

JENNY CRAIG – PRODUCT INGREDIENTS AND ALLERGENS

Product:	BBQ BITES	NUTRITIONAL INFORMATION		
Ingredients:	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	Servings per package: 1		Serving size: 30g
			Avg qty/serving	Avg qty/100g
Allergens:	Contains Gluten (Wheat, Barley), Soy and Milk. May Contain Peanuts, Tree Nuts and Sesame.	Energy	636 kJ 152 (Cal)	2120 kJ (507 Cal)
		Protein	1.5g	5.0g
		Fat, total	8.5g	28.4g
		-Saturated	Less than 1g	1.8g
		Carbohydrate	16.2g	54.0g
		-Sugars	2.6g	8.6g
		Sodium	126mg	420mg

Product:	BEAN & CHEESE BURRITO	NUTRITIONAL INFORMATION		
Ingredients:	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).	Servings per package: 1		Serving size: 150g
			Avg qty/serving	Avg qty/100g
Allergens:	Contains Gluten (Wheat) and Milk. May Contain Egg and Soy.	Energy	1170 kJ (280 Cal)	778 kJ (186 Cal)
		Protein	10.2g	6.8g
		Fat, total	8.3g	5.5g
		-Saturated	4.2g	2.8g
		Carbohydrate	36.4g	24.3g
		-Sugars	1.8g	1.2g
		Sodium	346mg	231mg

Product:	BEEF BURRITO	NUTRITIONAL INFORMATION		
Ingredients:	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].	Servings per package: 1		Serving size: 215g
			Avg qty/serving	Avg qty/100g
Allergens:	Contains Gluten (Wheat) and Milk. May Contain Soy, Peanuts and Tree Nuts.	Energy	1710 kJ (411 Cal)	797 kJ (191 Cal)
		Protein	21.3g	9.9g
		Fat, total	11.6g	5.4g
		-Saturated	4.5g	2.1g
		Carbohydrate	51.2g	23.8g
		-Sugars	3.0g	1.4g
		Sodium	727mg	338mg

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Product:	BEEF LASAGNE	NUTRITIONAL INFORMATION		
Ingredients:	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.	Servings per package: 1		Serving size: 350g
		Avg qty/serving		Avg qty/100g
Allergens:	Contains Gluten (Wheat) and Milk. May Contain Peanuts and Tree Nuts.	Energy	1400 kJ (333 Cal)	400 kJ (95 Cal)
		Protein	20.0g	5.7g
		Fat, total	8.4g	2.4g
		-Saturated	4.9g	1.4g
		Carbohydrate	42.0g	12.0g
		-Sugars	6.0g	1.7g
		Sodium	735mg	210mg

Product:	BEEF PIE	NUTRITIONAL INFORMATION		
Ingredients:	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.	Servings per package: 1		Serving size: 150g
		Avg qty/serving		Avg qty/100g
Allergens:	Contains Gluten (Wheat) and Soy. May Contain Egg and Milk.	Energy	1070 kJ (256 Cal)	711 kJ (170 Cal)
		Protein	13.9g	9.2g
		Fat, total	7.9g	5.2g
		-Saturated	4.1g	2.7g
		Carbohydrate	30.8g	20.5g
		-Sugars	1.6g	1.0g
		Sodium	450mg	300mg

Product:	BUTTER CHICKEN	NUTRITIONAL INFORMATION		
Ingredients:	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%).	Servings per package: 1		Serving size: 300g
		Avg qty/serving		Avg qty/100g
Allergens:	Contains Gluten (Wheat) and Milk. May Contain Peanuts and Tree Nuts.	Energy	1510 kJ (360 Cal)	502 kJ (120 Cal)
		Protein	19.2g	6.4g
		Fat, total	15.3g	5.1g
		-Saturated	6.6g	2.2g
		Carbohydrate	36.3g	12.1g
		-Sugars	8.7g	2.9g
		Sodium	618mg	206mg

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Product:	CHEESE & CHIVE OMELETTE	NUTRITIONAL INFORMATION		
Ingredients:	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.	Servings per package: 1		Serving size: 100g
		Avg qty/serving		Avg qty/100g
Allergens:	Contains Egg & Milk.	Energy	979 kJ (234 Cal)	979 kJ (234 Cal)
		Protein	16.1g	16.1g
		Fat, total	15.4g	15.4g
		-Saturated	5.6g	5.6g
		Carbohydrate	8.0g	8.0g
		-Sugars	4.7g	4.7g
		Sodium	452mg	452mg

