

## JENNY CRAIG – PRODUCT INGREDIENTS AND ALLERGENS

<b>Product:</b>	<b>BBQ BITES</b>	<b>NUTRITIONAL INFORMATION</b>	
<b>Ingredients:</b>	Wheat Starch, Sunflower Oil, Soya Bean Solids (18%), Sugar, BBQ Flavour (4%) (Milk) [Spice Extract (160c), Acidity Regulator (330)], Onion Powder, Malt Extract (Barley), Soy Sauce Powder (Soy, Wheat), Garlic Powder, Herbs	<b>Servings per package:</b> 1	<b>Serving size:</b> 30g
<b>Allergens:</b>	<b>Contains Gluten (Wheat, Barley), Soy and Milk.</b>  <b>May Contain Peanuts, Tree Nuts and Sesame.</b>	<b>Avg qty/serving</b>	<b>Avg qty/100g</b>
		<b>Energy</b>	636 kJ (152 Cal)      2120 kJ (507 Cal)
		<b>Protein</b>	1.5g      5.0g
		<b>Fat, total</b>	8.5g      28.4g
		<b>-Saturated</b>	Less than 1g      1.8g
		<b>Carbohydrate</b>	16.2g      54.0g
		<b>-Sugars</b>	2.6g      8.6g
		<b>Sodium</b>	126mg      420mg

<b>Product:</b>	<b>BEAN &amp; CHEESE BURRITO</b>	<b>NUTRITIONAL INFORMATION</b>	
<b>Ingredients:</b>	Cooked Pinto Beans (34%) (Water, Pinto Beans), Wheat Flour (Wheat Flour, Thiamine, Folic Acid), Water, Tomatoes, Cheese (7%) (Milk, Culture, Salt, Non Animal Rennet), Cooked Rice (6%) (Water, Rice), Tortilla Pre-Mix [Sugar, Wheat Flour, Mineral Salts (450, 500, 508), Thickener (1422), Emulsifiers (481, 472e), Acidity Regulator (297), Enzyme (1100), Flour Treatment Agent (920)], Wheat Bran, Shortening [Vegetable Oil, Antioxidant (320)], Onion, Thickener (1422), Chilli Puree, Wheat Starch, Salt, Herbs & Spices, Sugar, Garlic (Garlic, Salt).	<b>Servings per package:</b> 1	<b>Serving size:</b> 150g
<b>Allergens:</b>	<b>Contains Gluten (Wheat) and Milk.</b>  <b>May Contain Egg and Soy.</b>	<b>Avg qty/serving</b>	<b>Avg qty/100g</b>
		<b>Energy</b>	1170 kJ (280 Cal)      778 kJ (186 Cal)
		<b>Protein</b>	10.2g      6.8g
		<b>Fat, total</b>	8.3g      5.5g
		<b>-Saturated</b>	4.2g      2.8g
		<b>Carbohydrate</b>	36.4g      24.3g
		<b>-Sugars</b>	1.8g      1.2g
		<b>Sodium</b>	346mg      231mg

<b>Product:</b>	<b>BEEF BURRITO</b>	<b>NUTRITIONAL INFORMATION</b>	
<b>Ingredients:</b>	Beef Burrito Filling [Water, Beef (17%), Capsicum (8.5%), Rice (7.5%), Black Bean, Onion, Tomato, Spices, Cheese (1%) (Milk), Thickener (1422), Yeast Extract, Canola Oil, Tomato Paste, Rice Flour, Salt, Garlic, Chili Paste, Vegetable Gums (412, 415), Sugar, Herbs, Lime Juice Concentrate, Acidity Regulator (330), Smoke Flavour], Wholemeal Tortilla Wrap (30%) [Wholemeal Flour (Thiamine, Folic Acid), Wheat Flour (Thiamine, Folic Acid), Water, Vegetable Oil, Sugar, Baking Powder, Acidity Regulator (297), Mineral Salt (500), Salt, Yeast].	<b>Servings per package:</b> 1	<b>Serving size:</b> 215g
<b>Allergens:</b>	<b>Contains Gluten (Wheat) and Milk.</b>  <b>May Contain Soy, Peanuts and Tree Nuts.</b>	<b>Avg qty/serving</b>	<b>Avg qty/100g</b>
		<b>Energy</b>	1710 kJ (411 Cal)      797 kJ (191 Cal)
		<b>Protein</b>	21.3g      9.9g
		<b>Fat, total</b>	11.6g      5.4g
		<b>-Saturated</b>	4.5g      2.1g
		<b>Carbohydrate</b>	51.2g      23.8g
		<b>-Sugars</b>	3.0g      1.4g
		<b>Sodium</b>	727mg      338mg

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Product:	BEEF LASAGNE	NUTRITIONAL INFORMATION		
<b>Ingredients:</b>	Meat Sauce [Beef (15%), Tomato (12%) (Tomato, Acidity Regulator (330), Firming Agent (509)), Water, Vegetables (Onion, Carrot, Celery), Tomato Paste, Thickener (1422), Sugar, Canola Oil, Salt, Garlic, Spices, Herbs, Yeast Extract], Béchamel Sauce (23%) [Water, Milk Solids, Thickener (1422), Flavours (Wheat, Milk) ((Flavour Enhancers (627, 631), Colour (150a)), Cream (0.2%) (Milk), Maltodextrin, Spices, Salt, Herb), Cooked Pasta (20%) (Water, Wheat Semolina), Cheeses (Milk), Spice.	<b>Servings per package: 1    Serving size: 350g</b>		
			<b>Avg qty/serving</b>	<b>Avg qty/100g</b>
<b>Allergens:</b>	<b>Contains Gluten (Wheat) and Milk.</b> <b>May Contain Peanuts and Tree Nuts.</b>	<b>Energy</b>	1400 kJ (333 Cal)	400 kJ (95 Cal)
		<b>Protein</b>	20.0g	5.7g
		<b>Fat, total</b>	8.4g	2.4g
		<b>-Saturated</b>	4.9g	1.4g
		<b>Carbohydrate</b>	42.0g	12.0g
		<b>-Sugars</b>	6.0g	1.7g
		<b>Sodium</b>	735mg	210mg

