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SAVOURY RICE

Chicken Tikka Style Curry

201kcal
850kJ

Suitable for
Vegetarians

You should always consult your doctor before starting any weight loss programme.

Nutritional Information

		Per 100g	% RI* per 100g	Per 54g serving	% RI* per serving
Energy	kJ	1574		850	
	kcal	373		201	
Fat	g	5.9		3.2	
Of which saturates	g	0.8		0.4	
Mono-unsaturates	g	0.8		0.4	
Polyunsaturates	g	2.5		1.4	
Carbohydrate	g	49.4		26.7	
Of which sugars	g	9.8		5.3	
Starch	g	37.2		20.1	
Fibre	g	5.5		2.9	
Protein	g	27.7		15.0	
Salt	g	2.4		1.3	
Vitamin A	µg	546.3	68	295.0	37
Vitamin D	µg	3.5	70	1.9	38
Vitamin E	mg	8.0	66	4.3	36
Vitamin K	µg	48.1	64	26.0	35
Vitamin C	mg	64.8	81	35.0	44
Thiamin	mg	0.9	84	0.5	45
Riboflavin	mg	1.1	79	0.6	43
Niacin	mg	10.4	65	5.6	35
Vitamin B6	mg	0.9	66	0.5	36
Folic acid	µg	127.8	64	69.0	35
Vitamin B12	µg	1.9	74	1.0	40
Biotin	µg	33.3	67	18.0	36
Pantothenic acid	mg	3.9	65	2.1	35
Potassium	mg	1439.8	72	777.5	39
Chloride	mg	1026.8	128	554.5	69
Calcium	mg	493.9	62	266.7	33
Phosphorus	mg	524.9	75	283.5	40
Magnesium	mg	231.5	62	125.0	33
Iron	mg	8.9	63	4.8	34
Zinc	mg	6.2	62	3.3	33
Copper	mg	0.6	62	0.3	33
Manganese	mg	1.2	62	0.7	33
Selenium	µg	33.9	62	18.3	33
Chromium	µg	31.9	80	17.3	43
Molybdenum	µg	30.8	62	16.7	33
Iodine	µg	92.6	62	50.0	33

*RI=Reference intake of an average adult (8400 kJ/2000 kcal).

Curry flavoured rice and textured wheat protein mix.

Ingredients: Precooked white rice, Curry seasoning (sugar, tomato powder, spice blend (turmeric, coriander, fenugreek, cumin, black pepper, cardamom, ginger, garlic, chilli, caraway, **celery**), hydrolysed **soya** protein, red and green bell peppers, yeast extract, flavouring, mango juice powder, onion powder, colour (curcumin, paprika extract)), Textured **wheat** protein, Skimmed **milk** powder, **Milk** protein, **Soya** protein isolate, Inulin, Pea protein, **Soya** lecithin, Conjugated linoleic acid powder (conjugated linoleic acid, sodium caseinate (**milk**), antioxidants: mixed tocopherols), Refined **soya** oil, Potassium phosphate, Potassium chloride, Bouillon (sea salt, potato starch, yeast extract, palm fat, vegetable powder (parsnip, onion, parsley), maltodextrin, sugar, spices (**celery**)), Calcium carbonate, Compound vitamin and mineral mixture (maltodextrin, ascorbic acid, ferrous fumarate, nicotinamide, vitamin E acetate, zinc oxide, calcium D-pantothenate, copper gluconate, manganese sulphate, thiamin hydrochloride, pyridoxine hydrochloride, riboflavin, vitamin A acetate, folic acid, potassium iodate, chromic chloride, sodium selenite, vitamin K, sodium molybdate, D-biotin, vitamin D3, vitamin B12), Magnesium oxide, Antioxidants (ascorbyl palmitate, tocopherol rich extract, acid: citric acid), Maltodextrin, Flavouring, Salt.

Allergen Advice: For allergens, including cereals containing gluten, **see ingredients in bold**. Not suitable for people with nut or sesame seeds allergy.

How to make your delicious Curry:

Pour contents into a deep microwaveable bowl. Add 100ml (or 120ml for a thinner consistency) hot water, stir well and leave for 10 minutes. Microwave† on full power for 40 seconds. Stir and microwave for another 40 seconds. Stir, allow to cool as **IT WILL BE VERY HOT**. Consume within 15 minutes. Once prepared do not re-heat.

†Microwave timings are based on a 900W (cat E) microwave. Check manufacturer's instructions for other wattage.

Store in a cool dry place away from direct sources of heat. Drink at least 2.25 litres of calorie-free liquid throughout the day with any Cambridge Weight Plan® programme. Use as directed by your Cambridge Weight Plan® Consultant.