Product:	CHEESY BAKED POTATO	NUTRITIONAL INFORMATION		
Ingredients:	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.	Servings per package: 1		Serving size: 200g
		Avg qty/serving		Avg qty/100g
Allergens:	Contains Gluten (Wheat) and Milk. May Contain Peanuts and Tree Nuts.	Energy	896 kJ (213 Cal)	448 kJ (107 Cal)
		Protein	7.4g	3.7g
		Fat, total	7.0g	3.5g
		-Saturated	2.2g	1.1g
		Carbohydrate	30.0g	15.0g
		-Sugars	9.2g	4.6g
		Sodium	434mg	217mg

Product:	CHICKEN CACCIATORE	NUTRITIONAL INFORMATION		
Ingredients:	Cacciatore Sauce (48%) [Tomato and Tomato Paste (Tomato, Acidity Regulator (330), Firming Agent (509)], Water, Capsicum, Mushroom, Onion, Red Wine, Canola Oil, Thickener (1422), Garlic, Salt, Sugar, Olive Oil, Yeast Extract, Chilli Paste, Herbs and Spices], Cooked Penne Pasta (30%) (Water, Wheat Semolina, Canola Oil), Cooked Marinated Chicken (21%) (Chicken, Water, Salt, Sugar, Fibre, Pea Starch, Stabilisers (451, 450 or 339, 452), Flavour, Spice Extracts), Parmesan Cheese (Milk), Herb.	Servings per package: 1		Serving size: 300g
		Avg qty/serving		Avg qty/100g
Allergens:	Contains Gluten (Wheat) and Milk. May Contain Egg, Fish, Peanuts and Tree Nuts.	Energy	1413 kJ (338 Cal)	471 kJ (113 Cal)
		Protein	20.4g	6.8g
		Fat, total	9.3g	3.1g
		-Saturated	1.5g	Less than 1g
		Carbohydrate	41.1g	13.7g
		-Sugars	3.6g	1.2g
		Sodium	876mg	292mg

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JENNY CRAIG – PRODUCT INGREDIENTS AND ALLERGENS

Product:	CHICKEN FETTUCINE	NUTRITIONAL INFORMATION		
Ingredients:	Cooked Pasta (48%) (Water, Durum Wheat Semolina, Canola Oil), Cooked Marinated Chicken (18%) [Chicken, Water, Salt, Sugar, Fibre, Pea Starch, Stabilisers (451, 450 or 339, 452), Flavour, Spice Extracts], Water, Skim Milk, Sour Cream (2%) (Milk, Culture), Thickener (1422), Parmesan Cheese (2%) (Milk), Butter (Milk), Flavours (Milk, Wheat) [Flavour Enhancers (627, 631)], Garlic, Canola Oil, Milk Solids, Salt, Yeast, Herbs, Spices.	Servings per package: 1		Serving size: 250g
		Avg qty/serving		Avg qty/100g
Allergens:	Contains Gluten (Wheat) and Milk. May Contain Peanuts and Tree Nuts.	Energy	1400 kJ (333 Cal)	558 kJ (133 Cal)
		Protein	20.0g	8.0g
		Fat, total	8.8g	3.5g
		-Saturated	3.5g	1.4g
		Carbohydrate	42.5g	17.0g
		-Sugars	2.8g	1.1g
		Sodium	590mg	236mg

Product:	CHICKEN PAD THAI	NUTRITIONAL INFORMATION		
Ingredients:	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.	Servings per package: 1		Serving size: 300g
		Avg qty/serving		Avg qty/100g
Allergens:	Contains Egg, Fish, Peanuts and Soy. May Contain Tree Nuts.	Energy	1480 kJ (351 Cal)	493 kJ (117 Cal)
		Protein	20.1g	6.7g
		Fat, total	12.6g	4.2g
		-Saturated	2.1g	Less than 1g
		Carbohydrate	40.5g	13.5g
		-Sugars	9.0g	3.0g
		Sodium	675mg	225mg

Product:	CHICKEN SATAY	NUTRITIONAL INFORMATION		
Ingredients:	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].	Servings per package: 1		Serving size: 280g
		Avg qty/serving		Avg qty/100g
Allergens:	Contains Gluten (Wheat), Crustacea, Fish, Peanuts, Soy and Sesame. May Contain Tree Nuts.	Energy	1550 kJ (370 Cal)	554 kJ (132 Cal)
		Protein	18.8g	6.7g
		Fat, total	11.8g	4.2g
		-Saturated	2.2g	Less than 1g
		Carbohydrate	47.0g	16.8g
		-Sugars	5.0g	1.8g
		Sodium	554mg	198mg