Product:	BEEF PIE	NUTRITIONAL INFORMATION		
<b>Ingredients:</b>	Water, Beef (26%), Wheat Flour, Margarine (Soy), Thickeners (1422, 412), Textured Soy Protein (Soy), Flavour (Soy), Onion, Colour (150a), Mineral Salts (508, 341, 500), Emulsifier (481), Rice Flour, Glaze [Maltodextrin (Wheat), Colour (160b)], Pepper.	<b>Servings per package: 1    Serving size: 150g</b>		
			<b>Avg qty/serving</b>	<b>Avg qty/100g</b>
<b>Allergens:</b>	<b>Contains Gluten (Wheat) and Soy.</b> <b>May Contain Egg and Milk.</b>	<b>Energy</b>	1070 kJ (256 Cal)	711 kJ (170 Cal)
		<b>Protein</b>	13.9g	9.2g
		<b>Fat, total</b>	7.9g	5.2g
		<b>-Saturated</b>	4.1g	2.7g
		<b>Carbohydrate</b>	30.8g	20.5g
		<b>-Sugars</b>	1.6g	1.0g
		<b>Sodium</b>	450mg	300mg

Product:	BUTTER CHICKEN	NUTRITIONAL INFORMATION		
<b>Ingredients:</b>	Butter Chicken [Cooked Marinated Chicken (23%) (Chicken, Water, Salt, Sugar, Fibre, Pea Starch, Stabilisers (451, 450 or 339, 452), Flavour, Spice Extracts), Water, Butter (Milk), Onion, Tomato Paste (2%), Yoghurt (Milk), Milk Solids, Wheat Fibre, Sugar, Spices, Apple Juice Concentrate, Mango Chutney, Thickeners (1422, 1404, 1440), Canola Oil, Ginger, Garlic, Salt, Chicken Flavour (Wheat) (Flavour Enhancers (627, 631)), Herbs, Colour (160c)], Cooked Pilau Rice (35%) [Water, Basmati Rice, Canola Oil, Spices, Onion, Sugar, Ginger, Salt, Yeast Extract, Vegetable Gum (415)], Green Peas (9%).	<b>Servings per package: 1    Serving size: 300g</b>		
			<b>Avg qty/serving</b>	<b>Avg qty/100g</b>
<b>Allergens:</b>	<b>Contains Gluten (Wheat) and Milk.</b> <b>May Contain Peanuts and Tree Nuts.</b>	<b>Energy</b>	1510 kJ (360 Cal)	502 kJ (120 Cal)
		<b>Protein</b>	19.2g	6.4g
		<b>Fat, total</b>	15.3g	5.1g
		<b>-Saturated</b>	6.6g	2.2g
		<b>Carbohydrate</b>	36.3g	12.1g
		<b>-Sugars</b>	8.7g	2.9g
		<b>Sodium</b>	618mg	206mg

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Product:	CHEESE & CHIVE OMELETTE	NUTRITIONAL INFORMATION	
<b>Ingredients:</b>	Whole Egg (60%), Water, Sweetcorn (10%), Cheese (7%) [Milk, Salt, Starter Cultures, Non-Animal Rennet, Non-Animal Lipase, Anti-Caking Agent (460)], Skim Milk Powder, Sunflower Oil, Chives (1.5%), Maize Starch, Vegetable Gums (412, 415), Salt.	<b>Servings per package: 1</b>	<b>Serving size: 100g</b>
		<b>Avg qty/serving</b>	<b>Avg qty/100g</b>
<b>Allergens:</b>	<b>Contains Egg &amp; Milk.</b>	<b>Energy</b>	979 kJ (234 Cal)
		<b>Protein</b>	16.1g
		<b>Fat, total</b>	15.4g
		<b>-Saturated</b>	5.6g
		<b>Carbohydrate</b>	8.0g
		<b>-Sugars</b>	4.7g
		<b>Sodium</b>	452mg

Product:	CHEESY BAKED POTATO	NUTRITIONAL INFORMATION	
<b>Ingredients:</b>	Potato (30%) [Potato, Antioxidant (450)], Water, Broccoli (18%), Milk, Maltodextrin, Cheese (3%) (Milk), Skim Milk Solids, Canola Oil, Wheat Flour, Whey Powder (Milk), Thickener (1422), Breadcrumbs (Wheat), Cream (Milk), Flavour (Milk), Salt, Mineral Salt (451), Spices.	<b>Servings per package: 1</b>	<b>Serving size: 200g</b>
		<b>Avg qty/serving</b>	<b>Avg qty/100g</b>
<b>Allergens:</b>	<b>Contains Gluten (Wheat) and Milk.</b>  <b>May Contain Peanuts and Tree Nuts.</b>	<b>Energy</b>	896 kJ (213 Cal)
		<b>Protein</b>	7.4g
		<b>Fat, total</b>	7.0g
		<b>-Saturated</b>	2.2g
		<b>Carbohydrate</b>	30.0g
		<b>-Sugars</b>	9.2g
		<b>Sodium</b>	434mg

Product:	CHICKEN PAD THAI	NUTRITIONAL INFORMATION	
<b>Ingredients:</b>	Pad Thai Sauce (33%) [Water, Peanut Butter, Sugar, Canola Oil, Thickener (1422), Fish Sauce, Garlic, Vinegar, Coriander, Chilli Paste, Tamarind Paste, Salt, Lime Juice Concentrate, Lemon Pulp, Colour (160c), Lemongrass], Cooked Rice Noodles (26%) [Water, Rice Noodles (Rice Flour, Water)], Vegetables (19%) [Carrot, Bean Sprouts (Bean Sprouts, Water, Salt, Acidity Regulator (330)), Spring Onions, Spinach, Leek], Cooked Marinated Chicken (10%) [Chicken, Water, Salt, Sugar, Fibre, Pea Starch, Stabilisers (451, 450 or 339, 452), Flavour, Spice Extracts], Egg (9%), Soy Protein, Canola Oil, Spice, Coriander.	<b>Servings per package: 1</b>	<b>Serving size: 300g</b>
		<b>Avg qty/serving</b>	<b>Avg qty/100g</b>
<b>Allergens:</b>	<b>Contains Egg, Fish, Peanuts and Soy.</b>  <b>May Contain Tree Nuts.</b>	<b>Energy</b>	1480 kJ (351 Cal)
		<b>Protein</b>	20.1g
		<b>Fat, total</b>	12.6g
		<b>-Saturated</b>	2.1g
		<b>Carbohydrate</b>	40.5g
		<b>-Sugars</b>	9.0g
		<b>Sodium</b>	675mg

