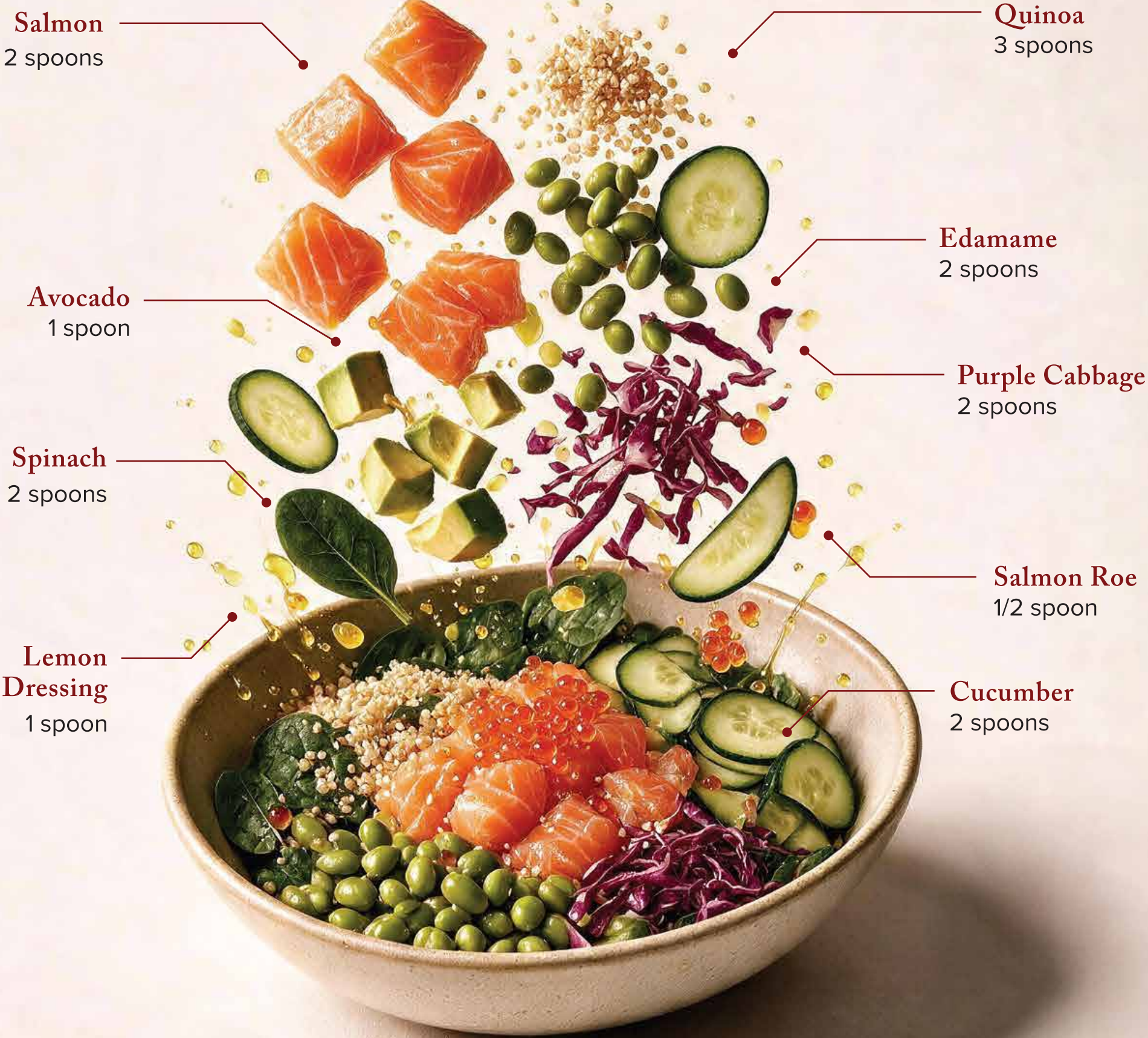


Lemon Salmon

(Brain Boosting)