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JENNY CRAIG – PRODUCT INGREDIENTS AND ALLERGENS

Product:	CHOC CHIP BITES	NUTRITIONAL INFORMATION		
Ingredients:	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.	Servings per package: 1		Serving size: 30g
		Avg qty/serving		Avg qty/100g
Allergens:	Contains Gluten (Wheat), Milk, Egg and Soy. May Contain Sesame, Peanuts and Tree Nuts.	Energy	585 kJ (140 Cal)	1950 kJ (466 Cal)
		Protein	2.0g	6.6g
		Fat, total	5.9g	19.5g
		-Saturated	2.1g	6.9g
		Carbohydrate	19.8g	65.9g
		-Sugars	9.3g	30.9g
		Sodium	119mg	398mg

Product:	CHOCOLATE PUDDING	NUTRITIONAL INFORMATION		
Ingredients:	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).	Servings per package: 1		Serving size: 80g
		Avg qty/serving		Avg qty/100g
Allergens:	Contains Gluten (Wheat), Egg, Milk and Soy. May Contain Gluten (Oats, Barley), Lupin, Peanuts, Sesame & Tree Nuts.	Energy	709 kJ (169 Cal)	886 kJ (212 Cal)
		Protein	2.7g	3.4g
		Fat, total	6.6g	8.3g
		-Saturated	3.2g	4.0g
		Carbohydrate	21.1g	26.4g
		-Sugars	13.7g	17.1g
		Sodium	105mg	131mg

Product:	CORN CHIPS	NUTRITIONAL INFORMATION		
Ingredients:	Corn Flour (76%), Canola Oil, Water, Salt.	Servings per package: 1		Serving size: 30g
		Avg qty/serving		Avg qty/100g
Allergens:	May Contain Milk.	Energy	612 kJ (146 Cal)	2040 kJ (488 Cal)
		Protein	2.1g	7.1g
		Fat, total	7.0g	23.2g
		-Saturated	Less than 1g	2.1g
		Carbohydrate	17.6g	58.6g
		-Sugars	Less than 1g	1.6g
		Sodium	102mg	339mg

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Product:	COTTAGE PIE	NUTRITIONAL INFORMATION		
Ingredients:	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.	Servings per package: 1		Serving size: 280g
		Avg qty/serving		Avg qty/100g
Allergens:	Contains Gluten (Wheat and Barley) and Milk. May Contain Peanuts and Tree Nuts.	Energy	1408 kJ (339 Cal)	503 kJ (121 Cal)
		Protein	19.9g	7.1g
		Fat, total	14.6g	5.2g
		-Saturated	7.3g	2.6g
		Carbohydrate	31.6g	11.3g
		-Sugars	3.9g	1.4g
		Sodium	823mg	297mg

Product:	CRACKERS & DIP	NUTRITIONAL INFORMATION		
Ingredients:	CRACKERS: Wheat Flour, Wholemeal Flour (24%) (Wheat Flour, Thiamine, Folic Acid), Rice Bran Oil, Chicory Root Fibre, Cracked Freekeh (Wheat), Cheddar Cheese (Milk), Skim Milk Powder, Cheese Powder (Milk), Dried Onion, Citrus Fibre, Sea Salt, Dried Garlic. DIP: Tomato (60%) [Tomato, Acidity Regulator (330)], Apple [Apple, Antioxidant (300)], Onion, Sugar, Vinegar, Thickeners (1442, 1414), Salt, Herbs and Spices (0.4%), Garlic Powder.	Servings per package: 1		Serving size: 50g
		Avg qty/serving		Avg qty/100g
Allergens:	Contains Gluten (Wheat) and Milk. May Contain Egg, Sesame and Soy.	Energy	538 kJ (129 Cal)	1075 kJ (257 Cal)
		Protein	3.3g	6.6g
		Fat, total	2.8g	5.6g
		-Saturated	Less than 1g	1.6g
		Carbohydrate	23.0g	45.0g
		-Sugars	7.5g	15.0g
		Sodium	218mg	435mg