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## JENNY CRAIG – PRODUCT INGREDIENTS AND ALLERGENS

Product:	CHICKEN SATAY	NUTRITIONAL INFORMATION		
<b>Ingredients:</b>	Satay Peanut Sauce (45%) [Water, Peanut Butter, Onion, Tomato Paste, Coconut Cream, Thickener (1422), Brown Sugar, Ginger, Spices, Garlic, Yeast Extract, Soy Sauce (Wheat), Salt, Red Curry Paste (Crustacea), Sesame Oil, Fish Sauce, Tamarind Paste], Cooked Rice (39%) (Water, Rice), Cooked Marinated Chicken (16%) [Chicken, Water, Salt, Sugar, Fibre, Pea Starch, Stabilisers (451, 450 or 339, 452), Flavour, Spice Extracts].	<b>Servings per package: 1    Serving size: 280g</b>		
			<b>Avg qty/serving</b>	<b>Avg qty/100g</b>
		<b>Energy</b>	1550 kJ (370 Cal)	554 kJ (132 Cal)
		<b>Protein</b>	18.8g	6.7g
		<b>Fat, total</b>	11.8g	4.2g
		<b>-Saturated</b>	2.2g	Less than 1g
		<b>Carbohydrate</b>	47.0g	16.8g
		<b>-Sugars</b>	5.0g	1.8g
		<b>Sodium</b>	554mg	198mg
<b>Allergens:</b>	<b>Contains Gluten (Wheat), Crustacea, Fish, Peanuts, Soy and Sesame.</b> <b>May Contain Tree Nuts.</b>			

Product:	CHOC CHIP BITES	NUTRITIONAL INFORMATION		
<b>Ingredients:</b>	Flour [Wheat Flour (Thiamine, Folic Acid), Raising Agents (339, 341, 450, 500)], Vegetable Shortening [Vegetable Oil, Water, Salt, Emulsifiers (471, 322), Flavour, Vitamins (A, D, E)], Brown Sugar, Milk Compound Chocolate (9%) (Sugar, Emulsifier (492), Milk Solids, Cocoa Solids, Emulsifier (322 Soy), Vanilla Flavour, Salt], Sugar, Egg, Water, Flavour.	<b>Servings per package: 1    Serving size: 30g</b>		
			<b>Avg qty/serving</b>	<b>Avg qty/100g</b>
		<b>Energy</b>	585 kJ (140 Cal)	1950 kJ (466 Cal)
		<b>Protein</b>	2.0g	6.6g
		<b>Fat, total</b>	5.9g	19.5g
		<b>-Saturated</b>	2.1g	6.9g
		<b>Carbohydrate</b>	19.8g	65.9g
		<b>-Sugars</b>	9.3g	30.9g
		<b>Sodium</b>	119mg	398mg
<b>Allergens:</b>	<b>Contains Gluten (Wheat), Milk, Egg and Soy.</b> <b>May Contain Sesame, Peanuts and Tree Nuts.</b>			

Product:	CHOCOLATE PUDDING	NUTRITIONAL INFORMATION		
<b>Ingredients:</b>	Water, Sponge Mix [Wheat Flour, Sugar, Whipping Agent (Emulsifiers (472b, 477), Glucose, Milk Solids), Raising Agents (450, 500), Milk Solids, Vegetable Oil (Antioxidant (307)), Salt, Vegetable Gum (415), Natural Flavour], Modified Starch (1400), Dark Chocolate (10%) [Sugars, Cocoa Mass, Cocoa Butter, Milk Solids, Emulsifiers (322 Soy), 476), Flavours], Egg, Apple Puree, Cocoa Powder (4.5%), Sugar, Cream (Milk), Canola Oil, Thickener (1422), Brown Sugar, Butter (Milk).	<b>Servings per package: 1    Serving size: 80g</b>		
			<b>Avg qty/serving</b>	<b>Avg qty/100g</b>
		<b>Energy</b>	709 kJ (169 Cal)	886 kJ (212 Cal)
		<b>Protein</b>	2.7g	3.4g
		<b>Fat, total</b>	6.6g	8.3g
		<b>-Saturated</b>	3.2g	4.0g
		<b>Carbohydrate</b>	21.1g	26.4g
		<b>-Sugars</b>	13.7g	17.1g
		<b>Sodium</b>	105mg	131mg
<b>Allergens:</b>	<b>Contains Gluten (Wheat), Egg, Milk and Soy.</b> <b>May Contain Gluten (Oats, Barley), Lupin, Peanuts, Sesame &amp; Tree Nuts.</b>			

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## JENNY CRAIG – PRODUCT INGREDIENTS AND ALLERGENS

Product:	CHUNKY VEGETABLE SOUP	NUTRITIONAL INFORMATION		
<b>Ingredients:</b>	Vegetables (28%) (Potato, Carrot, Celery, Onion, Zucchini, Kale), Water, Tomatoes (15%) [Acidity Regulator (330)], Chickpeas (5%), Navy Beans, Tomato Paste, Canola Oil, Corn Starch, Garlic, Sugar, Salt, Rice Flour, Herb & Spice, Emulsifier [322 (Soy)], Vegetable Gum (412).	<b>Servings per package: 1    Serving size: 330g</b>		
			<b>Avg qty/serving</b>	<b>Avg qty/100g</b>
<b>Allergens:</b>	<b>Contains Soy.</b> <b>May Contain Gluten (Barley) and Lupin.</b>	<b>Energy</b>	1240 kJ (294 Cal)	375 kJ (89 Cal)
		<b>Protein</b>	10.2g	3.1g
		<b>Fat, total</b>	11.9g	3.6g
		<b>-Saturated</b>	1.0g	Less than 1g
		<b>Carbohydrate</b>	34.6g	10.5g
		<b>-Sugars</b>	10.2g	3.1g
		<b>Sodium</b>	614mg	186mg

