

READY PREPARED - NO COOK PROTEINS - Lunch & Supper

Fish and Meat	Portion	Nutrition Information
<b>Smoked Salmon</b> Nutrition info will vary depending on place of purchase	100 g	Calories 184 Protein 23.3 g Carb 0.3 g Fat 9.9 g
<b>Steamed Salmon</b> Nutrition info will vary depending on place of purchase	100 g	Calories 193 Protein 24.5 g Carb 1.0 g Fat 10.0 g
<b>Smoked Mackerel</b> Nutrition info will vary depending on place of purchase	65 g	Calories 200 Protein 12.3 g Carb 0.4 g Fat 16.5 g
<b>Mackerel Fillets in Olive Oil</b> Nutrition info will vary depending on place of purchase	75 g	Calories 203 Protein 14.8 g Carb 0.1 g Fat 16.0 g
<b>Boneless Sardines in Olive Oil</b> Nutrition info will vary depending on place of purchase	100 g	Calories 198 Protein 22.8 g Carb 0.0 g Fat 11.9 g
<b>Tuna Steak in Spring Water</b>	200 g	Calories 198 Protein 47.0 g Carb 0.0 g Fat 1.0 g
<b>Cooked Chicken Breasts</b> Nutrition info will vary depending on place of purchase	150 g	Calories 195 Protein 41.2 g Carb 0.3 g Fat 3.0 g

<b>Roast Turkey Breast</b> Nutrition info will vary depending on place of purchase	150 g	Calories 204 Protein 44.7 g Carb 0.8 g Fat 2.4 g
<b>Vegetarian</b>	<b>Portion</b>	<b>Nutrition Information</b>
<b>Reduced Fat Hummus</b> Nutrition info will vary depending on place of purchase	100 g	Calories 216 Protein 7.0 g Carb 9.3 g Fat 15.0 g
<b>Natural Cottage Cheese 1.5% fat</b>	250g	Calories 183 Protein 26.8 g Carb 10.6 g Fat 3.7 g
<b>Whole Earth Crunchy Peanut Butter 340 g</b>	30 g (approx. 2 heaped tsp)	Calories 181 Protein 7.5 g Carb 3.0 g Fat 15.0 g
<b>Biona Mixed Nut Butter 170 g</b>	30 g (approx. 2 heaped tsp)	Calories 193 Protein 6.5 g Carb 5.8 g Fat 15.5 g
<b>Munchy Seeds Omega Sprinkles 125 g</b>	30 g	Calories 183 Protein 8.1 g Carb 4.7 g Fat 15.4 g
<b>Mixed Nuts</b> Nutrition info will vary depending on exact mix	30 g	Calories 194 Protein 5.5 g Carb 3.7 g Fat 17.5 g