



**Protein Pancakes with Berries & Mixed Nuts:** Cals 405 18P 45C 19F  
**Overnight Oats - Raspberry & White Chocolate:** Cals 405 18P 45C 19F  
**Overnight Oats - Banana & Cinnamon:** Cals 405 18P 45C 19F  
**Sweet Chilli Chicken Wrap:** Cals 405 18P 45C 19F  
**Grilled Halloumi & Red Pepper Wrap:** Cals 405 18P 45C 19F  
**Tuna & Cucumber Wrap:** Cals 405 18P 45C 19F

### **Chicken Ramen Noodles:**

Low Cal: Cals 440 Protein: 37 Carbs: 55 Fat: 6.8  
Balanced: Cals 505 Protein: 45 Carbs: 55 Fat: 16  
Build: Cals 572 Protein: 52 Carbs: 55 Fat: 16

### **BBQ Beef Stirfry:**

Low Cal: Cals 452 Protein: 34 Carbs: 56 Fat: 8.8  
Balanced: Cals 514 Protein: 37 Carbs: 63 Fat: 11  
Build: Cals 600 Protein: 52 Carbs: 63 Fat: 12.6

### **Prawn & Chicken Paella:**

Low Cal Cals: 446 Protein: 41 Carbs: 48 Fat: 5.3  
Balanced Cals: 550 Protein: 42 Carbs: 66 Fat: 5.6  
Build Cals 658 Protein: 55 Carbs: 74 Fat: 8.2

### **Chorizo & Chicken Jambalaya:**

Low Cal Cals 445 Protein: 31 Carbs: 46 Fat: 16.9  
Balanced Cals 618 Protein: 35 Carbs: 63 Fat: 18  
Build Cals 675 Protein: 47 Carbs: 63 Fat: 19.6

### **Chicken Katsu Curry:**

Low Cal Cals 440 Protein: 34 Carbs: 49 Fat: 17.7  
Balanced Cals 560 Protein: 42 Carbs: 59 Fat: 19  
Build Cals: 766 Protein: 51 Carbs: 92 Fat: 19.9

### **Goan Fish Curry:**

Low Cal Cals: 417 Protein: 32 Carbs: 47 Fat: 9.5  
Balanced Cals: 496 Protein: 33 Carbs: 68 Fat: 9.5  
Build Cals: 646 Protein: 42 Carbs: 88 Fat: 11.5

### **Cajun Salmon & Quinoa:**

Low Cal Cals: 488 Protein: 39 Carbs: 56 Fat: 12.8  
Balanced Cals: 568 Protein: 45 Carbs: 56 Fat: 15  
Build Cals: 648 Protein: 53 Carbs: 58 Fat: 18.6



### **Turkey Steak & Fried Potatoes (GF):**

Low Cal: Cals 450 Protein: 44 Carbs: 44 Fat: 8.5  
Balanced: Cals 506 Protein: 46 Carbs: 51 Fat: 10  
Build: Cals 576 Protein: 48 Carbs: 67 Fat: 10.3

### **Mac'n'Cheese:**

Low Cal: Cals 418 Protein: 30 Carbs: 37 Fat: 14.7  
Balanced: Cals 532 Protein: 34 Carbs: 60 Fat: 15  
Build: Cals 661 Protein: 48 Carbs: 75 Fat: 16.5

### **Spinach & Mushroom Tagliatelle (V):**

Low Cal Cals: 402 Protein: 24 Carbs: 66 Fat: 2.5  
Balanced Cals: 451 Protein: 25 Carbs: 75 Fat: 2.7  
Build Cals 538 Protein: 28 Carbs: 95 Fat: 3

### **Chicken Satay (GF):**

Low Cal Cals 464 Protein: 31 Carbs: 45 Fat: 8.6  
Balanced Cals 554 Protein: 33 Carbs: 64 Fat: 8.8  
Build Cals 703 Protein: 47 Carbs: 84 Fat: 10.1

### **Naked Burrito (GF) (VE):**

Low Cal Cals 402 Protein: 15 Carbs: 53 Fat: 9.4  
Balanced Cals 522 Protein: 16 Carbs: 70 Fat: 15.2  
Build Cals: 612 Protein: 18 Carbs: 90 Fat: 15.4

### **Quorn Bolognese (VE):**

Low Cal Cals: 417 Protein: 22 Carbs: 50 Fat: 6.5  
Balanced Cals: 507 Protein: 25 Carbs: 67 Fat: 6.7  
Build Cals: 633 Protein: 30 Carbs: 86 Fat: 10.8

### **Falafel (VE):**

Low Cal Cals: 416 Protein: 12 Carbs: 56 Fat: 12.8  
Balanced Cals: 583 Protein: 18 Carbs: 67 Fat: 16  
Build Cals: 640 Protein: 19 Carbs: 72 Fat: 22.5



#### **Prices:**

- 5 Meals - £25
- 10 Meals - £45
- 15 Meals - £63.75
- 20 Meals - £80

Snacks / Wraps /  
Breakfasts - £2.50

Order by 4PM Friday for Sunday  
delivery or collection

- Free delivery within Carmarthen
- £5 delivery to Cross Hands / St Clears
- Free Collection Sunday 10-11am from  
Calon Lan, Johnstown