Product:	COTTAGE PIE	NUTRITIONAL INFORMATION		
<b>Ingredients:</b>	Meat Sauce [Beef (23%), Water, Tomatoes (Tomato, Acidity Regulator (330), Firming Agent (509)), Vegetables (11%) (Onion, Carrot, Peas, Celery), Thickener (1422), Sugar, Salt, Worcestershire Sauce, Yeast Extract, Spices, Malt Powder (Barley), Herbs], Mashed Potato (35%) [Water, Potato Flake (Potatoes, Emulsifier (471), Acidity Regulator (330)), Milk, Butter (Milk), Milk Solids, Salt, Spice], Breadcrumbs (Wheat), Cheese (Milk), Spice, Herb.	<b>Servings per package: 1    Serving size: 280g</b>		
			<b>Avg qty/serving</b>	<b>Avg qty/100g</b>
<b>Allergens:</b>	<b>Contains Gluten (Wheat and Barley) and Milk.</b> <b>May Contain Peanuts and Tree Nuts.</b>	<b>Energy</b>	1408 kJ (339 Cal)	503 kJ (121 Cal)
		<b>Protein</b>	19.9g	7.1g
		<b>Fat, total</b>	14.6g	5.2g
		<b>-Saturated</b>	7.3g	2.6g
		<b>Carbohydrate</b>	31.6g	11.3g
		<b>-Sugars</b>	3.9g	1.4g
		<b>Sodium</b>	823mg	297mg

Product:	CREAMY VEGETABLE PAPPARDELLE	NUTRITIONAL INFORMATION		
<b>Ingredients:</b>	Cooked Pasta (36%) (Water, Wheat Semolina), Cream Sauce (43%) [Water, Milk, Sour Cream (Milk), Cream (2%) (Milk), Thickener (1422), Parmesan Cheese (2%) (Milk), Flavours (Milk, Wheat) (Flavour Enhancers (627, 631)), Garlic, Butter (Milk), Salt, Herb, Spice], Vegetables (19%) (Capsicum, Mushroom, Pumpkin, Spinach, Zucchini, Sweet Potato, Broccoli, Onion), Parmesan Cheese (1%) (Milk), Spice, Herb.	<b>Servings per package: 1    Serving size: 220g</b>		
			<b>Avg qty/serving</b>	<b>Avg qty/100g</b>
<b>Allergens:</b>	<b>Contains Gluten (Wheat) and Milk.</b> <b>May Contain Peanuts and Tree Nuts.</b>	<b>Energy</b>	1060 kJ (251 Cal)	480 kJ (114 Cal)
		<b>Protein</b>	9.0g	4.1g
		<b>Fat, total</b>	6.2g	2.8g
		<b>-Saturated</b>	4.0g	1.8g
		<b>Carbohydrate</b>	38.7g	17.6g
		<b>-Sugars</b>	3.1g	1.4g
		<b>Sodium</b>	453mg	206mg

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Product: FALAFEL SALAD		NUTRITIONAL INFORMATION		
Ingredients:	Lentils (24%), Falafels (24%) [Chickpeas, Water, Canola Oil, Onion, Potato, Garlic, Spices, Salt, Herb, Raising Agent (500)], Carrot, Couscous (12%) (Water, Wheat Flour, Rosemary Extract), Freekeh (Wheat), Dressing (10.5%) [Water, Vinegar, Olive Oil, Lemon Juice, Sugar, Seeded Mustard (Acidity Regulator (260)), Salt, Garlic, Herbs and Spices, Thickener (412), Dehydrated Vegetables (Onion, Garlic)], Spring Onion, Parsley.	Servings per package: 1    Serving size: 190g		
			Avg qty/serving	Avg qty/100g
Allergens:	<b>Contains Gluten (Wheat).</b>  <b>May Contain Gluten (Barley), Egg, Lupin, Sesame and Tree Nuts.</b>	Energy	1160 kJ (277 Cal)	611 kJ (146 Cal)
		Protein	10.1g	5.3g
		Fat, total	9.1g	4.8g
		-Saturated	1.0g	Less than 1g
		Carbohydrate	30.8g	16.2g
		-Sugars	4.8g	2.5g
		Sodium	391mg	206mg

Product: LAMB MOUSSAKA		NUTRITIONAL INFORMATION		
Ingredients:	Mornay Sauce (43%) [Water, Milk, Butter (Milk), Wheat Flour, Thickeners (1422, 1450), Cheese (Milk), Milk Solids, Salt, Yeast Extract, Lemon Juice Concentrate, Spices], Meat Ragù Sauce [Lamb (8%), Tomato (Tomato, Acidity Regulator (330), Firming Agent (509)), Water, Tomato Paste, Onion, Carrot, Celery, Thickener (1422), Canola Oil, Yeast Extract, Garlic, Spices, Salt, Sugar, Herbs, Colour (160c)], Potatoes [Potatoes (13%), Vegetable Oil], Eggplant (9%), Cheese (Milk), Paprika.	Servings per package: 1    Serving size: 280g		
			Avg qty/serving	Avg qty/100g
Allergens:	<b>Contains Gluten (Wheat) and Milk.</b>  <b>May contain Peanuts and Tree Nuts.</b>	Energy	1330 kJ (316 Cal)	474 kJ (113 Cal)
		Protein	11.8g	4.2g
		Fat, total	16.5g	5.9g
		-Saturated	9.0g	3.2g
		Carbohydrate	25.5g	9.1g
		-Sugars	6.4g	2.3g
		Sodium	728mg	260mg

Product: LIGHT & TANGY VEGGIE CRISPS		NUTRITIONAL INFORMATION		
Ingredients:	Tapioca Flour, Vegetable Cassava (17%), Sunflower Oil, Light & Tangy Seasoning (8%) [Sugar, Maize Maltodextrin, Vegetable Powders (1.5%) (Tomato, Onion, Celery), Salt, Acidity Regulators (262, 330), Yeast Extracts, Maize Starch, Parsley, Spices (including Paprika Extract), Anti-Caking Agent (551), Vegetable Oil, Flavours], Sugar, Salt, Raising Agent (500).	Servings per package: 1    Serving size: 25g		
			Avg qty/serving	Avg qty/100g
Allergens:	<b>May Contain Milk, Peanuts, Sesame, Soy and Tree Nuts.</b>	Energy	473 kJ (113 Cal)	1890 kJ (452 Cal)
		Protein	Less than 1g	1.4g
		Fat, total	4.1g	16.5g
		-Saturated	Less than 1g	1.6g
		Carbohydrate	18.2g	72.7g
		-Sugars	2.4g	9.6g
		Sodium	177mg	709mg

