

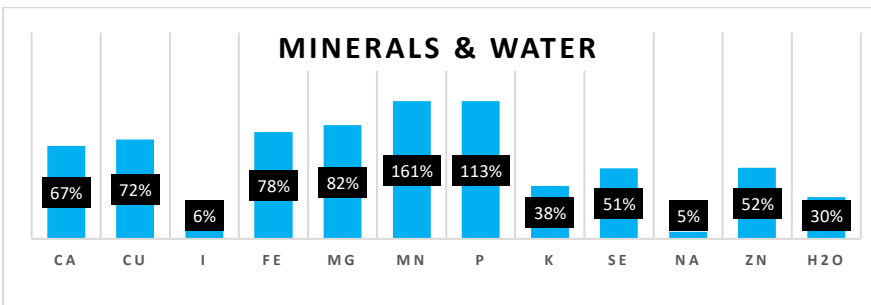
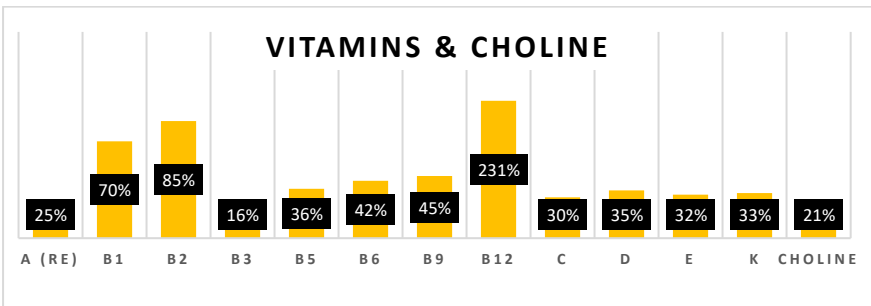
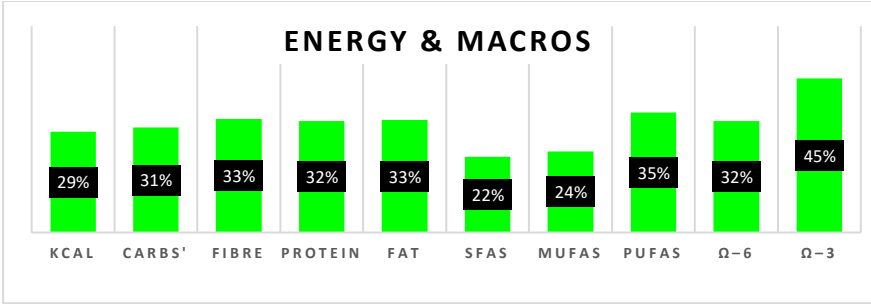
6WNP1 VEGAN RECIPE

NUTRITIONAL DATA

Maximum taste! Maximum nutrition!