Balanced Meal Recommendation by Nutritionist Maya Rolston



NUTRITION FACTS



CALORIES
650 kcal



PROTEIN
40g



CARBS
60g



FIBRE
12g



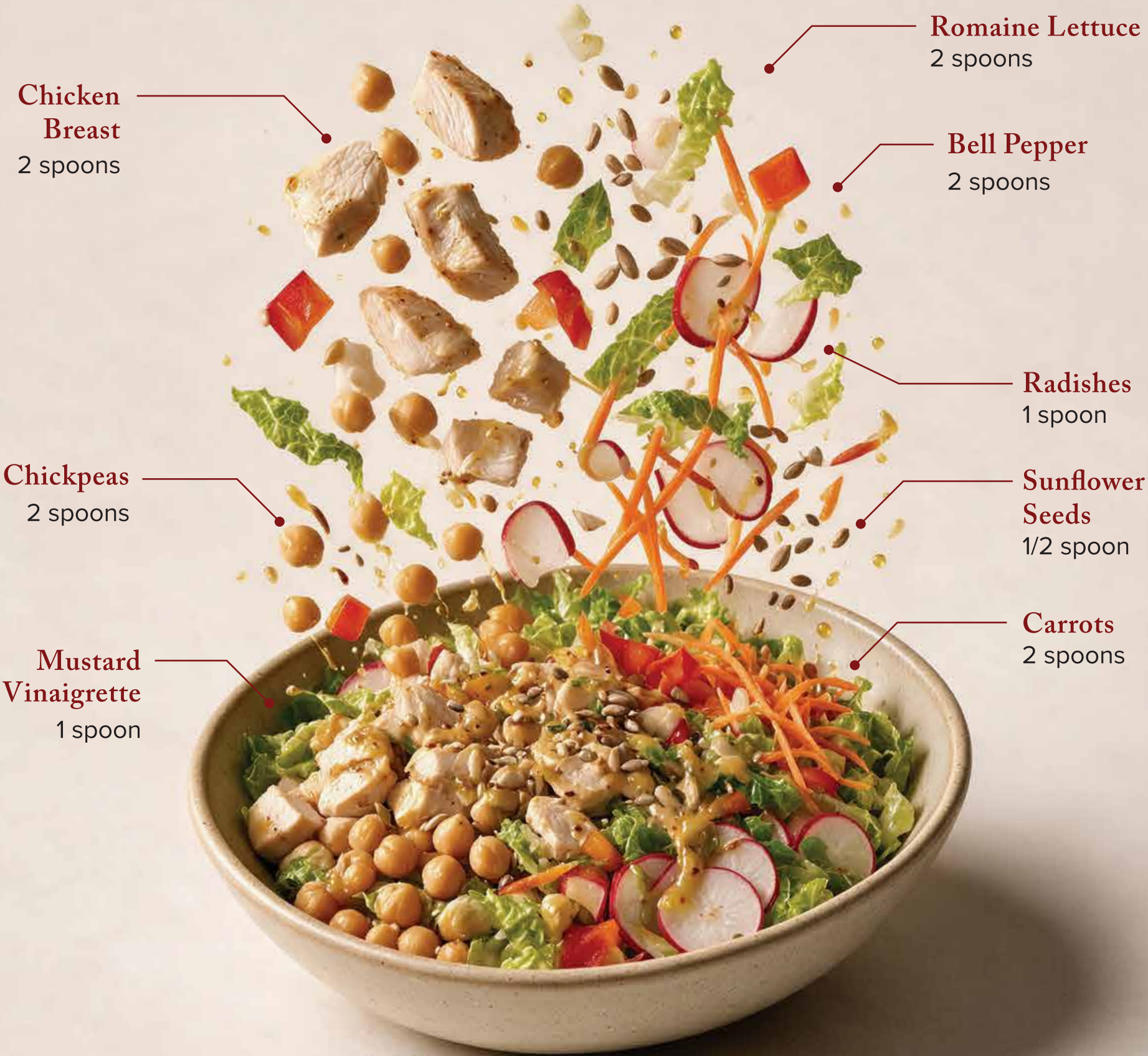
FATS
22g

Rainbow Chicken Crunch

(High Protein)



Balanced Meal Recommendation by Nutritionist Maya Rolston



NUTRITION FACTS



CALORIES
680 kcal



PROTEIN
45g



CARBS
70g



FIBRE
12g



FATS
20g

Mediterranean Prawn & Feta

(Balanced and Rich in Healthy Fats)

