

READY PREPARED NO COOK SALADS, VEGETABLES, FRUIT - Lunch & Supper		
Salad Bags & Raw Vegetables	Portion	Nutrition Information
Watercress, Rocket & Spinach Nutrition info will vary depending on place of purchase	100 g	Calories 24 Protein 2.2 g Carb 1.2 g Fat 0.8 g
Trimmed Sugar Snap Peas Nutrition info will vary depending on place of purchase	25 g	Calories 23 Protein 1.7 g Carb 3.1 g Fat 0.4 g
Beetroot Salad Nutrition info will vary depending on place of purchase	100 g	Calories 28 Protein 1.5 g Carb 3.6 g Fat 0.4 g
Cherry Vine Tomatoes Nutrition info will vary depending on place of purchase	100g	Calories 20 Protein 0.7 g Carb 3.1 g Fat 0.3 g
Carrot Batons Nutrition info will vary depending on place of purchase	80 g	Calories 30 Protein 0.6 g Carb 4.7 g Fat 0.4 g
Avocado Nutrition info will vary depending on weight	80 g (1/2 medium)	Calories 158 Protein 1.5 g Carb 1.5 g Fat 15.6 g