Product:	CREAMY VEGETABLE PAPPARDELLE	NUTRITIONAL INFORMATION		
Ingredients:	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.	Servings per package: 1		Serving size: 220g
		Avg qty/serving		Avg qty/100g
Allergens:	Contains Gluten (Wheat) and Milk. May Contain Peanuts and Tree Nuts.	Energy	1060 kJ (251 Cal)	480 kJ (114 Cal)
		Protein	9.0g	4.1g
		Fat, total	6.2g	2.8g
		-Saturated	4.0g	1.8g
		Carbohydrate	38.7g	17.6g
		-Sugars	3.1g	1.4g
		Sodium	453mg	206mg

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JENNY CRAIG – PRODUCT INGREDIENTS AND ALLERGENS

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:	Contains Gluten (Wheat). May Contain Gluten (Barley), Egg, Lupin, Sesame and Tree Nuts.	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:	Contains Gluten (Wheat) and Milk. May contain Peanuts and Tree Nuts.	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:	May Contain Milk, Peanuts, Sesame, Soy and Tree Nuts.	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:	MACARONI CHEESE	NUTRITIONAL INFORMATION		
Ingredients:	Cheese Sauce (44%) [Water, Cheese (4%) (Milk), Milk, Milk Solids, Thickener (1422), Wheat Flour, Canola Oil, Salt, Cream (Milk), Sugar, Flavours (Milk), Spices, Yeast], Cooked Pasta (29%) (Water, Wheat Semolina), Broccoli (12%), Cauliflower (12%), Topping [Cheese (2%) (Milk), Breadcrumb (Wheat), Cheese Powder (Milk), Spice].	Servings per package: 1		Serving size: 320g
		Avg qty/serving		Avg qty/100g
Allergens:	Contains Gluten (Wheat) and Milk. May Contain Peanuts and Tree Nuts.	Energy	1180 kJ (282 Cal)	370 kJ (88 Cal)
		Protein	13.8g	4.3g
		Fat, total	9.0g	2.8g
		-Saturated	2.6g	Less than 1g
		Carbohydrate	35.2g	11.0g
		-Sugars	3.8g	1.2g
		Sodium	704mg	220mg

Product:	MEXICAN-STYLE SLOW COOKED PORK	NUTRITIONAL INFORMATION		
Ingredients:	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%).	Servings per package: 1		Serving size: 300g
		Avg qty/serving		Avg qty/100g
Allergens:	May Contain Gluten (Wheat, Rye, Barley, Oats, Spelt) and Soy.	Energy	1400 kJ (334 Cal)	466 kJ (111 Cal)
		Protein	22.4g	7.5g
		Fat, total	6.8g	2.3g
		-Saturated	1.2g	Less than 1g
		Carbohydrate	42.9g	14.3g
		-Sugars	8.3g	2.8g
		Sodium	727mg	242mg

Product:	OREGANO & THYME CRUNCHIES	NUTRITIONAL INFORMATION		
Ingredients:	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%).	Servings per package: 1		Serving size: 25g
		Avg qty/serving		Avg qty/100g
Allergens:	May Contain Gluten, Peanuts, Tree Nuts, Soy, Milk and Sesame.	Energy	523 kJ (125 Cal)	2090 kJ (500 Cal)
		Protein	1.0g	4.1g
		Fat, total	6.9g	27.8g
		-Saturated	Less than 1g	3.0g
		Carbohydrate	14.0g	56.0g
		-Sugars	1.0g	4.1g
		Sodium	175mg	702mg

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JENNY CRAIG – PRODUCT INGREDIENTS AND ALLERGENS

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

Product:	PUMPKIN & FETTA RICE SALAD	NUTRITIONAL INFORMATION		
Ingredients:	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.	Servings per package: 1		Serving size: 200g
		Avg qty/serving		Avg qty/100g
		Energy	1154 kJ (276 Cal)	577 kJ (138 Cal)
		Protein	7.0g	3.5g
		Fat, total	11.2g	5.6g
		-Saturated	3.7g	1.8g
		Carbohydrate	36.1g	18.0g
Allergens:	Contains Milk. May Contain Peanuts and Tree Nuts (Almond).	-Sugars	7.1g	3.5g
		Sodium	565mg	283mg

Product:	QUICHE LORRAINE	NUTRITIONAL INFORMATION		
Ingredients:	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.	Servings per package: 1		Serving size: 150g
		Avg qty/serving		Avg qty/100g
		Energy	1170 kJ (279 Cal)	776 kJ (185 Cal)
		Protein	12.8g	8.5g
		Fat, total	14.3g	9.5g
		-Saturated	3.4g	2.3g
		Carbohydrate	23.8g	15.9g
Allergens:	Contains Gluten (Wheat, Oat), Milk and Egg. May contain Soy.	-Sugars	1.0g	Less than 1g
		Sodium	472mg	314mg

