

KEEP IT LITE

UNDER 500

CALORIE MEALS

NUTRITIONAL INFORMATION

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kj)	ENERGY (calories)
GRILLED HAKE & VEG STIR-FRY	32.62	24.64	21.92	1774.1	424.43
HONEY SOY FISH POT	44.82	19.35	23.56	1957.45	468.29
HAKE & BROCCOLI	37.4	28.2	7.8	1335.32	319.45
TUNA & FETA SALAD	15.29	31.15	7.54	1066.5	255.14
HONEY SOY FISH WRAP	68.82	22.73	11.62	1975.27	472.55
RAINBOW SHRIMP SALAD	24.28	23.27	11.32	1190.87	284.9

T&Cs apply. Calorie counts do not include extra dressings, custom orders and additional condiments. All content analysis were performed by Jozidiet.