Balanced Meal Recommendation by Nutritionist Maya Rolston



NUTRITION FACTS



CALORIES
660 kcal



PROTEIN
38g



CARBS
70g



FIBRE
10g

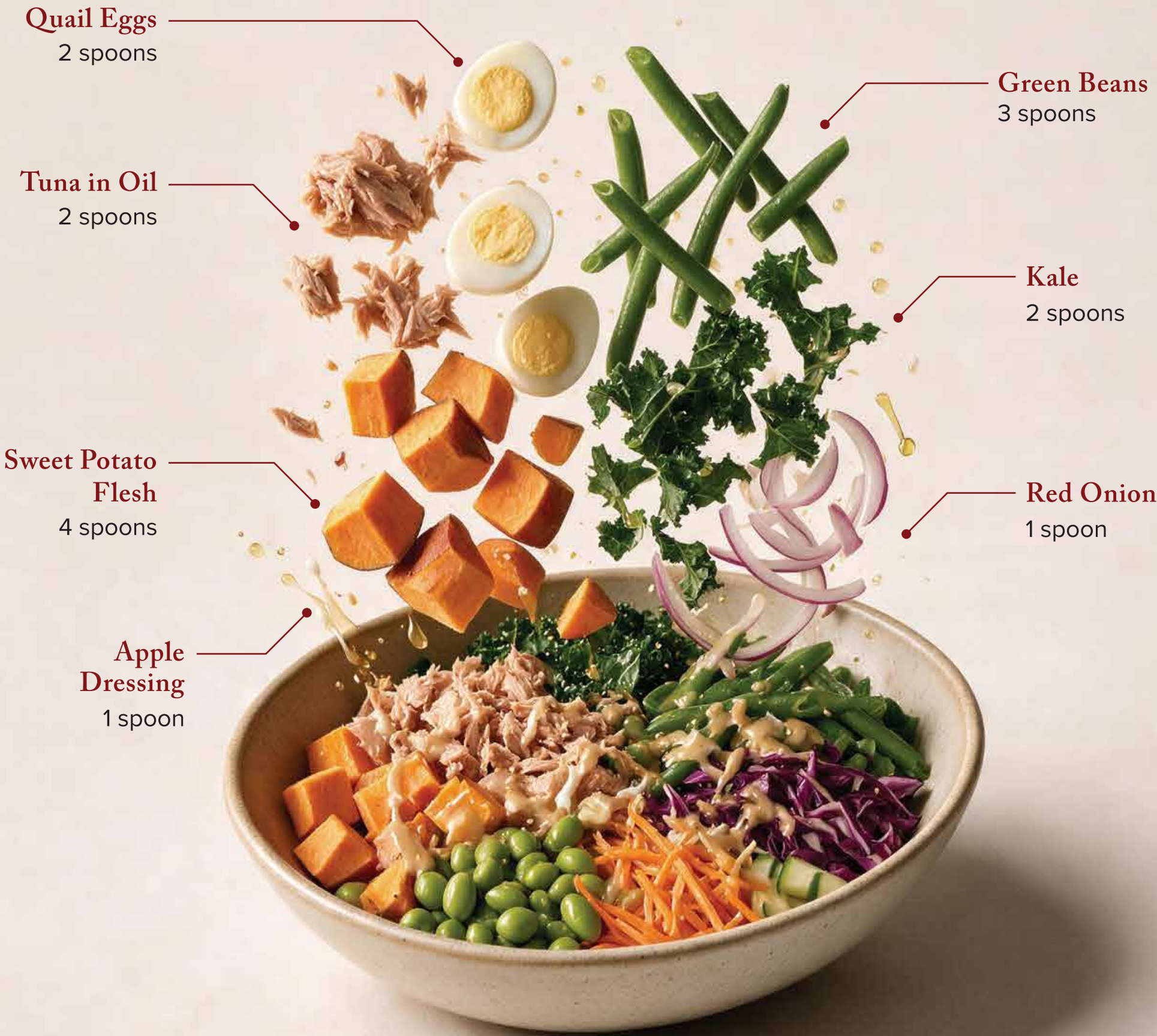


FATS
22g

Tuna & Sweet Potato Powerhouse

(Fuelling)