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Product:	MEXICAN-STYLE SLOW COOKED PORK	NUTRITIONAL INFORMATION		
<b>Ingredients:</b>	Cooked White and Brown Rice (27%) (Water, Rice), Tomato [Tomato, Tomato Juice, Acidity Regulator (330)], Marinated Pulled Pork (13%) [Pork, Water, Pre-Mix (Dextrose, Salt, Tapioca Starch, Vegetable Fibre, Stabiliser (407), Acidity Regulator (500)], Red Capsicum, Corn, Red Kidney Beans, Water, Onion, Tomato Paste, Yeast Extract, Spices, Canola Oil, Brown Sugar, Corn Starch, Salt, Coriander, Lemon Juice Concentrate, Dehydrated Garlic, Thickener (412), Chipotle Chilli (0.01%).	<b>Servings per package: 1    Serving size: 300g</b>		
			<b>Avg qty/serving</b>	<b>Avg qty/100g</b>
<b>Allergens:</b>	<b>May Contain Gluten (Wheat, Rye, Barley, Oats, Spelt) and Soy.</b>	<b>Energy</b>	1400 kJ (334 Cal)	466 kJ (111 Cal)
		<b>Protein</b>	22.4g	7.5g
		<b>Fat, total</b>	6.8g	2.3g
		<b>-Saturated</b>	1.2g	Less than 1g
		<b>Carbohydrate</b>	42.9g	14.3g
		<b>-Sugars</b>	8.3g	2.8g
		<b>Sodium</b>	727mg	242mg

Product:	OREGANO & THYME CRUNCHIES	NUTRITIONAL INFORMATION		
<b>Ingredients:</b>	Potato Flour (48%), Sunflower Oil, Rice Flour (7%), Corn Flour, Pumpkin Flour (4%), Sugar, Sea Salt, Vegetable Powders (Garlic, Onion, Celery), Yeast Extracts, Spices (Paprika, Turmeric), Parsley, Oregano & Thyme Seasoning (0.1%).	<b>Servings per package: 1    Serving size: 25g</b>		
			<b>Avg qty/serving</b>	<b>Avg qty/100g</b>
<b>Allergens:</b>	<b>May Contain Gluten, Peanuts, Tree Nuts, Soy, Milk and Sesame.</b>	<b>Energy</b>	523 kJ (125 Cal)	2090 kJ (500 Cal)
		<b>Protein</b>	1.0g	4.1g
		<b>Fat, total</b>	6.9g	27.8g
		<b>-Saturated</b>	Less than 1g	3.0g
		<b>Carbohydrate</b>	14.0g	56.0g
		<b>-Sugars</b>	1.0g	4.1g
		<b>Sodium</b>	175mg	702mg

Product:	PANNA COTTA	NUTRITIONAL INFORMATION		
<b>Ingredients:</b>	Buttermilk Powder, Skim Milk Powder, Sugar, Gelatine, Thickener (1422), Dietary Fibre, Flavours, Canola Oil.	<b>Servings per package: 1    Serving size: 30g</b>		
			<b>Avg qty/serving</b>	<b>Avg qty/100g</b>
<b>Allergens:</b>	<b>Contains Milk.</b>	<b>Energy</b>	489 kJ (117 Cal)	1630 kJ (390 Cal)
		<b>Protein</b>	7.2g	24.1g
		<b>Fat, total</b>	1.1g	3.8g
		<b>-Saturated</b>	Less than 1g	2.2g
		<b>Carbohydrate</b>	18.5g	61.7g
		<b>-Sugars</b>	16.6g	55.3g
		<b>Sodium</b>	81mg	270mg

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## JENNY CRAIG – PRODUCT INGREDIENTS AND ALLERGENS

Product:	PUMPKIN & FETTA RICE SALAD	NUTRITIONAL INFORMATION		
<b>Ingredients:</b>	Cooked Brown Rice (43%) (Water, Brown Rice), Pumpkin (22%), Fetta Cheese (10%) [Milk, Salt, Firming Agent (509), Acidity Regulator (575), Cultures, Rennet], Citrus Dressing (8%) [Water, Orange Juice, Canola Oil, Lemon Juice, White Vinegar, Honey, Sugar, Salt, Vegetable Gums (412, 415, Dextrose), Ginger, Spices, Orange Oil, Spice Extract, Acidity Regulator (330)], Spinach (5%), Coriander & Cumin Dressing (5%) [Canola Oil, Water, Sugar, Lemon Juice, White Vinegar, Salt, Herbs and Spices, Garlic, Vegetable Gums (412, 415), Acidity Regulator (330), Onion Powder, Coriander Oil, Spice Extract, Flavour], Onion, Parsley.	<b>Servings per package: 1    Serving size: 200g</b>		
			<b>Avg qty/serving</b>	<b>Avg qty/100g</b>
		<b>Energy</b>	1154 kJ (276 Cal)	577 kJ (138 Cal)
		<b>Protein</b>	7.0g	3.5g
		<b>Fat, total</b>	11.2g	5.6g
		<b>-Saturated</b>	3.7g	1.8g
		<b>Carbohydrate</b>	36.1g	18.0g
		<b>-Sugars</b>	7.1g	3.5g
		<b>Sodium</b>	565mg	283mg
		<b>Allergens:</b>	<b>Contains Milk.</b>	
	<b>May Contain Peanuts and Tree Nuts (Almond).</b>			

Product:	QUICHE LORRAINE	NUTRITIONAL INFORMATION		
<b>Ingredients:</b>	Water, Wheat Flour, Bacon (12%) [Pork, Water, Salt, Sugar, Dextrose, Mineral Salts (450, 451, 452), Antioxidant (316), Preservative (250)], Egg (8%), Canola Oil, Spring Onion, Milk Solids, Cheddar Cheese (1.5%) (Milk), Wheat & Oat Fibre, Thickener (1442), Flour Treatment Agent (Wheat), Salt, Baking Powder (Wheat), Pepper.	<b>Servings per package: 1    Serving size: 150g</b>		
			<b>Avg qty/serving</b>	<b>Avg qty/100g</b>
		<b>Energy</b>	1170 kJ (279 Cal)	776 kJ (185 Cal)
		<b>Protein</b>	12.8g	8.5g
		<b>Fat, total</b>	14.3g	9.5g
		<b>-Saturated</b>	3.4g	2.3g
		<b>Carbohydrate</b>	23.8g	15.9g
		<b>-Sugars</b>	1.0g	Less than 1g
		<b>Sodium</b>	472mg	314mg
		<b>Allergens:</b>	<b>Contains Gluten (Wheat, Oat), Milk and Egg.</b>	
	<b>May contain Soy.</b>			

