

FAST NUTRITION

MEAL PREP

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COOKING -

- . Place meal in microwave (all tubs are suitable for microwave) on full power for 2-4 minutes, stir halfway through
- . Make sure food is cooked through and piping hot
- . Ensure any frozen meals are previously defrosted before cooking through

STORAGE -

- . Meals are to be kept refrigerated below 5 degrees
- . Only to be kept fresh in the fridge within the use by dates
- . Suitable for freezing for upto 3 months, must consume within the 3 months
- . If wanting to freeze your meals please do so on the day of delivery or collection

ALLERGIES -

Any allergies or intolerances, you must inform us at the time of order. Please note that all food is prepared in a kitchen that handles nuts (our meals may not be suitable for people with a severe nut Allergy). We try our best to avoid all cross contamination of allergenic ingredients at all costs, however sometimes this is not possible to guarantee. If you would like any more information, please do not hesitate to message, email, or call us.

Please note that all meals may contain -

WHEAT, SOYA, MILK, CELERY, MUSTARD, SULPHITES, BARLEY, FISH, EGG, GLUTEN, DAIRY, SESAME, OATS, PEANUTS, CELERY, CRUSTACEANS, NUTS. Dextrose, sugar, modified maize starch, salt, food colours (beetroot concentrate, ammonia caramel, carmine), onion powder, tomato powder, spices: (star anise, white pepper), thickener (guar gum), citric acid, paprika extract, tomato, water, onion, red pepper, acidity regulator, lactic acid, ground cumin, parsley, coriander, dried onion, fat-reduced cocoa powder, dried chilli, ground black pepper, dried garlic, dried parsley, maltodextrin, ginger fennel, garlic powder, oregano, basil, yeast extract (contains salt), rice flour, soy sauce powder (soy sauce SOYABEANS, WHEAT flour, BARLEY extract, salt), ground ginger, ground coriander, curry blend (ground turmeric, MUSTARD flour, chana dal, chilli powder, ground fenugreek), rapeseed oil, ground white pepper, anti-caking agent (silicon dioxide), chilli flakes, lemon oil, natural butter flavouring (contains MILK), WHEAT flour: (contains calcium, iron, niacin, thiamine), flavour hydrolysed vegetable protein, SOYA, maize, colour E150ed), flavour enhancer E621, ground paprika, ground sage, ground all spice, ground cinnamon, seasonings (spices CELERY), rusk, herbs, colours: (E160c, E162), colour caramel powder, broccoli florets, garden peas, spinach, kale, green beans, asparagus, new potatoes, sweet potatoes, chicken, beef, turkey, cod (FISH), wholewheat pasta, brown rice.

Please note that all protein cakes may contain -

WHEAT, BARLEY, PEANUT, NUTS, MILK, SOYA, OAT, SESAME, MILK, GLUTEN, SULPHITES.

Sugar, whole MILK powder, cocoa butter, cocoa mass, whey powder (MILK), vegetable fat: (palm fat, shea fat, sal fat, mango fat), emulsifier: lecithin SOYA, invert sugar syrup, honey, roasted PEANUTS, PEANUT oil, palm oil, salt, PEANUTS, cane sugar, OAT flakes (GLUTEN), whey protein concentrate (MILK), thickener: xanthan gum, sweetener: sucralose, lactose (MILK), vanilla extract, polyglycerol poyricinoleate, whole chia (salvia Hispnic) seeds, wholegrain OAT flour, wholegrain WHEAT flour, wholegrain BARLEY flour, sunflower oil, paprika extract, WHEAT starch, oligofructose, wholegrain maize flour, wholegrain rice flower, caramelised sugar syrup, vitamin B12, vitamin B6, thiamine, SULPHUR DIOXIDE, ferrous fumarate, carrot concentrate, niacin, pantothenic acid, riboflavin, folic acid, stabiliser calcium carbonate, vitamin C, water, Mono propylene, glycol, colour (caramel E150a), flavourings.