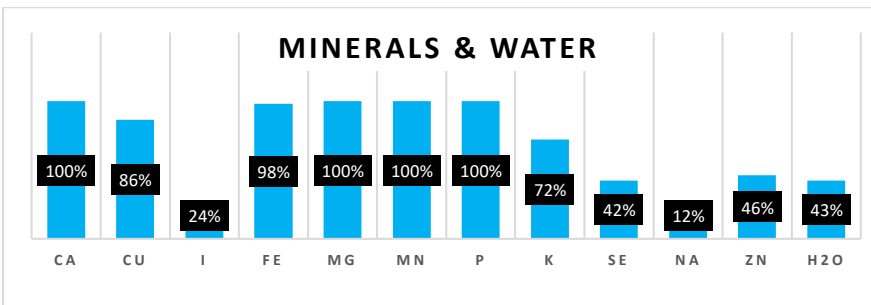
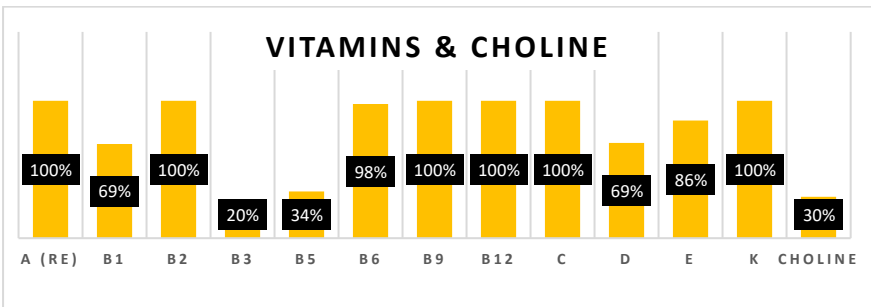
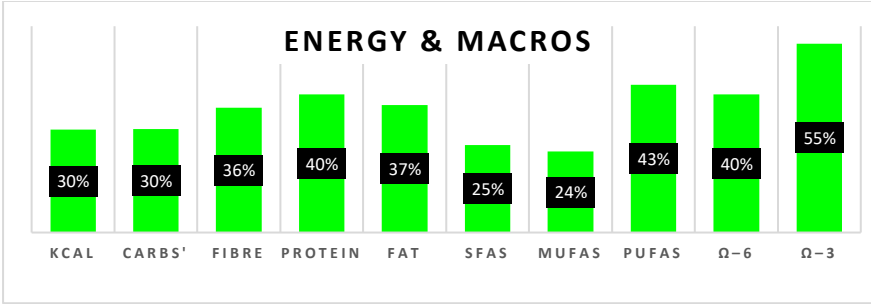
Oat Breakfast (V)

OMEGA 6:3 RATIO – 2:1



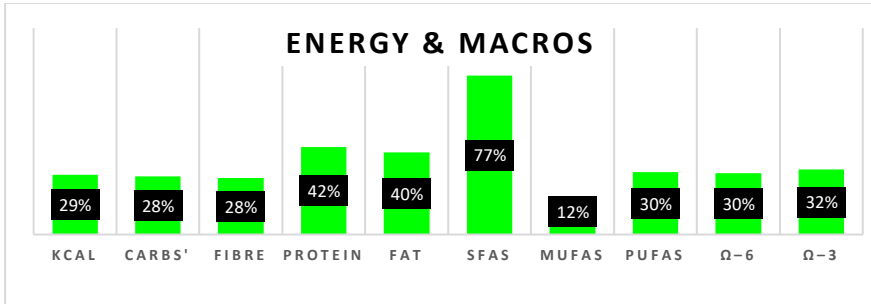
Easy Green Smoothie (V)

OMEGA 6:3 RATIO — 3:1

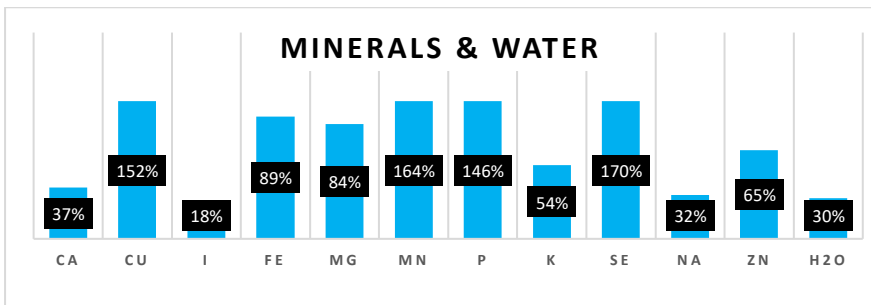
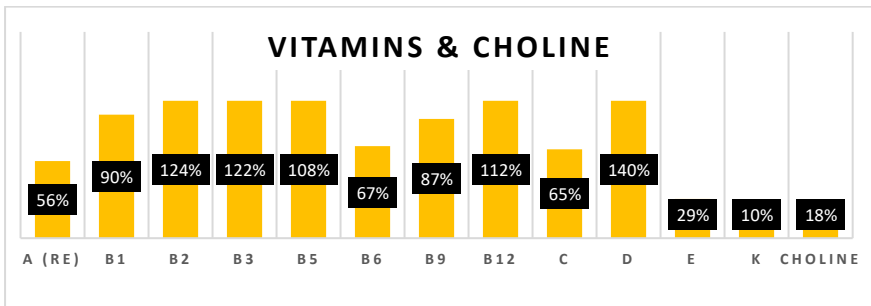