Balanced Meal Recommendation by Nutritionist Maya Rolston



NUTRITION FACTS



CALORIES
700 kcal



PROTEIN
40g



CARBS
75g



FIBRE
12g

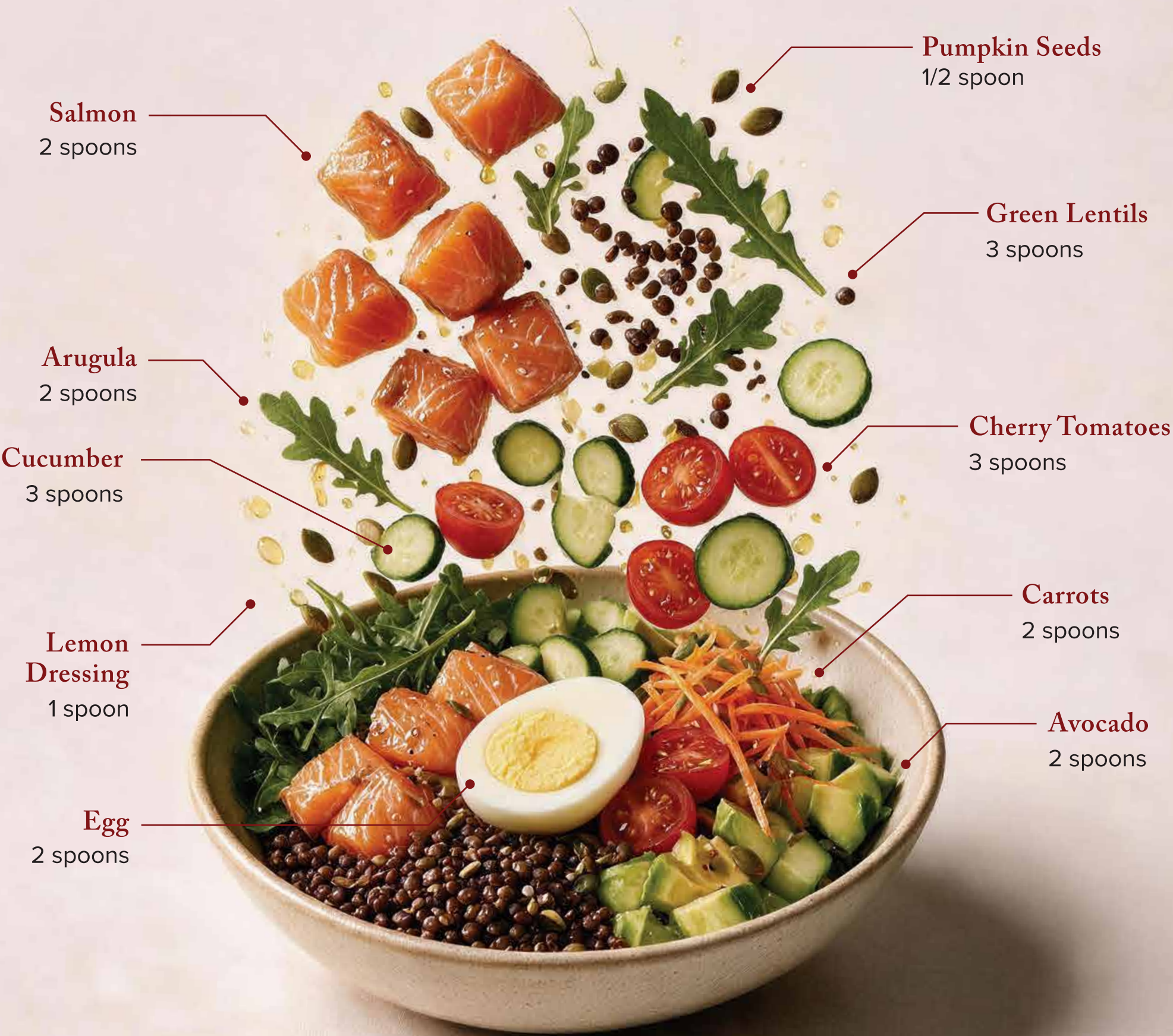


FATS
20g

Salmon & Lentil Power Bowl

(Balanced and High Fibre)

Balanced Meal Recommendation by Nutritionist Maya Rolston



NUTRITION FACTS



CALORIES
690 kcal



PROTEIN
42g



CARBS
60g



FIBRE
10g



FATS
24g

Tuna & Quinoa Crunch

(High Protein)



