



THE

HEALTH SHACK

EAT FRESH. EAT HEALTHY.

MEAL PREP SET MENU



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www.thehealthshack.co.uk

CHICKEN DISHES

CHICKEN TERIYAKI WITH EGG NOODLES
(WEIGHT 450g, KCAL 475, PROTEIN 45g, CARBS 38g, SALT 2g, FAT 8g)

CHICKEN WITH MUSHROOM SAUCE & SWEET POTATO WEDGES
(WEIGHT 450g, KCAL 500, PROTEIN 45g, CARBS 20g, SALT 3g, FAT 12g)

CHICKEN ROGAN JOSH & WHITE RICE
(WEIGHT 450g, KCAL 475, PROTEIN 45g, CARBS 42g, SALT 2g, FAT 9g)

SWEET CHILLI CHICKEN & SWEET POTATO WEDGES
(WEIGHT 450g, KCAL 450, PROTEIN 45g, CARBS 20g, SALT 2g, FAT 11g)

BBQ CHICKEN & EGG NOODLES
(WEIGHT 450g, KCAL 470, PROTEIN 45g, CARBS 38g, SALT 2g, FAT 9g)

PERI PERI CHICKEN & SWEET POTATO WEDGES
(WEIGHT 450g, KCAL 480, PROTEIN 45g, CARBS 20g, SALT 3g, FAT 8g)

CAJUN CHICKEN & WHITE RICE
(WEIGHT 450g, KCAL 450, PROTEIN 45g, CARBS 45g, SALT 2g, FAT 7g)

STEAK DISHES

STEAK WITH PEPPERCORN SAUCE & SWEET POTATO WEDGES
(WEIGHT 450g, KCAL 500, PROTEIN 35g, CARBS 20g, SALT 2g, FAT 11g)

STEAK ROGAN JOSH & WHITE RICE
(WEIGHT 450g, KCAL 475, PROTEIN 35g, CARBS 42g, SALT 2g, FAT 8g)

SWEET CHILLI STEAK & EGG NOODLES
(WEIGHT 450g, KCAL 490, PROTEIN 35g, CARBS 38g, SALT 2g, FAT 9g)

STEAK TERIYAKI & EGG NOODLES
(WEIGHT 450g, KCAL 480, PROTEIN 35g, CARBS 38g, SALT 3g, FAT 11g)

STEAK WITH MUSHROOM SAUCE & WHITE RICE
(WEIGHT 450g, KCAL 500, PROTEIN 35g, CARBS 42g, SALT 2g, FAT 12g)

FISH DISHES

SWEET CHILLI SALMON & EGG NOODLES
(WEIGHT 450g, KCAL 470, PROTEIN 30g, CARBS 38g, SALT 2g, FAT 14g)

SALMON WITH TOMATO & BASIL SAUCE & WHITE RICE
(WEIGHT 450g, KCAL 480, PROTEIN 30g, CARBS 38g, SALT 2g, FAT 14g)

COD WITH WHITE SAUCE AND SWEET POTATO MASH
(WEIGHT 450g, KCAL 500, PROTEIN 25g, CARBS 35g, SALT 3g, FAT 8g)

MARINATED SWEET CHILLI KING PRAWNS WITH EGG NOODLES
(WEIGHT 450g, KCAL 490, PROTEIN 22g, CARBS 38g, SALT 2g, FAT 8g)

VEGATARIAN DISHES

MIXED VEGETABLE CURRY

(WEIGHT 450g, KCAL 470, PROTEIN 15g, CARBS 42g, SALT 2g, FAT 14g)

MIXED VEGETABLE STIR FRY

(WEIGHT 450g, KCAL 470, PROTEIN 15g, CARBS 42g, SALT 3g, FAT 12g)

MUSHROOM RISOTTO

(WEIGHT 450g, KCAL 500, PROTEIN 18g, CARBS 45g, SALT 2g, FAT 15g)

WRAPS

BBQ

(WEIGHT 400g, KCAL 400, PROTEIN 35g, CARBS 30g, SALT 2g, FAT 11g)

PERI PERI

(WEIGHT 400g, KCAL 400, PROTEIN 35g, CARBS 30g, SALT 2g, FAT 12g)

CAJUN

(WEIGHT 400g, KCAL 400, PROTEIN 35g, CARBS 30g, SALT 2g, FAT 9g)