Mushroom Pasta (V)

OMEGA 6:3 RATIO — 4:1

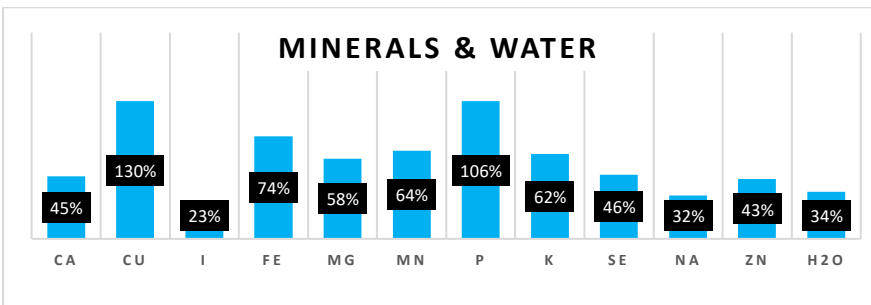
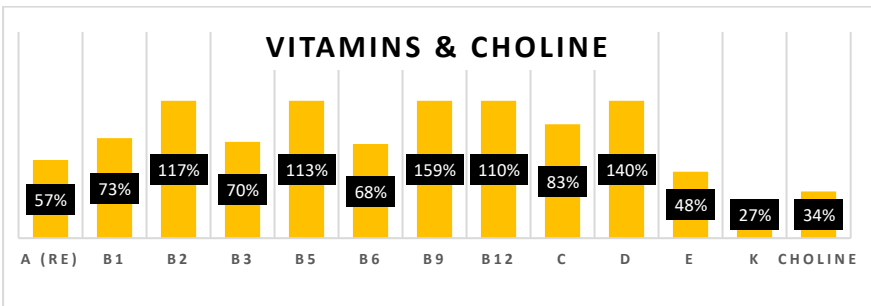
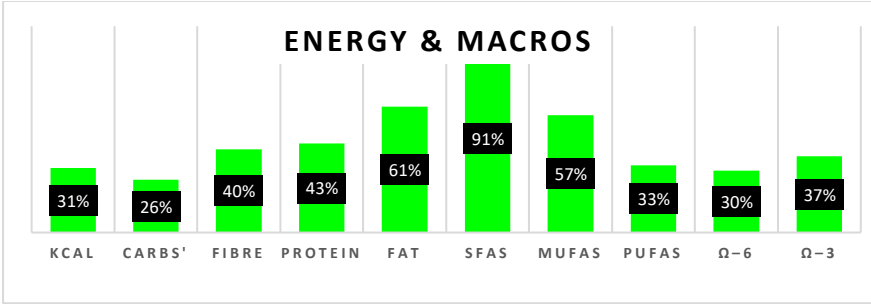


722kcal Kcal 126g Carbs' 21g Fibre 33g Protein 17.2g Fat 7.3g SFAs 1.75g MUFAs 5.73g PUFAs 4.52g ω-6 1.19g ω-3