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JENNY CRAIG – PRODUCT INGREDIENTS AND ALLERGENS

Product:	ROAST CHICKEN & VEGETABLES	NUTRITIONAL INFORMATION		
Ingredients:	Cooked Marinated Chicken (19%) [Chicken, Water, Salt, Sugar, Fibre, Pea Starch, Stabilisers (451, 450 or 339, 452), Flavour, Spice Extracts], Gravy (19%) [Water, Canola Oil, Wheat Flour, Soy Protein, Thickener (1422), Milk Solids, Brown Sugar, Spices, Yeast Extract, Salt, Tomato Paste, Sugar, Acidity Regulator (330), Herb, Malt Powder (Barley)], Roasted Potato (15%) (Potato, Canola Oil, Spices, Salt), Carrot (14%), Peas (13%), Roasted Pumpkin (12%) [Pumpkin, Rice Flour, Canola Oil, Salt, Maltodextrin, Sugar, Herbs, Spice, Yeast Extract, Malt Powder (Barley)], Corn (8%).	Servings per package: 1		Serving size: 330g
		Avg qty/serving		Avg qty/100g
		Energy	1160 kJ (277 Cal)	352 kJ (84 Cal)
		Protein	23.1g	7.0g
		Fat, total	9.6g	2.9g
		-Saturated	2.0g	Less than 1g
		Carbohydrate	30.4g	9.2g
		-Sugars	7.9g	2.4g
		Sodium	607mg	184mg
Allergens:	Contains Gluten (Wheat, Barley), Milk and Soy.			
	May Contain Peanuts and Tree Nuts.			
Product:	ROASTED VEGETABLE PIZZA	NUTRITIONAL INFORMATION		
Ingredients:	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.	Servings per package: 1		Serving size: 170g
		Avg qty/serving		Avg qty/100g
		Energy	1300 kJ (310 Cal)	764 kJ (183 Cal)
		Protein	10.0g	5.8g
		Fat, total	10.0g	5.9g
		-Saturated	3.4g	2.0g
		Carbohydrate	41.8g	24.6g
		-Sugars	4.4g	2.6g
		Sodium	379mg	223mg
Allergens:	Contains Gluten (Wheat) and Milk.			
	May contain Egg and Soy.			

Product:	ROASTED VEGGIE ALL ROUND	NUTRITIONAL INFORMATION		
Ingredients:	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.	Servings per package: 1		Serving size: 120g
		Avg qty/serving		Avg qty/100g
		Energy	1050 kJ (251 Cal)	878 kJ (209 Cal)
		Protein	9.3g	7.7g
		Fat, total	6.6g	5.5g
		-Saturated	3.7g	3.1g
		Carbohydrate	35.4g	29.5g
		-Sugars	4.5g	3.8g
		Sodium	321mg	267mg
Allergens:	Contains Gluten (Wheat, Rye, Barley), Milk and Soy.			
	May Contain Egg.			

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JENNY CRAIG – PRODUCT INGREDIENTS AND ALLERGENS

Product:	SALMON LINGUINE	NUTRITIONAL INFORMATION		
Ingredients:	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%).	Servings per package: 1		Serving size: 300g
		Avg qty/serving		Avg qty/100g
Allergens:	Contains Gluten (Wheat, Barley), Fish and Milk. May Contain Peanuts and Tree Nuts.	Energy	1370 kJ (327 Cal)	456 kJ (109 Cal)
		Protein	17.7g	5.9g
		Fat, total	9.6g	3.2g
		-Saturated	2.7g	Less than 1g
		Carbohydrate	40.8g	13.6g
		-Sugars	9.0g	3.0g
		Sodium	804mg	268mg

Product:	SALTED CARAMEL NUT BAR	NUTRITIONAL INFORMATION		
Ingredients:	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%).	Servings per package: 1		Serving size: 30g
		Avg qty/serving		Avg qty/100g
Allergens:	Contains Milk, Soy, Peanuts and Tree Nuts (Almonds and Walnuts). May Contain Gluten, Sesame and Other Tree Nuts.	Energy	643 kJ (154 Cal)	2140 kJ (512 Cal)
		Protein	3.9g	12.9g
		Fat, total	11.0g	36.7g
		-Saturated	2.7g	9.1g
		Carbohydrate	10.2g	34.0g
		-Sugars	7.2g	24.1g
		Sodium	140mg	465mg

