

Original Baby

NUTRITION INFORMATION

Serving size: 334g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1890kJ (451Cal)	565kJ (135Cal)
PROTEIN	12.6g	3.8g
FAT, TOTAL	27.7g	8.3g
- SATURATED	?	?
CARBOHYDRATE	34.2g	10.2g
- SUGARS	22.8g	6.8g
SODIUM	78mg	23mg

Ingredients: Almond Milk (16% Almonds, Organic Dates, Filtered Water, Sea Salt), Frozen Blueberries, Acai (Organic Acai Puree), Banana, Peanut Butter, Strawberries, Buckwheat, Coconut Flakes, Pumpkin Seeds, Dates, Chia Seeds, Passionfruit, Sunflower Seeds, Coconut Nectar, Puffed Quinoa, Coconut Oil.

La La Land

NUTRITION INFORMATION

Serving size: 319g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1470kJ (351Cal)	460kJ (110Cal)
PROTEIN	8.4g	2.6g
FAT, TOTAL	14.5g	4.5g
- SATURATED	?	?
CARBOHYDRATE	41.0g	12.8g
- SUGARS	30.4g	9.5g
SODIUM	33mg	10mg

Ingredients: Apple Juice, Pitaya, Frozen Mango, Strawberries, Coconut Yoghurt, Passionfruit, Pumpkin Seeds, Buckwheat, Coconut Flakes, Goji Berries, Sunflower Seeds, Chia Seeds, Coconut Nectar, Puffed Quinoa, Coconut Oil.

Peanut Butter Cup

NUTRITION INFORMATION

Serving size: 229g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1960kJ (467Cal)	854kJ (204Cal)
PROTEIN	19.8g	8.7g
FAT, TOTAL	20.6g	9.0g
- SATURATED	?	?
CARBOHYDRATE	47.2g	20.6g
- SUGARS	24.1g	10.5g
SODIUM	198mg	86mg

Ingredients: Soy Milk, Banana, Buckwheat, Peanut Butter, Coconut Nectar, Bondi Chocolate Flavoured Protein (Whey Protein Concentrate, Milk Solids, Sweetener (Erythritol, Steviol Glycosides), Natural Flavours, Cocoa Powder (4%), Glycine, Vegetable Gum (415), Thermogenic Blend (L-Carnitine, Guarana Extract, Green Tea Extract) Salt, Maltodextrin, Emulsifier (322), Vitamin And Mineral Blend (Iron (Ferrous Fumerate), Zinc (Zinc Sulfate), Vitamin C (Ascorbic Acid), Vitamin E (DI-Alpha-Tocopherol), Vitamin B3 (Niacin), Vitamin A (Retinylacetate), Vitamin D3 (Cholecalciferol), Vitamin B12 (Cyanocobalamin), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamine Hcl), Folic Acid, Iodine (Potassium Iodide))), Chia Seeds, Coconut Oil, Walnuts, Puffed Quinoa, Coconut Flakes, Cocoa Powder, Salt.

Goldie Locks

NUTRITION INFORMATION

Serving size: 300g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1670kJ (399Cal)	557kJ (133Cal)
PROTEIN	8.3g	2.8g
FAT, TOTAL	20.3g	6.8g
- SATURATED	?	?
CARBOHYDRATE	42.5g	14.2g
- SUGARS	29.7g	9.9g
SODIUM	44mg	15mg

Ingredients: Coconut Milk, Frozen Mango, Frozen Pineapple, Banana, Coconut Nectar, Buckwheat, Coconut Flakes, Pumpkin Seeds, Chia Seeds, Sunflower Seeds, Puffed Quinoa, Coconut Oil, Turmeric Powder, Passionfruit.

Cherry Ripe

NUTRITION INFORMATION

Serving size: 318g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1870kJ (447Cal)	588kJ (141Cal)
PROTEIN	6.7g	2.1g
FAT, TOTAL	22.2g	7.0g
- SATURATED	?	?
CARBOHYDRATE	51.8g	16.3g
- SUGARS	33.0g	10.4g
SODIUM	119mg	37mg

Ingredients: Frozen Cherries, Coconut Milk, Coconut Nectar, Coconut Flakes, Banana, Buckwheat, Coconut Oil, Walnuts, Chia Seeds, Puffed Quinoa, Cocoa Powder, Salt.