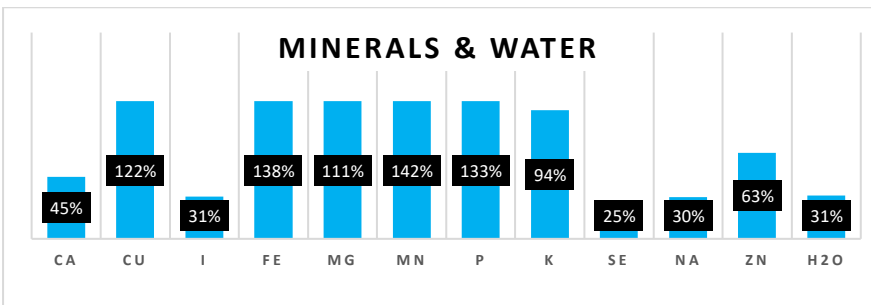
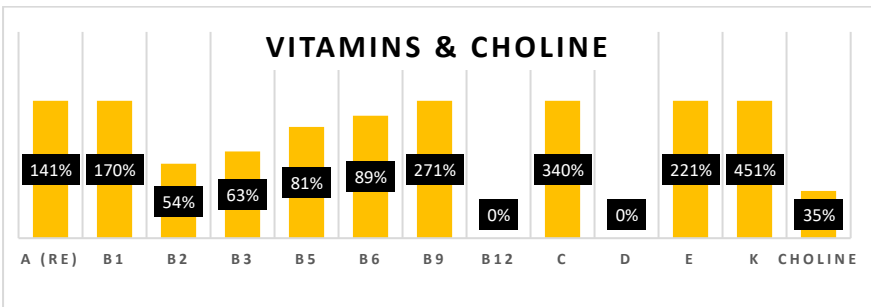
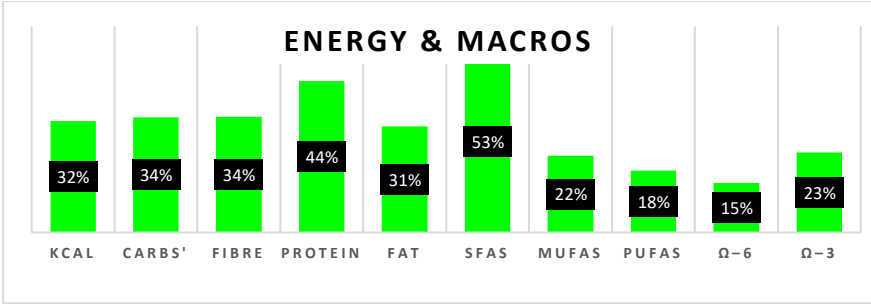
Mushroom Soup (V)

OMEGA 6:3 RATIO — 3:1



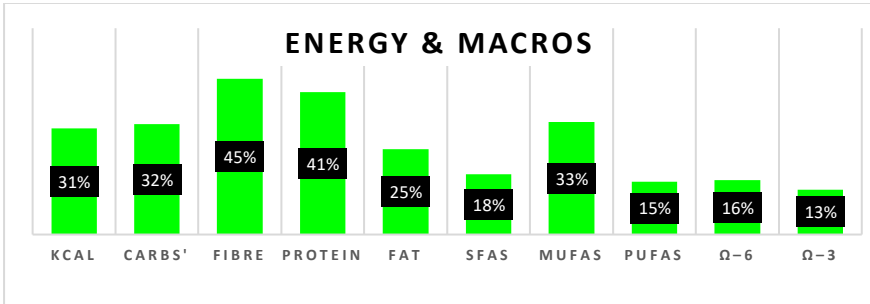
Pumpkin & Lentil Curry (V)