Balanced Meal Recommendation by Nutritionist Maya Rolston

Tuna in Oil
2 spoons

Edamame
2 spoons

Quinoa
4 spoons

Mixed Greens
2 spoons

Green Beans
3 spoons

Sesame Oil Dressing
1 spoon

Red Bell Pepper
2 spoons

Hemp Seeds
1 spoon

Spring Onions
1 spoon

NUTRITION FACTS



CALORIES
630 to 700 kcal



PROTEIN
50g



CARBS
70g



FIBRE
10g

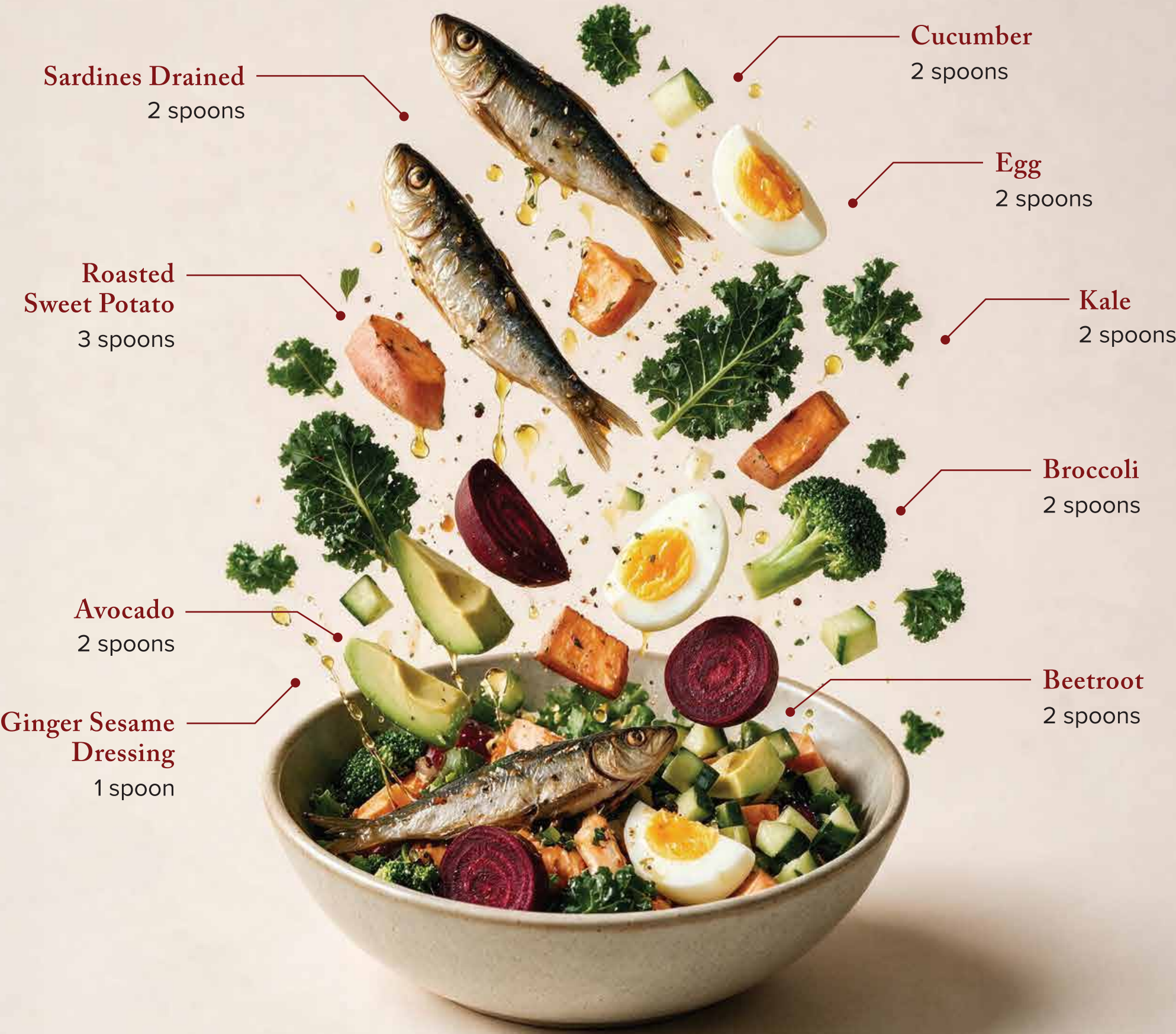


FATS
22g

Sardine & Sweet Potato Salad

(Brain Boosting)