Product:	ROASTED VEGETABLE PIZZA	NUTRITIONAL INFORMATION		
<b>Ingredients:</b>	Pizza Base (50%) [Wheat Flour (Thiamine, Folate), Dough Additive (Sugar, Mineral Salts (450, 500, 508), Thickener (1422), Emulsifiers (481, 472e), Acidity Regulator (297), Enzyme (1100), Raising Agent (920), Canola Oil], Roasted Vegetables (23%) (Capsicum, Pumpkin, Zucchini, Onion), Water, Tomato Passata [Tomato, Acidity Regulator (330)], Fetta Cheese (8%) [Milk, Salt, Mineral Salt (509), Lactic Cultures, Non-Animal Rennet, Anti-Caking Agent (406)], Tomato Paste, Onion, Sugar, Seasoning (Wheat), Garlic, Thickener (1422), Salt, Pepper.	<b>Servings per package: 1    Serving size: 170g</b>		
			<b>Avg qty/serving</b>	<b>Avg qty/100g</b>
		<b>Energy</b>	1300 kJ (310 Cal)	764 kJ (183 Cal)
		<b>Protein</b>	10.0g	5.8g
		<b>Fat, total</b>	10.0g	5.9g
		<b>-Saturated</b>	3.4g	2.0g
		<b>Carbohydrate</b>	41.8g	24.6g
		<b>-Sugars</b>	4.4g	2.6g
		<b>Sodium</b>	379mg	223mg
		<b>Allergens:</b>	<b>Contains Gluten (Wheat) and Milk.</b>	
	<b>May contain Egg and Soy.</b>			

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## JENNY CRAIG – PRODUCT INGREDIENTS AND ALLERGENS

Product:	ROASTED VEGGIE ALL ROUND	NUTRITIONAL INFORMATION		
<b>Ingredients:</b>	Wheat Flour (Thiamine, Folic Acid), Water, Roasted Vegetables (Pumpkin, Capsicum, Zucchini, Onion), Cheese [Milk, Salt, Rennet (Non-Animal), Starter Culture], Tomato [Acidity Regulator (330)], Dough Mix (Wheat, Soy) [Mineral Salt (508), Emulsifier (481), Vegetable Gum (412), Flour Treatment Agent (300), Enzyme], Sugar, Kibble Wheat, Kibble Rye, Wheat Bran, Thickener (1422), Wheat Semolina, Yeast, Salt, Seasoning (Wheat), Malt Extract (Barley), Thickener (461), Pepper, Garlic Salt.	<b>Servings per package: 1    Serving size: 120g</b>		
			<b>Avg qty/serving</b>	<b>Avg qty/100g</b>
<b>Allergens:</b>	<b>Contains Gluten (Wheat, Rye, Barley), Milk and Soy.</b> <b>May Contain Egg.</b>	<b>Energy</b>	1050 kJ (251 Cal)	878 kJ (209 Cal)
		<b>Protein</b>	9.3g	7.7g
		<b>Fat, total</b>	6.6g	5.5g
		<b>-Saturated</b>	3.7g	3.1g
		<b>Carbohydrate</b>	35.4g	29.5g
		<b>-Sugars</b>	4.5g	3.8g
		<b>Sodium</b>	321mg	267mg

Product:	SALMON LINGUINE	NUTRITIONAL INFORMATION		
<b>Ingredients:</b>	Dill Sauce (48%) [Water, Milk Solids, Onion, Sour Cream (Milk), Thickener (1422), Wheat Flour, Parmesan Cheese (Milk), Salt, Yeast Extract, Dill (0.2%), Flavours (Wheat, Barley, Milk), Garlic, Acidity Regulator (451), Spice, Colour (160b)], Cooked Pasta (33%) (Water, Durum Wheat Semolina, Canola Oil), Salmon (11%), Green Beans (8%).	<b>Servings per package: 1    Serving size: 300g</b>		
			<b>Avg qty/serving</b>	<b>Avg qty/100g</b>
<b>Allergens:</b>	<b>Contains Gluten (Wheat, Barley), Fish and Milk.</b> <b>May Contain Peanuts and Tree Nuts.</b>	<b>Energy</b>	1370 kJ (327 Cal)	456 kJ (109 Cal)
		<b>Protein</b>	17.7g	5.9g
		<b>Fat, total</b>	9.6g	3.2g
		<b>-Saturated</b>	2.7g	Less than 1g
		<b>Carbohydrate</b>	40.8g	13.6g
		<b>-Sugars</b>	9.0g	3.0g
		<b>Sodium</b>	804mg	268mg

Product:	SALTED CARAMEL NUT BAR	NUTRITIONAL INFORMATION		
<b>Ingredients:</b>	Nuts (57%) (Almonds, Peanuts, Walnuts), Compound Milk Chocolate (19%) [Sugar, Vegetable Oil, Whey Powder (Milk), Full Cream Milk Powder, Cocoa Powder, Emulsifier (322, Soy), Flavour], Honey, Glucose, Puffed Rice, Chicory Extract, Sea Salt (1%).	<b>Servings per package: 1    Serving size: 30g</b>		
			<b>Avg qty/serving</b>	<b>Avg qty/100g</b>
<b>Allergens:</b>	<b>Contains Milk, Soy, Peanuts and Tree Nuts (Almonds and Walnuts).</b> <b>May Contain Gluten, Sesame and Other Tree Nuts.</b>	<b>Energy</b>	643 kJ (154 Cal)	2140 kJ (512 Cal)
		<b>Protein</b>	3.9g	12.9g
		<b>Fat, total</b>	11.0g	36.7g
		<b>-Saturated</b>	2.7g	9.1g
		<b>Carbohydrate</b>	10.2g	34.0g
		<b>-Sugars</b>	7.2g	24.1g
		<b>Sodium</b>	140mg	465mg