OMEGA 6:3 RATIO – 2:1

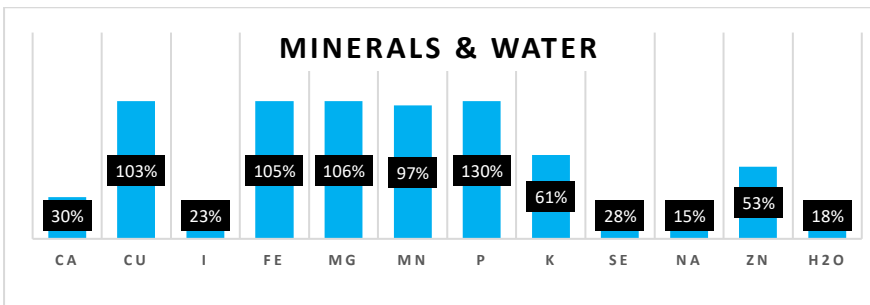
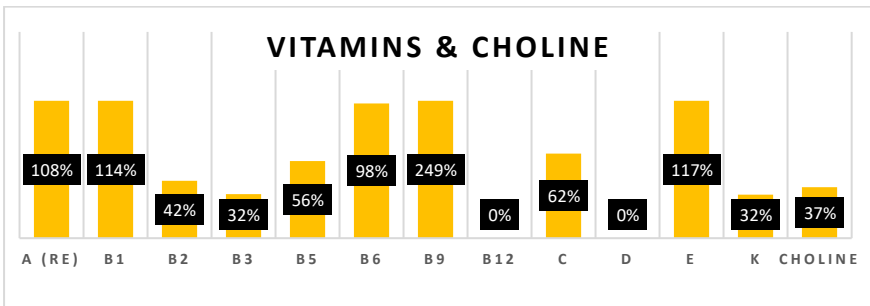


Lebanese Pinto Beans (V)

OMEGA 6:3 RATIO – 5:1

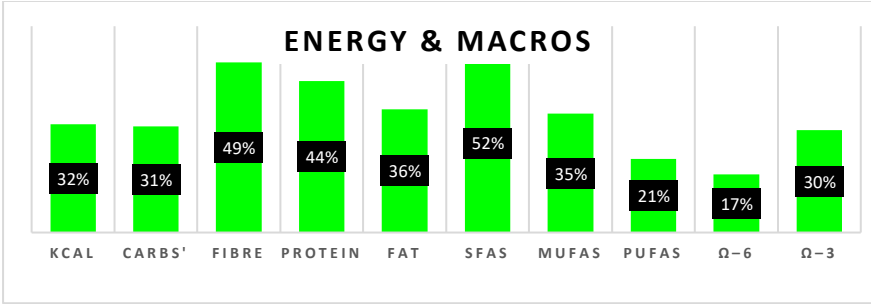


773kcal Kcal 144g Carbs' 34g Fibre 32g Protein 10.7g Fat 1.66g SFAs 4.78g MUFAs 2.92g PUFAs 2.39g ω-6 0.49g ω-3

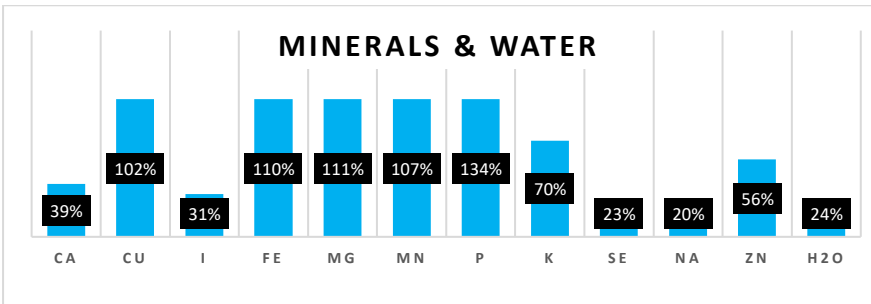
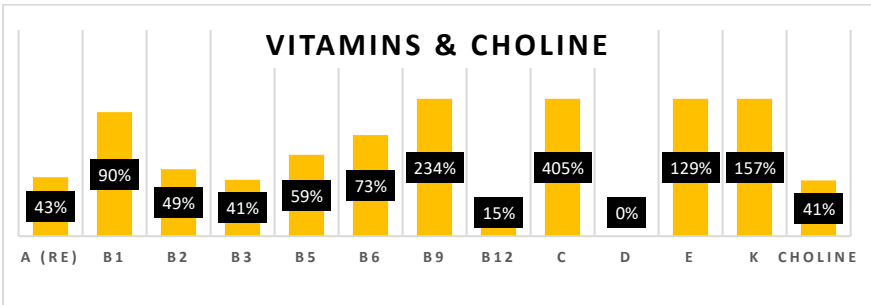