Balanced Meal Recommendation by Nutritionist Maya Rolston



NUTRITION FACTS



CALORIES
610 to 690 kcal



PROTEIN
40g



CARBS
85g



FIBRE
10g



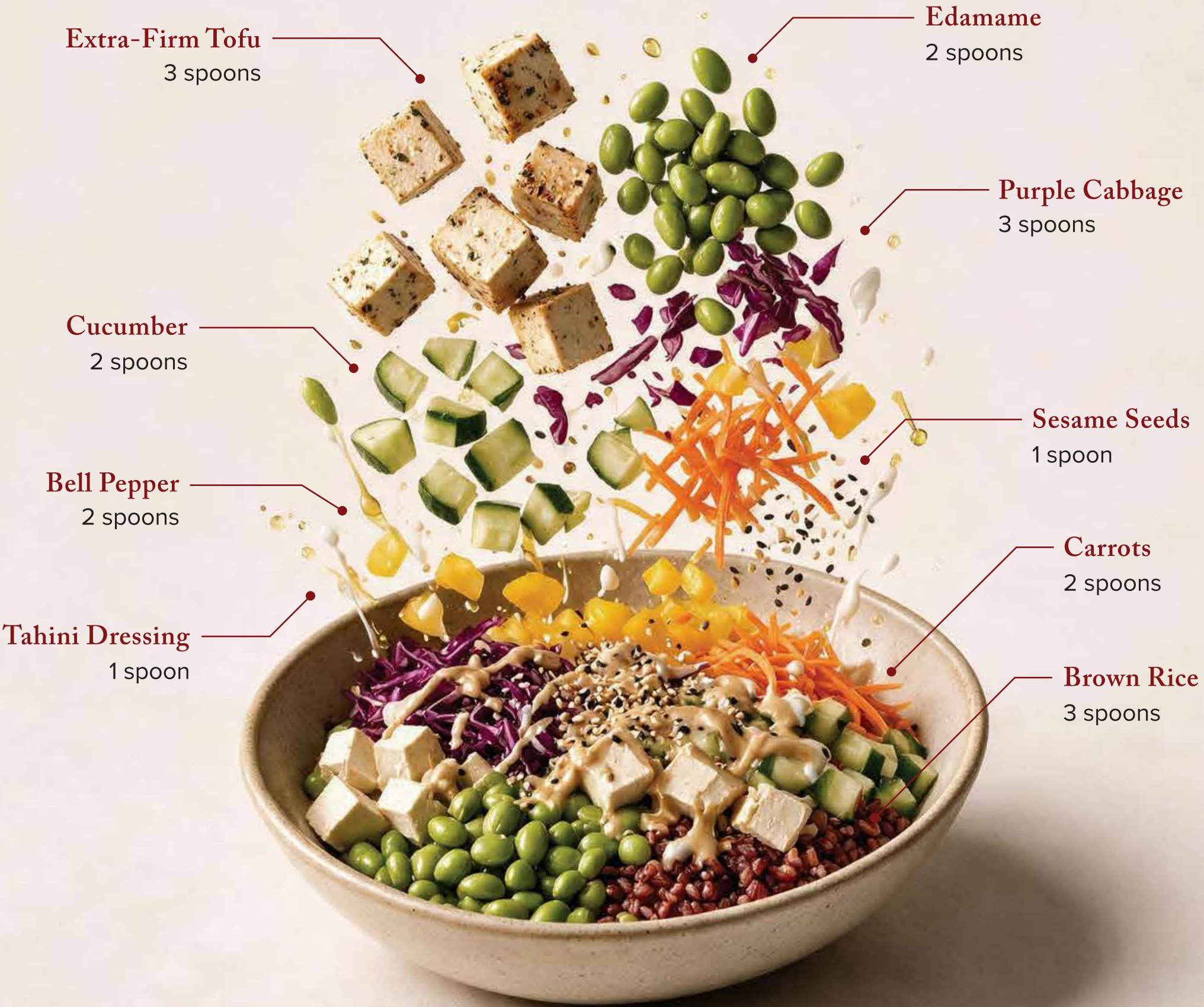
FATS
22g

Tofu & Edamame

(Plant Protein Packed)



