37%
Energy (kcal)	238	kcal	9%	920	kcal	46%	181	kcal	9%	715	kcal	36%	209	kcal	10%	736	kcal	37%
Fat	11	g	16%	41	g	59%	5.7	g	8%	22	g	31%	7.2	g	10%	25	g	36%
Saturated Fat	5.3	g	27%	20	g	100%	3.5	g	18%	14	g	70%	3.7	g	19%	13	g	65%
Carbohydrate	19	g	1%	73	g	28%	18	g	7%	72	g	28%	19	g	7%	68	g	26%
Sugars	1.2	g	1%	4.5	g	5%	2.2	g	2%	8.6	g	10%	1.2	g	1%	4.3	g	5%
Fibre	1	g	2%	4	g	16%	0.8	g	3%	3.1	g	12%	1.1	g	4%	3.7	g	15%
Protein	16	g	36%	63	g	126%	13	g	26%	53	g	106%	16	g	32%	57	g	114%
Salt	1.7	g	38%	6.6	g	110%	1.1	g	18%	4.5	g	75%	1.6	g	27%	5.5	g	92%
	Meatballs and Basil						Hot Salmon Feast						Vegan Margherita					
	100gm			427g full portion			100gm			420g full portion			100gm			313g full portion		
Nutrients:	quantity	unit	% RI	quantity	unit	% RI	quantity	unit	% RI	quantity	unit	% RI	quantity	unit	% RI	quantity	unit	% RI
Energy (Kj)	688	kJ	8%	2936	kJ	35%	868	kJ	10%	3647	kJ	43%	824	kJ	10%	2579	kJ	31%
Energy (kcal)	163	kcal	8%	697	kcal	35%	207	kcal	10%	869	kcal	43%	196	kcal	10%	612	kcal	31%
Fat	4.7	g	7%	20	g	29%	8.2	g	12%	34	g	49%	5.9	g	8%	18	g	26%
Saturated Fat	2.4	g	12%	10	g	50%	4.1	g	21%	17	g	85%	4.5	g	23%	14	g	70%
Carbohydrate	18	g	7%	75	g	29%	17	g	7%	73	g	28%	25	g	10%	80	g	31%
Sugars	1.9	g	2%	8	g	9%	1.1	g	1%	4.7	g	5%	1.2	g	1%	3.8	g	4%
Fibre	0.9	g	4%	3.7	g	15%	1.4	g	6%	5.8	g	23%	1	g	4%	3	g	12%
Protein	12	g	24%	52	g	104%	15	g	30%	64	g	128%	9.9	g	20%	31	g	62%
Salt	1.1	g	18%	4.8	g	80%	1.2	g	20%	5.2	g	87%	1.4	g	23%	4.3	g	72%
	Dough balls +Dip						Protein Pizza Dough											
	100gm			190g full portion			100gm			190g full portion								
Nutrients:	quantity	unit	% RI	quantity	unit	% RI	quantity	unit	% RI	quantity	unit	% RI						
Energy (Kj)	827	kJ	11%	1820	kJ	21%	921	kJ	11%	1749	kJ	21%						
Energy (kcal)	195	kcal	11%	430	kcal	21%	218	kcal	11%	413	kcal	21%						
Fat	1.7	g	3%	3.7	g	5%	1.9	g	3%	3.7	g	5%						
Saturated Fat	0.3	g	2%	0.6	g	3%	0.3	g	2%	0.6	g	3%						
Carbohydrate	30	g	13%	67	g	24%	33	g	13%	63	g	24%						
Sugars	1.9	g	1%	4.2	g	2%	0.8	g	1%	1.4	g	2%						
Fibre	1.3	g	6%	2.9	g	12%	1.5	g	6%	2.9	g	12%						
Protein	14	g	32%	30	g	60%	16	g	32%	30	g	60%						
Salt	1.6	g	25%	3.6	g	48%	1.5	g	25%	2.9	g	48%						