Thai Curry (V)

~OMEGA 6:3 RATIO – 2:1

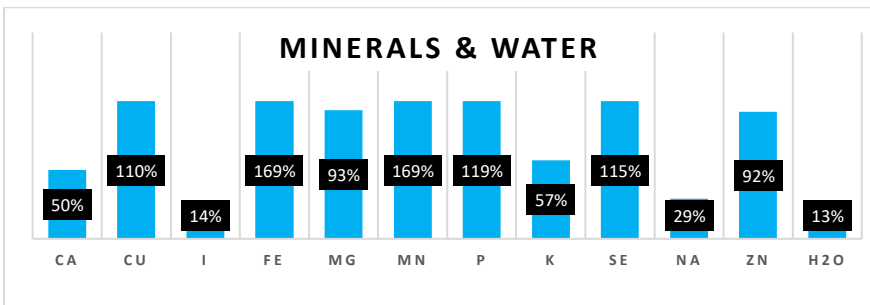
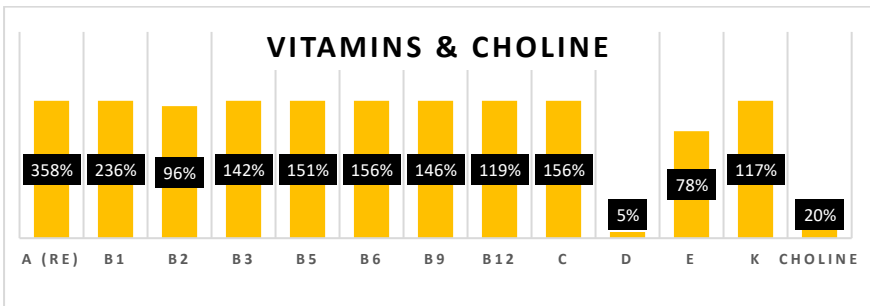
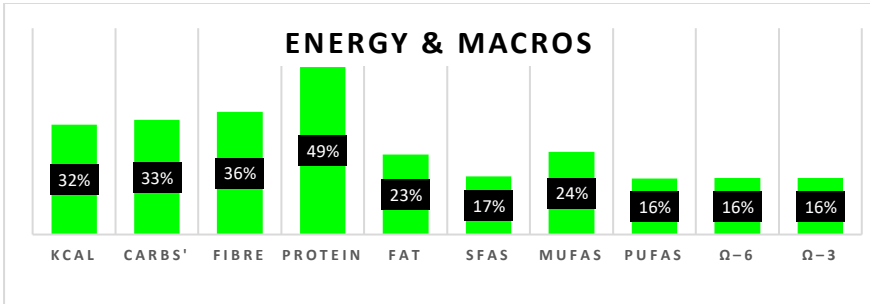


788kcal Kcal 139g Carbs' 37g Fibre 34g Protein 15.4g Fat 4.93g SFAs 5.05g MUFAs 4.05g PUFAs 2.55g ω-6 1.13g ω-3