Balanced Meal Recommendation by Nutritionist Maya Rolston



NUTRITION FACTS



CALORIES
620 to 690 kcal



PROTEIN
38g



CARBS
75g



FIBRE
10g



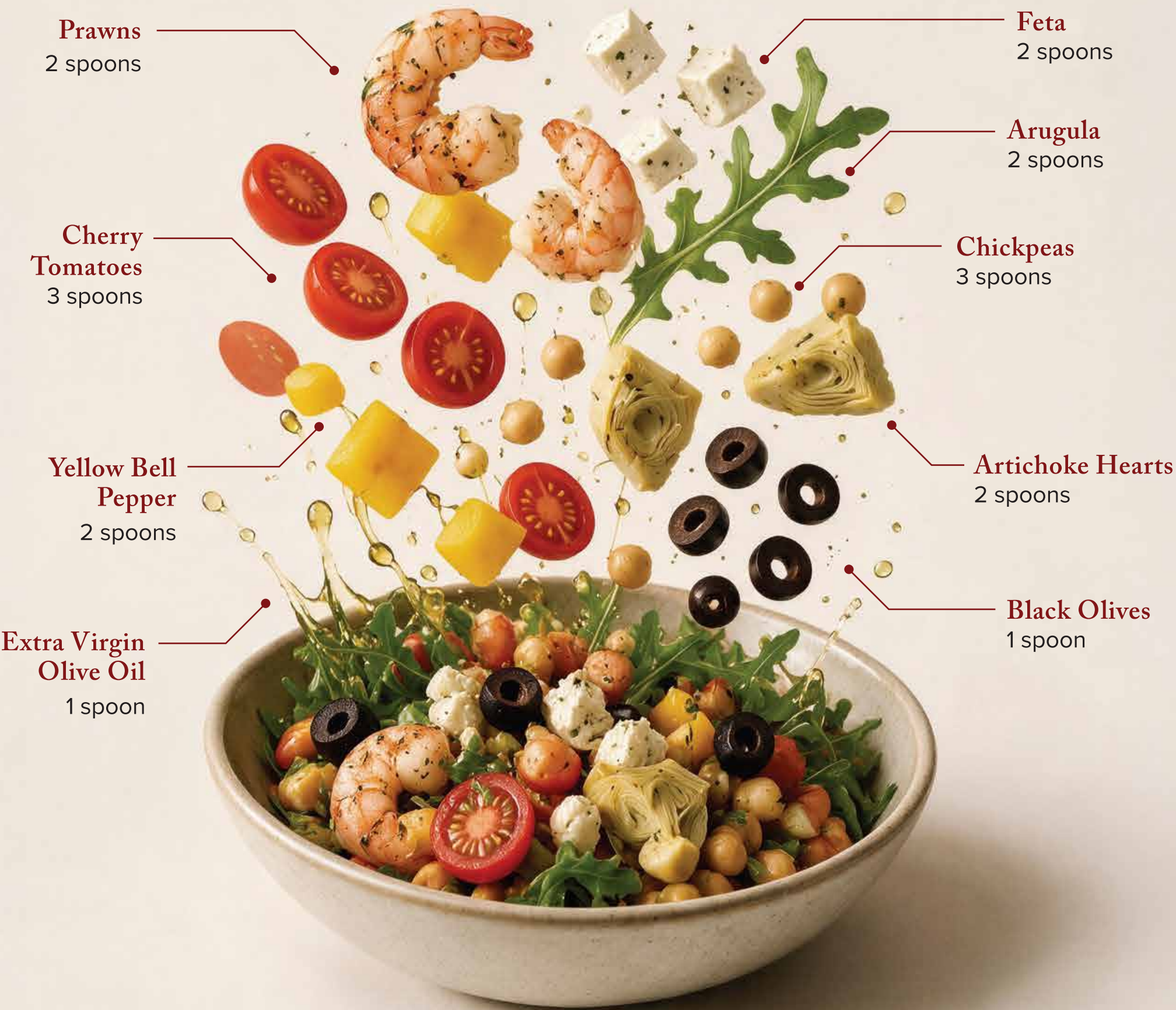
FATS
22g

Prawn & Chickpea Mediterranean Bowl

(Balanced and Rich in Healthy Fats)



Balanced Meal Recommendation by Nutritionist Maya Rolston



NUTRITION FACTS



CALORIES
630 to 700 kcal



PROTEIN
40g



CARBS
80g



FIBRE
12g



FATS
22g