



FR3SHBOX Nutritional Guide

The table below is intended to be used as a guide only. Whilst we have taken measures to ensure the accuracy of our data, all figures are estimates pending independent verification.

	Per Serving Amounts			
	Protein g	Carb g	Fat g	Kcal
Set Meals				
Lean Chilli with White Rice and Steamed Broccoli	31.9	52.4	5.8	419.2
Beef Koftas with Sweet Potato Mash and Kale	40.3	46.9	11.1	448.8
BBQ Chicken Breast with Sweet Potato Mash and Broccoli	38.9	42.4	4.7	367.0
White Fish with New Potatoes and Med Veg	28.4	38.3	5.6	317.1
Lean Turkey Meatballs with Pasta and Steamed Green Beans	57.9	63.1	2.9	509.8
Jerk Chicken with Cous Cous and Med Veg	44.8	48.3	6.0	426.9
Healthy Bolognese with Brown Pasta and Broccoli	44.6	52.0	8.2	460.1
Chicken Thai Green Curry with White Rice	45.0	47.9	14.4	501.2
Piri Piri Chicken Breast with Chips & Peas	46.4	44.9	9.9	454.4
Protein				
Turkey Meatballs in Low Sugar Tomato Sauce	48.0	10.0	1.8	248.2
White Fish	24.0	0.0	0.5	100.5
Turkish Style Beef Kofta	38.5	4.7	8.4	248.4
BBQ Chicken Breast	36.4	0.0	2.0	163.4
Piri Piri Chicken Breast	38.4	1.1	3.1	186.0
Jerk Chicken	36.4	0.0	2.0	163.4
Carbohydrates				
Roasted New Potatoes	4.0	32.0	2.0	162.0
Brown Rice	4.7	35.4	1.8	176.4
White Rice	3.2	34.5	0.5	155.1
Pasta Shells	8.5	49.6	1.0	241.1
Sweet Potato Mash	0.5	41.3	2.1	186.7
Oven Chips	3.6	35.0	6.2	210.2
Vegetables				
Broccoli	1.9	1.0	0.6	16.9
Steamed Green Beans	1.4	3.5	0.1	20.5
Mediterranean Veg	0.4	6.3	3.1	54.6
Carrot & Parsnip	1.2	12.5	1.0	63.6
Garden Peas	4.4	8.8	0.6	58.2
Kale	1.2	0.9	0.6	13.7

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