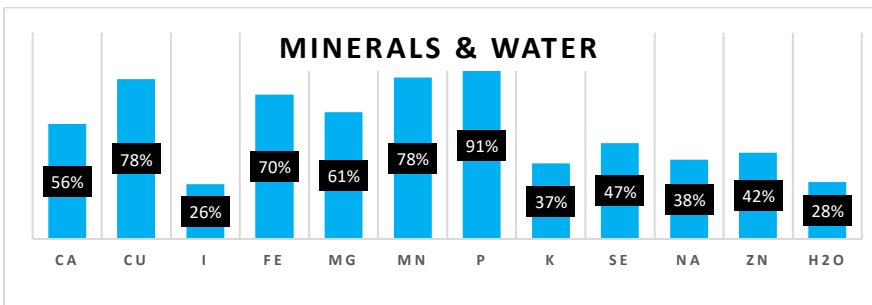
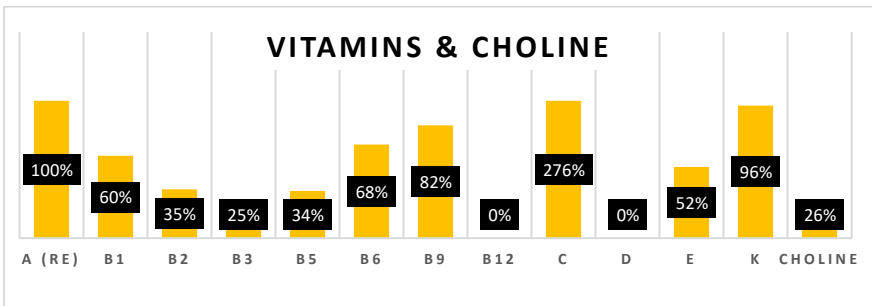
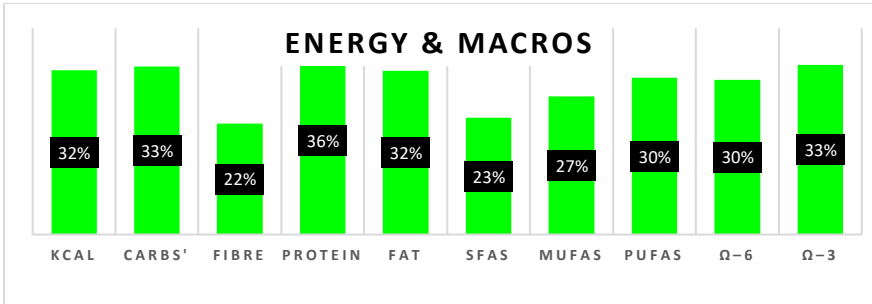
Pesto Pasta (V)

OMEGA 6:3 RATIO — 4:1



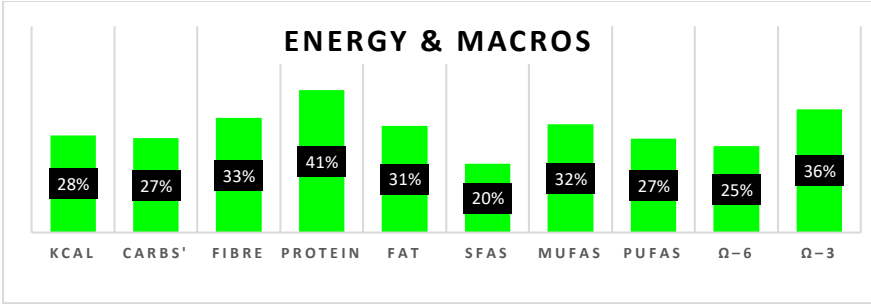
Five Spice Stir-Fry (V)

OMEGA 6:3 RATIO — 4:1

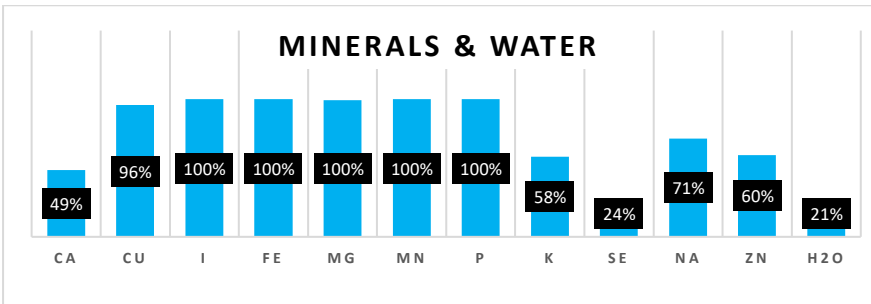
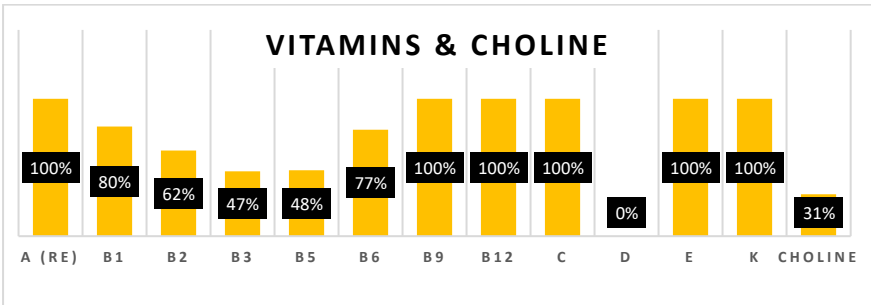