Plantation

NUTRITION INFORMATION

Serving size: 186g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1840kJ (439Cal)	989kJ (236Cal)
PROTEIN	13.4g	7.2g
FAT, TOTAL	33.9g	18.2g
- SATURATED	4.6g	2.5g
CARBOHYDRATE	15.8g	8.5g
- SUGARS	5.2g	2.8g
SODIUM	177mg	95mg

Ingredients: Corn Kernels, Radish, Black Beans, Chia Seeds, Quinoa, Pumpkin Seeds, Hummus, Vegetable Oil, Kale, Wombok, Purple Cabbage, Nutritional Yeast, Lemon Juice, Olive Oil, Coconut Nectar, Lemon Zest, Salt.

Oh My Grains

NUTRITION INFORMATION

Servings per package: ?

Serving size: 254g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2250kJ (537Cal)	885kJ (211Cal)
PROTEIN	16.1g	6.3g
FAT, TOTAL	28.2g	11.1g
- SATURATED	3.9g	1.5g
CARBOHYDRATE	48.2g	19.0g
- SUGARS	14.3g	5.6g
SODIUM	236mg	93mg

Ingredients: Barley, Freekah, Lentils, Vegetable Oil, Quinoa, Corn Kernels, Pumpkin Seeds, Chia Seeds, Currants, Purple Cabbage, Spinach, Yoghurt, White Balsamic Vinegar, Mixed Herbs, Nashi Pears, Coconut Nectar, Dijon Mustard, Cumin Seeds, Salt.

Herbed Chicken

NUTRITION INFORMATION

Serving size: 335g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2700kJ (645Cal)	806kJ (193Cal)
PROTEIN	33.1g	9.9g
FAT, TOTAL	53.4g	15.9g
- SATURATED	10.1g	3.0g
CARBOHYDRATE	7.7g	2.3g
- SUGARS	3.2g	0.9g
SODIUM	650mg	194mg

Ingredients: Chicken Thigh, Quinoa, Roasted Cauliflower, Olive Oil, Baby Cos Lettuce, Cucumber, Cherry Tomato, Vegetable Oil, Wombok, Parmesan, Fennel, Radish, Pine Nuts, Balsamic Dressing, Creme Fraiche, Mint, Lemon Juice, Mixed Herbs, Zataar, Basil, Salt, Dijon Mustard.

HOKE POKE

Ingredients

- 1 tong purple cabbage
- 90g cured salmon
- 2 tbsp edemame
- 1 tong shredded carrots
- 1/6 avocado
- 1 small tong alfalfa
- ¾ cooked brown rice
- 3tbsp miso sesame vinaigrette
- 1tbsp Japanese mayo

Hoke Poke		
NUTRITION INFORMATION		
Serving size: 247g		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2230kJ (533Cal)	904kJ (216Cal)
PROTEIN	24.0g	9.7g
FAT, TOTAL	39.8g	16.1g
- SATURATED	7.5g	3.0g
CARBOHYDRATE	18.9g	7.7g
- SUGARS	2.3g	0.9g
SODIUM	426mg	173mg

Ingredients: Cured Salmon, Brown Rice, Edamame, Kewpie, Purple Cabbage, Carrot, Avocado, Olive Oil, Miso, Rice Wine Vinegar, Pickled Ginger, Alfalfa, Sesame Oil.

Chipotle

NUTRITION INFORMATION

Serving size: 385g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2190kJ (524Cal)	569kJ (136Cal)
PROTEIN	36.1g	9.4g
FAT, TOTAL	26.0g	6.8g
- SATURATED	6.4g	1.7g
CARBOHYDRATE	32.2g	8.4g
- SUGARS	9.6g	2.5g
SODIUM	245mg	64mg

Ingredients: Beef Shoulder, Brown Rice, Corn Kernels, Cucumber, Tinned Tomatoes, Black Beans, Sour Cream, Cherry Tomato, Chipotle Chilli, Coriander, Red Onion, Olive Oil, Avocado, Jalapenos, Tomato Paste, Lime Juice, Paprika, Kewpie, Onion Powder, Cumin Seeds, Garlic, Worcestershire Sauce, Chilli Flakes, Cinnamon, Salt.

