

Your four-week meal plan

Lunch and dinner • Six days a week

Enjoy grilled chicken, fish, prawns and with plenty of vegetables, cauliflower rice and zucchini noodles. Selected bowls include a small portion of plain oats. Your menu is prepared without added sugar, white flour or white rice.

What is included

Every delivery day includes lunch, dinner, one unsweetened drink and one small yoghurt cup. You have one day without delivery each week.

Subscription	Included meals
One day trial	One lunch and one dinner
Two weeks	12 delivery days · 24 main meals
Four weeks	24 delivery days · 48 main meals

For a two-week subscription, follow Weeks 1 and 2. For a four-week subscription, follow the full menu.

Your portion options

Choose Standard or Larger. Larger servings include more protein and vegetables, with the same cauliflower rice, zucchini noodles and oat portions. Let us know your preferred portion and any dietary requirements when ordering.

Try a day

Lunch: Grilled Chicken Cauliflower Bowl

Dinner: Fish and Zucchini Noodle Bowl

Drink: Lemon-mint infused water

Small cup: Plain yoghurt with fresh berries

A note for customers managing diabetes

No added sugar does not mean sugar-free or carbohydrate-free. Oats, yoghurt, berries and vegetables contain carbohydrate. This menu covers lunch and dinner only; your portions and the rest of your daily meals should fit the plan agreed with your diabetes care team.

Before you order

Please tell us about food allergies or other medical dietary needs. Meals may contain fish, shellfish, milk, soy, wheat or sesame, depending on ingredients. Confirm suitability with us before ordering. Individual meal carbohydrate and calorie values are not provided in this menu.

Meet your meals

Your four-week menu rotates these nine bowls. Each comes with non-starchy vegetables such as broccoli, spinach, peppers, cabbage or green beans.

Grilled Fish Cauliflower Bowl

Grilled fish with cauliflower rice, a small serving of plain oats, lemon and herbs.

Grilled Chicken Cauliflower Bowl

Grilled chicken with cauliflower rice, plain oats and an unsweetened herb yoghurt sauce.

Chicken and Zucchini Stir Fry

Chicken and zucchini noodles tossed with ginger, garlic and wheat-free reduced-salt tamari with no added sugar.

Creamy Prawn Cauliflower Bowl

Prawns with cauliflower rice and a light sauce made with plain yoghurt, lemon and herbs.

Fish and Zucchini Noodle Bowl

Fish with zucchini noodles, vegetables and a lemon and herb sauce.

Vegetable Zucchini Bowl

Firm zucchini noodles and vegetables with ginger and garlic.

Garlic Shrimp Zucchini Bowl

Shrimp and zucchini noodles finished with garlic, lemon and herbs.

Spicy Chicken Zucchini Broth Bowl

Chicken, zucchini noodles and vegetables in a reduced-salt broth with fresh chilli.

Creamy Shrimp and Mushroom Bowl

Shrimp, mushrooms and cauliflower rice with a plain yoghurt sauce.

Oats and accompaniments

The grilled fish and grilled chicken cauliflower bowls each include oats made from 25 g dry oats per serving. Drinks are unsweetened. Small cups use 100 g plain yoghurt with berries, cinnamon or chia seeds, as shown in your weekly menu.

Week 1

Lunch and dinner are included on Days 1 to 6. Each day also includes the drink and small yoghurt cup shown below.

Day	Lunch	Dinner
1	Grilled Chicken Cauliflower Bowl	Fish and Zucchini Noodle Bowl
2	Grilled Fish Cauliflower Bowl	Chicken and Zucchini Stir Fry
3	Creamy Prawn Cauliflower Bowl	Vegetable Zucchini Bowl
4	Grilled Chicken Cauliflower Bowl	Garlic Shrimp Zucchini Bowl
5	Grilled Fish Cauliflower Bowl	Spicy Chicken Zucchini Broth Bowl
6	Chicken and Zucchini Stir Fry	Creamy Shrimp and Mushroom Bowl

Your daily extras

Day	Drink	Small cup
1	Lemon-mint infused water	Plain yoghurt with fresh berries
2	Cucumber-mint infused water	Plain yoghurt with cinnamon
3	Unsweetened ginger-lemon tea	Plain yoghurt with soaked chia seeds
4	Berry-infused water	Plain yoghurt with fresh berries
5	Lemon-mint infused water	Plain yoghurt with cinnamon
6	Cucumber-mint infused water	Plain yoghurt with soaked chia seeds

All yoghurt is plain and unsweetened. Berry cups contain 30 g fresh berries; chia cups contain 5 g chia seeds weighed before soaking. Infused waters contain no juice, syrup or added sugar.