Nori Rolls (V)

OMEGA 6:3 RATIO – 2:1

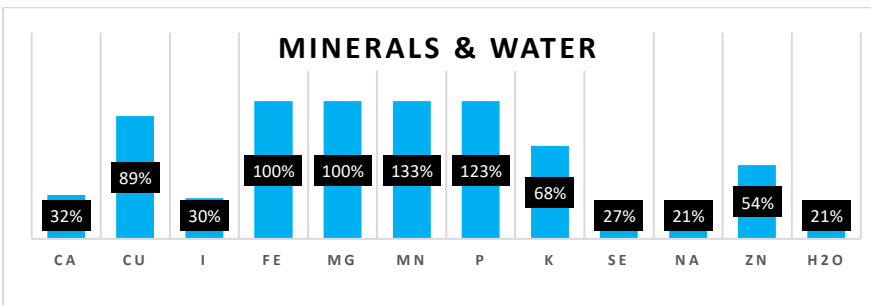
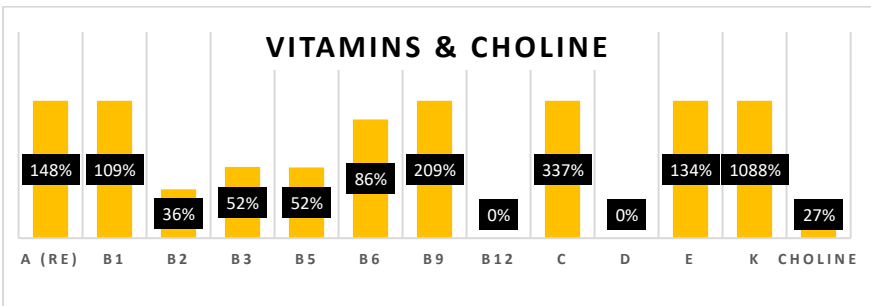
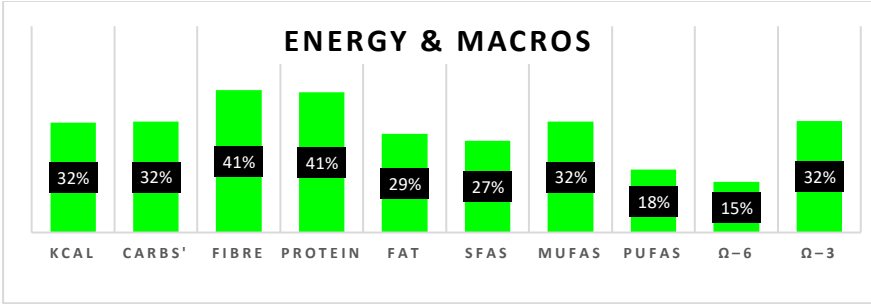


706kcal Kcal 124g Carbs' 25g Fibre 32g Protein 13.4g Fat 1.9g SFAs 4.62g MUFAs 5.17g PUFAs 3.81g ω-6 1.36g ω-3



Mexican Bean Stew (V)

OMEGA 6:3 RATIO – 2:1



Sweetcorn Chowder (V)

OMEGA 6:3 RATIO — 3:1