Berries & Cream

NUTRITION INFORMATION

Serving size: 303g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	571kJ (137Cal)	189kJ (45Cal)
PROTEIN	5.7g	1.9g
FAT, TOTAL	2.2g	0.7g
- SATURATED	0.3g	less than 0.1g
CARBOHYDRATE	21.6g	7.1g
- SUGARS	16.4g	5.4g
SODIUM	109mg	36mg

Ingredients: Soy Milk, Strawberries, Banana, Maple Syrup.

Flat White

NUTRITION INFORMATION

Serving size: 303g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1200kJ (287Cal)	396kJ (95Cal)
PROTEIN	22.7g	7.5g
FAT, TOTAL	6.8g	2.2g
- SATURATED	4.6g	1.5g
CARBOHYDRATE	30.2g	10.0g
- SUGARS	25.3g	8.4g
SODIUM	165mg	54mg

Ingredients: Milk, Frozen Yoghurt (Vanilla Bean Frozen Yoghurt Dessert: Yoghurt (50%) (Skim Milk, Cream, Evaporated Skim Milk, Yoghurt Cultures), Water, Sugar, Milk Solids, Cream (4.5%), Glucose Syrup (From Maize), Maltodextrin, Vanilla Bean Extract With Seeds (0.6%), Vegetable Gums (410, 412), Vanilla Flavour.), Espresso, Bondi Vanilla Protein Powder (Whey Protein Concentrate, Milk Solids, Glycine, Natural Flavours, Vegetable Gum (415), Sweetener (Erythritol, Steviol Glycosides), Maltodextrin, Thermogenic Blend (L-Carnitine, Guarana Extract, Green Tea Extract), Emulsifier (322), Vitamin And Mineral Blend (Iron (Ferrous Fumerate), Zinc (Zinc Sulfate), Vitamin C (Ascorbic Acid), Vitamin E (DI-Alpha-Tocopherol), Vitamin B3 (Niacin), Vitamin A (Retinylacetate), Vitamin D3 (Cholecalciferol), Vitamin B12 (Cyanocobalamin), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamine Hcl), Folic Acid, Iodine (Potassium Iodide))).

Workout

NUTRITION INFORMATION

Serving size: 408g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1390kJ (333Cal)	341kJ (82Cal)
PROTEIN	16.4g	4.0g
FAT, TOTAL	19.4g	4.8g
- SATURATED	2.7g	0.7g
CARBOHYDRATE	21.7g	5.3g
- SUGARS	18.5g	4.5g
SODIUM	113mg	28mg

Ingredients: Almond Milk (16% Almonds, Organic Dates, Filtered Water, Sea Salt), Frozen Blueberries, Peanut Butter, Bondi Chocolate Flavoured Protein (Whey Protein Concentrate, Milk Solids, Sweetener (Erythritol, Steviol Glycosides), Natural Flavours, Cocoa Powder (4%), Glycine, Vegetable Gum (415), Thermogenic Blend (L-Carnitine, Guarana Extract, Green Tea Extract) Salt, Maltodextrin, Emulsifier (322), Vitamin And Mineral Blend (Iron (Ferrous Fumerate), Zinc (Zinc Sulfate), Vitamin C (Ascorbic Acid), Vitamin E (DI-Alpha-Tocopherol), Vitamin B3 (Niacin), Vitamin A (Retinylacetate), Vitamin D3 (Cholecalciferol), Vitamin B12 (Cyanocobalamin), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamine Hcl), Folic Acid, Iodine (Potassium Iodide))).