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## JENNY CRAIG – PRODUCT INGREDIENTS AND ALLERGENS

Product: <b>SHORTBREAD BITES</b>		NUTRITIONAL INFORMATION	
<b>Ingredients:</b>	Wheat Flour (Thiamine, Folic Acid), Vegetable Shortening [Sunflower Oil, Canola Oil, Vegetable Oil, Water, Salt, Emulsifiers (471, 322), Flavour, Vitamins (A, D2, E)], Sugar, Egg, Lemon Oil (0.1%).	<b>Servings per package: 1    Serving size: 30g</b>	
			<b>Avg qty/100g</b>
		<b>Avg qty/serving</b>	
		<b>Energy</b>	634 kJ (152 Cal)    2110 kJ (504 Cal)
		<b>Protein</b>	2.0g    6.8g
		<b>Fat, total</b>	8.1g    26.8g
		<b>-Saturated</b>	2.0g    6.6g
		<b>Carbohydrate</b>	17.8g    59.3g
		<b>-Sugars</b>	5.6g    18.8g
		<b>Sodium</b>	36mg    119mg
<b>Allergens:</b>	<b>Contains Gluten (Wheat) and Egg</b>		
	<b>May Contain Milk, Sesame, Soy, Peanuts, Tree Nuts and Lupins.</b>		

Product: <b>SPINACH &amp; RICOTTA CANNELLONI</b>		NUTRITIONAL INFORMATION	
<b>Ingredients:</b>	Napoli Sauce (29%) [Tomato (14%) (Tomatoes, Acidity Regulator (330), Mineral Salt (509)), Water, Onion, Tomato Paste (Tomatoes, Acidity Regulator (330)), Carrot, Celery, Thickener (1422), Sugar, Canola Oil, Herbs, Yeast Extract, Salt, Garlic, Spice], Cooked Pasta (17%) (Wheat Semolina, Water), Water, Ricotta Cheese (8%) [Milk, Acidity Regulator (260)], Spinach (8%), Milk, Carrot, Cheese (Milk), Thickener (1422), Canola Oil, Wheat Flour, Breadcrumbs (Wheat), Yeast Extract, Cheese Powder (Milk), Flavour (Milk), Spices, Yeast, Salt, Herbs, Lemon Juice Concentrate.	<b>Servings per package: 1    Serving size: 360g</b>	
			<b>Avg qty/100g</b>
		<b>Avg qty/serving</b>	
		<b>Energy</b>	1460 kJ (346 Cal)    405 kJ (96 Cal)
		<b>Protein</b>	14.8g    4.1g
		<b>Fat, total</b>	13.0g    3.6g
		<b>-Saturated</b>	5.0g    1.4g
		<b>Carbohydrate</b>	43.9g    12.2g
		<b>-Sugars</b>	7.2g    2.0g
		<b>Sodium</b>	587mg    163mg
<b>Allergens:</b>	<b>Contains Gluten (Wheat) and Milk.</b>		
	<b>May Contain Peanuts and Tree Nuts.</b>		

Product: <b>STICKY DATE PUDDING</b>		NUTRITIONAL INFORMATION	
<b>Ingredients:</b>	Water, Sponge Mix [Wheat Flour, Sugar, Whipping Agent (Emulsifiers (472b, 477), Glucose, Milk Solids), Raising Agents (450, 500), Milk Solids, Canola Oil (Antioxidant (307)), Salt, Vegetable Gum (415), Flavour], Dates (9%) (Dates, Rice Flour), Egg, Apple Puree, Wholemeal Wheat Flour [Wholemeal Wheat Flour, Vitamins (Thiamin, Folate)], Brown Sugar, Cream (Milk), Golden Syrup, Canola Oil, Sugar, Butter (Milk), Thickener (1422), Colour (150a).	<b>Servings per package: 1    Serving size: 70g</b>	
			<b>Avg qty/100g</b>
		<b>Avg qty/serving</b>	
		<b>Energy</b>	617 kJ (147 Cal)    881 kJ (210 Cal)
		<b>Protein</b>	1.7g    2.4g
		<b>Fat, total</b>	4.9g    7.0g
		<b>-Saturated</b>	1.8g    2.6g
		<b>Carbohydrate</b>	23.4g    33.4g
		<b>-Sugars</b>	16.0g    22.9g
		<b>Sodium</b>	94mg    135mg
<b>Allergens:</b>	<b>Contains Gluten (Wheat), Egg and Milk.</b>		
	<b>May Contain Gluten (Oats, Barley), Lupin, Peanuts, Sesame, Soy and Tree Nuts.</b>		

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## JENNY CRAIG – PRODUCT INGREDIENTS AND ALLERGENS

Product:	TRIO SPICE SNACK MIX	NUTRITIONAL INFORMATION		
Ingredients:	Roasted Peanuts (35%), Wheat Starch, Sunflower Oil, Soybean Solids, Salt, Spices (1%) (Turmeric, Cumin, Chilli).	Servings per package: 1    Serving size: 30g		
		<b>Avg qty/serving</b>	<b>Avg qty/100g</b>	
Allergens:	Contains Gluten (Wheat), Peanuts and Soy.  May Contain Gluten (Oats, Barley, Rye), Milk, Sesame and Tree Nuts.	<b>Energy</b>	690 kJ (165 Cal)	2300 kJ (550 Cal)
		<b>Protein</b>	3.9g	13.0g
		<b>Fat, total</b>	11.4g	38.0g
		<b>-Saturated</b>	1.6g	5.2g
		<b>Carbohydrate</b>	11.0g	36.5g
		<b>-Sugars</b>	1.4g	4.8g
		<b>Sodium</b>	174mg	581mg

Product:	TUNA BAKED POTATO	NUTRITIONAL INFORMATION		
Ingredients:	Potato (26%) [Potato, Antioxidant (450)], Water, Tuna (11%) (Tuna, Water, Salt), Skim Milk Solids, Onion, Cheese (4.5%) (Milk), Sweetcorn (3%), Canola Oil, Wheat Flour, Thickener (1422), Salt, Garlic, Spices, Flavours (Milk, Crustacea), Yeast Extract, Herbs, Celery Salt.	Servings per package: 1    Serving size: 200g		
		<b>Avg qty/serving</b>	<b>Avg qty/100g</b>	
Allergens:	Contains Gluten (Wheat), Milk, Fish and Crustacea.  May Contain Peanuts and Tree Nuts.	<b>Energy</b>	870 kJ (208 Cal)	435 kJ (104 Cal)
		<b>Protein</b>	12.8g	6.4g
		<b>Fat, total</b>	7.4g	3.7g
		<b>-Saturated</b>	2.8g	1.4g
		<b>Carbohydrate</b>	23.6g	11.8g
		<b>-Sugars</b>	7.2g	3.6g
		<b>Sodium</b>	494mg	247mg