Day 7

No scheduled delivery. Continue your usual meal plan with food prepared at home.

Week 2

Lunch and dinner are included on Days 1 to 6. Each day also includes the drink and small yoghurt cup shown below.

Day	Lunch	Dinner
1	Grilled Fish Cauliflower Bowl	Garlic Shrimp Zucchini Bowl
2	Grilled Chicken Cauliflower Bowl	Vegetable Zucchini Bowl
3	Creamy Prawn Cauliflower Bowl	Chicken and Zucchini Stir Fry
4	Grilled Fish Cauliflower Bowl	Spicy Chicken Zucchini Broth Bowl
5	Grilled Chicken Cauliflower Bowl	Fish and Zucchini Noodle Bowl
6	Creamy Shrimp and Mushroom Bowl	Garlic Shrimp Zucchini Bowl

Your daily extras

Day	Drink	Small cup
1	Lemon-mint infused water	Plain yoghurt with fresh berries
2	Cucumber-mint infused water	Plain yoghurt with cinnamon
3	Unsweetened ginger-lemon tea	Plain yoghurt with soaked chia seeds
4	Berry-infused water	Plain yoghurt with fresh berries
5	Lemon-mint infused water	Plain yoghurt with cinnamon
6	Cucumber-mint infused water	Plain yoghurt with soaked chia seeds

All yoghurt is plain and unsweetened. Berry cups contain 30 g fresh berries; chia cups contain 5 g chia seeds weighed before soaking. Infused waters contain no juice, syrup or added sugar.

Day 7

No scheduled delivery. Continue your usual meal plan with food prepared at home.

Week 3

Lunch and dinner are included on Days 1 to 6. Each day also includes the drink and small yoghurt cup shown below.

Day	Lunch	Dinner
1	Grilled Chicken Cauliflower Bowl	Fish and Zucchini Noodle Bowl
2	Creamy Prawn Cauliflower Bowl	Chicken and Zucchini Stir Fry
3	Grilled Fish Cauliflower Bowl	Garlic Shrimp Zucchini Bowl
4	Grilled Chicken Cauliflower Bowl	Spicy Chicken Zucchini Broth Bowl
5	Vegetable Zucchini Bowl	Creamy Shrimp and Mushroom Bowl
6	Grilled Fish Cauliflower Bowl	Chicken and Zucchini Stir Fry

Your daily extras

Day	Drink	Small cup
1	Lemon-mint infused water	Plain yoghurt with fresh berries
2	Cucumber-mint infused water	Plain yoghurt with cinnamon
3	Unsweetened ginger-lemon tea	Plain yoghurt with soaked chia seeds
4	Berry-infused water	Plain yoghurt with fresh berries
5	Lemon-mint infused water	Plain yoghurt with cinnamon
6	Cucumber-mint infused water	Plain yoghurt with soaked chia seeds

All yoghurt is plain and unsweetened. Berry cups contain 30 g fresh berries; chia cups contain 5 g chia seeds weighed before soaking. Infused waters contain no juice, syrup or added sugar.

Day 7

No scheduled delivery. Continue your usual meal plan with food prepared at home.

Week 4

Lunch and dinner are included on Days 1 to 6. Each day also includes the drink and small yoghurt cup shown below.

Day	Lunch	Dinner
1	Creamy Prawn Cauliflower Bowl	Fish and Zucchini Noodle Bowl
2	Grilled Chicken Cauliflower Bowl	Garlic Shrimp Zucchini Bowl
3	Grilled Fish Cauliflower Bowl	Vegetable Zucchini Bowl
4	Chicken and Zucchini Stir Fry	Spicy Chicken Zucchini Broth Bowl
5	Grilled Chicken Cauliflower Bowl	Creamy Shrimp and Mushroom Bowl
6	Grilled Fish Cauliflower Bowl	Garlic Shrimp Zucchini Bowl

Your daily extras

Day	Drink	Small cup
1	Lemon-mint infused water	Plain yoghurt with fresh berries
2	Cucumber-mint infused water	Plain yoghurt with cinnamon
3	Unsweetened ginger-lemon tea	Plain yoghurt with soaked chia seeds
4	Berry-infused water	Plain yoghurt with fresh berries
5	Lemon-mint infused water	Plain yoghurt with cinnamon
6	Cucumber-mint infused water	Plain yoghurt with soaked chia seeds

All yoghurt is plain and unsweetened. Berry cups contain 30 g fresh berries; chia cups contain 5 g chia seeds weighed before soaking. Infused waters contain no juice, syrup or added sugar.

Day 7

No scheduled delivery. Continue your usual meal plan with food prepared at home.

To arrange your meals, tell us your subscription choice, preferred portion size and any food allergies or dietary requirements.