Golden

NUTRITION INFORMATION

Serving size: 397g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1760kJ (421Cal)	444kJ (106Cal)
PROTEIN	12.3g	3.1g
FAT, TOTAL	24.3g	6.1g
- SATURATED	4.0g	1.0g
CARBOHYDRATE	36.1g	9.1g
- SUGARS	26.8g	6.8g
SODIUM	173mg	44mg

Ingredients: Soy Milk, Banana, Walnuts, Maple Syrup, Chocolate Sauce, Vanilla Bean Paste.

Double PB

NUTRITION INFORMATION

Serving size: 390g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1710kJ (408Cal)	438kJ (105Cal)
PROTEIN	19.1g	4.9g
FAT, TOTAL	24.4g	6.2g
- SATURATED	3.5g	0.9g
CARBOHYDRATE	26.4g	6.8g
- SUGARS	20.3g	5.2g
SODIUM	141mg	36mg

Ingredients: Almond Milk (16% Almonds, Organic Dates, Filtered Water, Sea Salt), Banana, Peanut Butter, Bondi Chocolate Flavoured Protein (Whey Protein Concentrate, Milk Solids, Sweetener (Erythritol, Steviol Glycosides), Natural Flavours, Cocoa Powder (4%), Glycine, Vegetable Gum (415), Thermogenic Blend (L-Carnitine, Guarana Extract, Green Tea Extract) Salt, Maltodextrin, Emulsifier (322), Vitamin And Mineral Blend (Iron (Ferrous Fumerate), Zinc (Zinc Sulfate), Vitamin C (Ascorbic Acid), Vitamin E (Dl-Alpha-Tocopherol), Vitamin B3 (Niacin), Vitamin A (Retinylacetate), Vitamin D3 (Cholecalciferol), Vitamin B12 (Cyanocobalamin), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamine Hcl), Folic Acid, Iodine (Potassium Iodide))), Dates.

Retreat

NUTRITION INFORMATION

Serving size: 403g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	848kJ (202Cal)	210kJ (50Cal)
PROTEIN	3.9g	1.0g
FAT, TOTAL	0.9g	0.2g
- SATURATED	0.1g	less than 0.1g
CARBOHYDRATE	41.0g	10.2g
- SUGARS	35.6g	8.8g
SODIUM	29mg	7mg

Ingredients: Apple Juice, Coconut Water, Banana, Kale, Matcha Powder, Mint.

Tropicola

NUTRITION INFORMATION

Serving size: 368g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	453kJ (108Cal)	123kJ (29Cal)
PROTEIN	2.7g	0.7g
FAT, TOTAL	0.5g	0.1g
- SATURATED	0.3g	less than 0.1g
CARBOHYDRATE	20.7g	5.6g
- SUGARS	20.5g	5.6g
SODIUM	57mg	16mg

Ingredients: Coconut Water, Frozen Mango, Passionfruit.

Birthday Pop

NUTRITION INFORMATION

Serving size: 200g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	711kJ (170Cal)	355kJ (85Cal)
PROTEIN	6.4g	3.2g
FAT, TOTAL	2.1g	1.0g
- SATURATED	1.4g	0.7g
CARBOHYDRATE	31.2g	15.6g
- SUGARS	26.8g	13.4g
SODIUM	63mg	32mg

Ingredients: Milk, Banana, Coconut Nectar, Sprinkles, Yoghurt.

Raspberry Delight

NUTRITION INFORMATION

Serving size: 242g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1200kJ (286Cal)	495kJ (118Cal)
PROTEIN	2.3g	0.9g
FAT, TOTAL	16.1g	6.7g
- SATURATED	13.0g	5.4g
CARBOHYDRATE	32.4g	13.4g
- SUGARS	27.9g	11.5g
SODIUM	44mg	18mg

Ingredients: Coconut Milk, Raspberries, Coconut Nectar, Chocolate Sauce.

Girl Crush

NUTRITION INFORMATION

Serving size: 300g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	657kJ (157Cal)	219kJ (52Cal)
PROTEIN	1.1g	0.4g
FAT, TOTAL	0.5g	0.2g
- SATURATED	less than 0.1g	0.0g
CARBOHYDRATE	33.1g	11.0g
- SUGARS	32.1g	10.7g
SODIUM	4mg	1mg

Ingredients: Apple Juice, Mixed Berries.