

06



PREPARED MEALS MENU

PRICES START FROM \$14.50PP
SUBJECT TO SIZE AND MACROS.

Coconut Crumbed Chicken w Sauteed Greens

Mexican Burrito Bowl

Coconut Chicken Curry w Wild Rice

Thai Chicken Noodle Salad w Almond Butter Satay

Pan Fried Salmon w Sauteed Greens

Clean Fried Chicken w Kim Chi Slaw

Paleo Beef Lasagne

Nourishing Greens Bowl

Chicken Broth Bowl

Buckwheat Spiral Bolognese

**Custom meals can be designed on request.
Visit www.nourishmeals.com.au for our full
prepared meals range.**