

# DAILY PREP MEALS.

1 BOWL = £7.95

## STEP 1.

(Choose your Protein)

**110 kcal** Cajun Chicken  
C-0g F-1.5g P-23g

**110 kcal** Chicken Tikka  
C-0g F-1.5g P-23g

**110 kcal** Shredded Chicken  
C-0g F-1.5g P-23g

**110 kcal** Lemon & Garlic  
Chicken  
C-0g F-1.5g P-23g

**129 kcal** Grilled Seabass  
C-0g F-2.6g P-24g

**280 kcal** Salmon Fillet  
(+£2)  
C-1g F-15g P-36g

**174 kcal** 6oz Rump Steak  
(+£2)  
C-0g F-10.1g P-22g

**174 kcal** Shredded Spicy Steak  
(+£2)  
C-0g F-10.1g P-22g

**217 kcal** Falafel Bon Bons  
C-20.9g F-8.4g P-10.3g

**187 kcal** Vegan Chicken  
C-11.2g F-7.8g P-20.2g

## STEP 2.

(Choose your Carbs)

**106 kcal** Homemade  
Sweet Potato Wedges  
C-15.9g F-4.1g P-1.6g

**128 kcal** Garlic & Herb  
Roasted New Potatoes  
C-27g F-2g P-3g

**148 kcal** Smoked Paprika &  
Red Pepper Couscous  
C-27g F-1.5g P-5.3g

**146 kcal** Lemon & Parsley  
Couscous  
C-27g F-1.5g P-5.3g

**267 kcal** Green Pesto Pasta  
C-23.5g F-1.5g P-7.3g

**187 kcal** Spicy Rice & Peas  
C-31g F-3g P-5.3g

**150 kcal** Plain Brown Rice  
C-32g F-1g P-3g

**131 kcal** Herb Crushed  
Potatoes  
C-22.5 F-4.1g P-2.4g

**102 kcal** Tortilla wrap  
C-17 F-2.5g P-3g

**100 kcal** Sour dough  
C-20 F-1g P-3g

## STEP 3.

(Choose your Veg)

**6 kcal** Asparagus  
C-1.2g F-0g P-0.8g

**77 kcal** Garlic Mushrooms  
C-8.3g F-4g P-3.2g

**70 kcal** Corn On The Cob  
C-14g F-1.4g P-2.5g

**35 kcal** Fresh Broccoli  
Florettes  
C-2g F-0g P-3.3g

**40 kcal** Roasted  
Cauliflower  
C-5.6g F-1g P-2g

**28 kcal** Clean Rainbow  
Slaw  
C-4g F-0g P-2g

**38 kcal** Minted  
Yoghurt Slaw  
C-4g F-0.8g P-2.2g

**35 kcal** Garden  
Mint Peas  
C-5.6 F-0.4g P-2.8g

**146kcal** Sautéed  
Green Pepper  
C-4.8 F-14g P-0.9g

## STEP 4.

(Choose your Sauce)

Peppercorn

Sweet Chilli

Beetroot Hummus

Peri Mayo

Chunky Salsa

Garlic Mayo

Fire Cracker

BBQ

Plain Mayo

Mint Yoghurt

\*Please allow extra prep time when ordering daily prep meals as each box is individually customised.

[www.eat-clean.uk](http://www.eat-clean.uk)

\*All dishes served cold other than the steak seabass salmon. All Calorie counts and information is estimated.

Phone orders: 0191 253 2498

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Eats

 Eat Clean.  
Vegan Friendly. Heat Prep. 100%.