Product:	VEGETABLE LASAGNE	NUTRITIONAL INFORMATION		
Ingredients:	Napoli Sauce (24%) [Tomato (Tomato, Acidity Regulator (330), Firming Agent (509)), Red Capsicum, Onion, Zucchini, Water, Thickener (1422), Tomato Paste, Canola Oil, Sugar, Flavour (Wheat) (Flavour Enhancers (627, 631), Colour (160c), Spices, Salt], Cooked Pasta (22%) [Wheat Semolina, Water], Vegetables (17%) [Spinach (8%), Cauliflower, Onion], Water, Milk, Cheeses (8%) (Milk), Thickener (1422), Canola Oil, Wheat Flour, Soy Protein, Flavour (Wheat) (Flavour Enhancers (627, 631)), Spices, Salt, Herbs.	Servings per package: 1    Serving size: 200g		
		<b>Avg qty/serving</b>	<b>Avg qty/100g</b>	
Allergens:	Contains Gluten (Wheat), Milk and Soy.  May Contain Peanuts and Tree Nuts.	<b>Energy</b>	930 kJ (222 Cal)	466 kJ (111 Cal)
		<b>Protein</b>	9.6g	4.8g
		<b>Fat, total</b>	8.4g	4.2g
		<b>-Saturated</b>	3.0g	1.5g
		<b>Carbohydrate</b>	26.8g	13.4g
		<b>-Sugars</b>	4.4g	2.2g
		<b>Sodium</b>	362mg	181mg

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## JENNY CRAIG – PRODUCT INGREDIENTS AND ALLERGENS

Product:	VEGETABLE TIKKA MASALA WITH PANEER CHEESE	NUTRITIONAL INFORMATION		
<b>Ingredients:</b>	Cooked Rice (38%) (Water, Basmati Rice), Vegetables (26%) (Cauliflower, Sweet Potato, Green Beans, Peas, Capsicum, Onion), Tikka Masala Sauce (26%) [Water, Tomato Paste (Tomatoes, Acidity Regulator (330)), Brown Sugar, Thickeners (1422, 1450), Milk Solids, Canola Oil, Yoghurt (Milk), Yeast Extract, Butter (Milk), Spices, Salt, Garlic, Ginger, Herbs, Apple Juice Concentrate, Acidity Regulator (330), Colour (160c)], Paneer Cheese (9%) [Milk, Firming Agent (509), Acidity Regulator (260)].	<b>Servings per package: 1    Serving size: 300g</b>		
			<b>Avg qty/serving</b>	<b>Avg qty/100g</b>
<b>Allergens:</b>	<b>Contains Milk.</b> <b>May Contain Peanuts and Tree Nuts.</b>	<b>Energy</b>	1390 kJ (333 Cal)	464 kJ (111 Cal)
		<b>Protein</b>	11.4g	3.8g
		<b>Fat, total</b>	9.0g	3.0g
		<b>-Saturated</b>	5.1g	1.7g
		<b>Carbohydrate</b>	54.3g	18.1g
		<b>-Sugars</b>	9.9g	3.3g
		<b>Sodium</b>	561mg	187mg

Product:	VEGETABLE TORTELLINI	NUTRITIONAL INFORMATION		
<b>Ingredients:</b>	Cooked Vegetable Tortellini (37%) [Water, Wheat Semolina, Ricotta Cheese (Milk), Breadcrumbs (Wheat, Rye), Mushrooms, Cheddar Cheese (Milk), Onion, Salt, Vegetable Oils, Garlic, Parsley, Spice], Tomato (25%) [Tomato, Water, Acidity Regulator (330), Mineral Salt (509)], Vegetables (20%) [Mushrooms (Mushrooms, Water, Salt, Antioxidant (300)), Onion, Capsicum, Spinach, Zucchini], Water, White Wine [Grapes, Acidity Regulators (334, 296), Preservative (220), Antioxidant (300)], Cream (Milk), Brown Sugar, Canola Oil, Thickener (1422), Flavour [Flavour Enhancers (627, 631)], Spices, Parmesan Cheese (0.4%) (Milk), Herbs.	<b>Servings per package: 1    Serving size: 225g</b>		
			<b>Avg qty/serving</b>	<b>Avg qty/100g</b>
<b>Allergens:</b>	<b>Contains Gluten (Wheat, Rye) and Milk.</b> <b>May Contain Egg, Fish, Lupin, Peanuts and Tree Nuts.</b>	<b>Energy</b>	988 kJ (236 Cal)	439 kJ (105 Cal)
		<b>Protein</b>	7.4g	3.3g
		<b>Fat, total</b>	6.8g	3.0g
		<b>-Saturated</b>	2.5g	1.1g
		<b>Carbohydrate</b>	34.4g	15.3g
		<b>-Sugars</b>	5.0g	2.2g
		<b>Sodium</b>	277mg	123mg

Product:	VEGETARIAN CHILLI	NUTRITIONAL INFORMATION		
<b>Ingredients:</b>	Cooked White and Brown Rice (34%) (Water, Rice), Water, Vegetables (13%) (Onion, Red Capsicum, Carrot), Tomato [Tomato, Acidity Regulator (330), Firming Agent (509)], Kidney Beans (5%) [Red Kidney Beans, Water, Salt, Sugar, Firming Agent (509)], Red Lentils (2%), Soy Protein, Canola Oil, Spices, Thickener (1422), Brown Sugar, Salt, Sugar, Yeast Extract.	<b>Servings per package: 1    Serving size: 280g</b>		
			<b>Avg qty/serving</b>	<b>Avg qty/100g</b>
<b>Allergens:</b>	<b>Contains Soy.</b> <b>May Contain Peanuts and Tree Nuts.</b>	<b>Energy</b>	1150 kJ (274 Cal)	409 kJ (98 Cal)
		<b>Protein</b>	10.6g	3.8g
		<b>Fat, total</b>	5.0g	1.8g
		<b>-Saturated</b>	Less than 1g	Less than 1g
		<b>Carbohydrate</b>	46.5g	16.6g
		<b>-Sugars</b>	5.9g	2.1g
		<b>Sodium</b>	479mg	171mg

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