This product is a meal replacement for weight control. In conjunction with everyday food, substituting two of the main daily meals of an energy restricted diet with meal replacements contributes to weight loss. This product may also be used as part of a Total Diet Replacement.

LAM379011

SAVOURY RICE

Thai Green Style Curry

200kcal
843kJ

Suitable for
Vegetarians

You should always consult your doctor before starting any weight loss programme.

Nutritional Information

		Per 100g	% RI* per 100g	Per 54g serving	% RI* per serving
Energy	kJ	1561		843	
	kcal	370		200	
Fat	g	6.5		3.5	
Of which saturates	g	1.8		1.0	
Mono-unsaturates	g	0.7		0.4	
Polysaturates	g	3.0		1.6	
Carbohydrate	g	48.0		25.9	
Of which sugars	g	10.7		5.8	
Starch	g	33.0		17.8	
Fibre	g	5.8		3.1	
Protein	g	26.9		14.5	
Salt	g	2.7		1.5	
Vitamin A	µg	592.6	74	320.0	40
Vitamin D	µg	3.5	70	1.9	38
Vitamin E	mg	7.4	62	4.0	33
Vitamin K	µg	46.3	62	25.0	33
Vitamin C	mg	64.3	80	34.7	43
Thiamin	mg	0.9	81	0.5	44
Riboflavin	mg	1.1	75	0.6	41
Niacin	mg	10.0	63	5.4	34
Vitamin B6	mg	0.9	62	0.5	34
Folic acid	µg	123.5	62	66.7	33
Vitamin B12	µg	1.5	61	0.8	33
Biotin	µg	31.3	63	16.9	34
Pantothenic acid	mg	3.8	63	2.0	34
Potassium	mg	1962.6	98	1059.8	53
Chloride	mg	1447.9	181	781.9	98
Calcium	mg	562.6	70	303.8	38
Phosphorus	mg	423.5	61	228.7	33
Magnesium	mg	235.0	63	126.9	34
Iron	mg	8.9	64	4.8	34
Zinc	mg	6.3	63	3.4	34
Copper	mg	0.6	62	0.3	33
Manganese	mg	1.2	62	0.7	33
Selenium	µg	34.2	62	18.5	34
Chromium	µg	32.0	80	17.3	43
Molybdenum	µg	30.8	62	16.7	33
Iodine	µg	92.7	62	50.1	33

*RI-Reference intake of an average adult (8400 kJ/2000 kcal).

Thai Green Curry flavoured rice and textured wheat protein mix.

Ingredients: Precooked white rice, Textured **wheat** protein, Thai green curry seasoning (dried glucose syrup, coconut powder (coconut milk powder (coconut kernel extract, maltodextrin, sodium caseinate (**milk**), lactose (**milk**), tri-calcium phosphate), desiccated coconut), onion powder, yeast extract, sugar, spinach powder, flavouring, kaffir lime leaf powder, red bell peppers, garlic powder, salt, coriander), Skimmed **milk** powder, **Soya** protein isolate, Pea protein, Conjugated linoleic acid powder (conjugated linoleic acid, sodium caseinate (**milk**), antioxidants: mixed tocopherols), Inulin, Dried red peppers, Potassium chloride, Calcium carbonate, Potassium phosphate, Compound vitamin and mineral mixture (maltodextrin, ascorbic acid, ferrous fumarate, nicotinamide, vitamin E acetate, zinc oxide, calcium D-pantothenate, copper gluconate, manganese sulphate, thiamin hydrochloride, pyridoxine hydrochloride, riboflavin, vitamin A acetate, folic acid, potassium iodate, chromic chloride, sodium selenite, vitamin K, sodium molybdate, D-biotin, vitamin D3, vitamin B12), Salt, Magnesium oxide, **Soya** lecithin, Antioxidants (ascorbyl palmitate, tocopherol rich extract, acid: citric acid), Flavouring.

Allergen Advice: For allergens, including cereals containing gluten, see ingredients in bold. Not suitable for people with nut or sesame seeds allergy.

How to make your delicious Curry:

Pour contents into a deep microwaveable bowl. Add 130-150ml of hot water, stir well and leave for 10 minutes. Microwave† on full power for 40 seconds. Stir and microwave for another 40 seconds. Stir, allow to cool as IT WILL BE VERY HOT. Consume within 15 minutes. Once prepared do not re-heat.

†Timings based on a 900W (cat E) microwave. Check manufacturer's instructions for other wattage.

Store in a cool dry place away from direct sources of heat. Drink at least 2.25 litres of calorie-free liquid throughout the day with any Cambridge Weight Plan® programme. Use as directed by your Cambridge Weight Plan® Consultant.

This product is a meal replacement for weight control. In conjunction with everyday food, substituting two of the main daily meals of an energy restricted diet with meal replacements contributes to weight loss. This product may also be used as part of a Total Diet Replacement.

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