



CLASSIC 5 & 7 DAY VEGETARIAN HAMPER

WHY FROZEN

7 DAYS OF CLEAN MEALS FOR FAT LOSS

DAY 1 MEAL PLAN

DAY 2 MEAL PLAN

DAY 3 MEAL PLAN

DAY 4 MEAL PLAN

DAY 5 MEAL PLAN

DAY 6 MEAL PLAN

DAY 7 MEAL PLAN



SLAC Foods

Some Facts about KSFL KITCHEN Fresh Frozen meals

Freezing food as a method of preservation is on the rise, and with good reason. According to a recent study by the University of Hamburg and the University of Applied Sciences in Hamburg, frozen food retains important vitamins and nutrients over a longer period of time than fresh or chilled food.

The scientists found that the vitamin C content of frozen food stored at minus 18 degrees after a year is still at 80%. However, food kept in the refrigerator, goes down to about 60% of vitamin C lost after just a few days.

Furthermore, the study comes to the conclusion that frozen vegetables, like fresh vegetables, can lower the risk of cancer and strengthen the immune system. In a refrigerator, more than 40% of the essential nutrients that reduce the risk of cancer are lost after a few days.

Since time and temperature are the main enemies of freshness, it is clear to the nutritionists that:

- Frozen Meals/ingredients are better than fresh because they are fresh when they are frozen
- Frozen meals are always in optimal condition
- Super-fast snap freezing process ensures that meals are as fresh and tasty as the day they were prepared
- Snap Freezing allows a manufacturer not to use preservatives, artificial colours, flavours, E-numbers or sweeteners





DAY 1 MEAL PLAN

Breakfast:

1 x 75g FRUIT GRANOLA (V) (VE) (DF)

Lunch:

1 X 250g POT - THAI GREEN VEG SOUP (V) (VE) (DF) (GF)

1 X 175g VEGETABLE BOLOGNAISE (V) (VE) (DF)

1 X 125g BROWN RICE (V) (VE) (DF) (GF)

Try mixing the soup with the chicken & rice to eat on the move.

Evening meal:

1 X 125g PEARL BARLEY & LENTIL MIX (DF) (V) (VE)

1 X 125g SWEET POTATO MASH (V) (VE) (DF) (GF)

1X 175g MOROCCAN CARROT & SQUASH TAGINE (V) (VE) (DF) (GF)

1 X 100g PEA & BEAN MIX (V) (VE) (DF) (GF)

Try mixing the noodles with the peas & beans.

1 x WHOLEGRAIN HONEY & MUSTARD (V) (VE) (DF)

Add the sauce to finish the meal in style.

1 x 100g STRAWBERRY & BANANA SMOOTHIE (V) (VE) (DF) (GF)

Have as an evening snack or at any time of day if you feel the need.



DAY 2 MEAL PLAN

Breakfast:

1 X 75g BLUEBERRY PORRIDGE (V) (VE) (DF)

Lunch:

1 X 250g POT – MINISTRONE SOUP (V) (DF) (GF)

To make a more substantial soup why not add the 1 x 125g PEARL BARLEY MIX (V) (VE) (DF)

Evening meal:

1 x 250g POT SPICY CHICK PEA & COCONUT BROTH (GF) (DF) (V) (VE)

1 X 125g WHOLEWHEAT NOODLES (V)

1 X 75g KALE(V) (VE) (DF) (GF)

Any time snacks:

1 x 35g NAKD COCOA & ORANGE SNACK BAR (V) (VE) (DF) (GF)

1 x 30g ALMONDS (V) (VE) (DF) (GF)



DAY 3 MEAL PLAN

Breakfast:

1 X 75g PORRIDGE (RASPBERRY) (V) (VE) (DF)

Mid morning snack:

100g SPINACH, KIWI, MANGO & KALE (V) (VE) (DF) (GF)

Lunch :

