

# Prep Meals

Chicken Tikka Masala & Rice

Crispy Pork Noodles

Pesto Salmon & Mash

Grilled Chicken with Mushroom Sauce

Pork Steaks & Mash with Bacon Gravy

Shepards Pie

Honey & Garlic Chicken with Salmon

Brisket Ragu Pasta

Roast Pork & Celeriac Mash

Cajun Chicken Pasta

Spiced Lamb & Couscous

Beef Chilli & Rice with Sour Cream

Chimichuri Chicken & Dirty Rice