1 X 250g 5 BEAN MEXICAN SOUP (V) (VE) (DF)

1 x 125g WHOLEWHEAT PASTA (V)

1 X 100g PEA & BEAN MIX (V) (VE) (DF) (GF)

Evening meal :

1 X 250g LEEK & POTATO SOUP (V (VE) (GF)(DF)

1 X 125g BROWN RICE (V)(VE) (GF) (DF)

1 x 125g PEARL BARLEY & LENTIL MIX (V) (VE) (DF)

For an anytime snack: 1 x 30g CASHEW NUTS (V) (VE) (DF) (GF)



DAY 4 MEAL PLAN

Breakfast:

1 x 75g PORRIDGE (STRAWBERRY) (V) (VE) (DF)

A mid morning snack:

1x 100g STRAWBERRY, PEACH, PINEAPPLE & MANGO SMOOTHIE (V) (VE) (DF) (GF)

Lunch time:

1 x 175g CHICK PEA KORMA (V) (VE) (DF) (GF)

1 X 125g BROWN RICE (V) (VE) (DF) (GF)

1 X 75g KALE (V) (VE) (DF) (GF)

Evening meal:

1 x 175g CAULIFLOWER & BROCCOLI MORNAY NO CHEESE SAUCE(V) (VE) (DF) (GF)

1 x 175g VEG BOLOGNESE (V) (VE) (DF)

1 X 175g ROASTED MEDITERRANEAN VEGETABLES (V) (VE) (DF) (GF)



DAY 5 MEAL PLAN

Breakfast:

1 X 75g PORRIDGE (GOJI BERRIES) (V) (VE) (DF)

An anytime snack:

30g MIXED SEEDS (V) (VE) (DF) (GF)

Lunch : 1 X 250g POT – THAI GREEN VEG SOUP (V) (VE) (DF) (GF)

Why not add to your soup: 1 X 125g PEARL BARLEY MIX (V) (VE) (DF)

Evening meal:

1 X 175g 5 BEAN MEXICAN (V) (VE) (DF)

1 X 125g BROWN RICE (V) (VE) (DF) (GF)

1 X 125g BROCCOLI (V) (VE) (DF) (GF)

1 X 100g TOMATO & CHILLI SAUCE (V) (VE) (DF) (GF)



DAY 6 MEAL PLAN

Breakfast:

1 x 75g RASPBERRY PORRIDGE (V) (VE) DF)

Lunch:

1 X 250g POT - SPICED CHICK PEA & COCONUT BROTH (V) (VE) (DF) (GF)

1 X 125g PEARL BARLEY & LENTIL MIX (V) (VE) (DF) Add the pearl barley if you need more energy

Evening meal:

1 X 175g VEGETABLE JALFREZI (V) (VE) (DF) (GF)

1 X 125g BASMATI RICE (V) (GF) (VE)

1 X 125g BROCCOLI(V) (VE) (DF) (GF)

Anytime snack:

1 x 100g CARROT APPLE PINEAPPLE & GINGER (V) (VE) (DF) (GF)

1 x 30g ALMONDS (V) (VE) (GF) (DF)



DAY 7 MEAL PLAN

Breakfast:

1 x 75g NUT GRANOLA (V) (VE) (DF)

Lunch:

1 X 250G POT- MINISTRONE SOUP (V) (VE) (DF) (GF)

1 X 125G WHOLEWHEAT NOODLES (V)

1 X 125g VEGETABLE SPAGHETTI (V) (VE) (DF) (GF)

Evening meal:

1 X 175g CHICK PEA KORMA (V) (VE) (DF) (GF)

1 X 125g BROCCOLI (V) (GF) (DF) (VE)

1 X 125g BASMATI RICE (V) (VE) (DF)

Anytime snack:

1 X 30g CASHEW NUTS (V) (VE) (GF) (DF)

1 X 250g POT - FRENCH ONION SOUP (V) (VE) (DF) (GF)