Product:	SHORTBREAD BITES	NUTRITIONAL INFORMATION		
Ingredients:	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%).	Servings per package: 1		Serving size: 30g
		Avg qty/serving		Avg qty/100g
Allergens:	Contains Gluten (Wheat) and Egg May Contain Milk, Sesame, Soy, Peanuts, Tree Nuts and Lupins.	Energy	634 kJ (152 Cal)	2110 kJ (504 Cal)
		Protein	2.0g	6.8g
		Fat, total	8.1g	26.8g
		-Saturated	2.0g	6.6g
		Carbohydrate	17.8g	59.3g
		-Sugars	5.6g	18.8g
		Sodium	36mg	119mg

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JENNY CRAIG – PRODUCT INGREDIENTS AND ALLERGENS

Product:	SPAGHETTI BOLOGNESE	NUTRITIONAL INFORMATION		
Ingredients:	Cooked Pasta (38%) (Water, Wheat Semolina), Water, Tomato Paste (7%) [Tomato, Acidity Regulator (330)], Beef (6%), Tomato (6%) [Tomato, Acidity Regulator (330), Mineral Salt (509)], Onion, Soy Protein, Carrot, Red Wine, Canola Oil, Sugar, Yeast Extract, Spices, Salt, Garlic, Thickener (1422), Herbs.	Servings per package: 1		Serving size: 200g
		Avg qty/serving		Avg qty/100g
Allergens:	Contains Gluten (Wheat) and Soy. May Contain Egg, Fish, Milk, Peanuts and Tree Nuts.	Energy	908 kJ (215 Cal)	454 kJ (108 Cal)
		Protein	12.0g	6.0g
		Fat, total	6.2g	3.1g
		-Saturated	1.8g	Less than 1g
		Carbohydrate	28.4g	14.2g
		-Sugars	5.2g	2.6g
		Sodium	560mg	280mg

Product:	SPINACH & RICOTTA CANNELLONI	NUTRITIONAL INFORMATION		
Ingredients:	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.	Servings per package: 1		Serving size: 360g
		Avg qty/serving		Avg qty/100g
Allergens:	Contains Gluten (Wheat) and Milk. May Contain Peanuts and Tree Nuts.	Energy	1460 kJ (346 Cal)	405 kJ (96 Cal)
		Protein	14.8g	4.1g
		Fat, total	13.0g	3.6g
		-Saturated	5.0g	1.4g
		Carbohydrate	43.9g	12.2g
		-Sugars	7.2g	2.0g
		Sodium	587mg	163mg

Product:	STICKY DATE PUDDING	NUTRITIONAL INFORMATION		
Ingredients:	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).	Servings per package: 1		Serving size: 70g
		Avg qty/serving		Avg qty/100g
Allergens:	Contains Gluten (Wheat), Egg and Milk. May Contain Gluten (Oats, Barley), Lupin, Peanuts, Sesame, Soy and Tree Nuts.	Energy	617 kJ (147 Cal)	881 kJ (210 Cal)
		Protein	1.7g	2.4g
		Fat, total	4.9g	7.0g
		-Saturated	1.8g	2.6g
		Carbohydrate	23.4g	33.4g
		-Sugars	16.0g	22.9g
		Sodium	94mg	135mg

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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
		Avg qty/serving		Avg qty/100g
Allergens:	Contains Gluten (Wheat), Peanuts and Soy. May Contain Gluten (Oats, Barley, Rye), Milk, Sesame and Tree Nuts.	Energy	690 kJ (165 Cal)	2300 kJ (550 Cal)
		Protein	3.9g	13.0g
		Fat, total	11.4g	38.0g
		-Saturated	1.6g	5.2g
		Carbohydrate	11.0g	36.5g
		-Sugars	1.4g	4.8g
		Sodium	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
		Avg qty/serving		Avg qty/100g
Allergens:	Contains Gluten (Wheat), Milk, Fish and Crustacea. May Contain Peanuts and Tree Nuts.	Energy	870 kJ (208 Cal)	435 kJ (104 Cal)
		Protein	12.8g	6.4g
		Fat, total	7.4g	3.7g
		-Saturated	2.8g	1.4g
		Carbohydrate	23.6g	11.8g
		-Sugars	7.2g	3.6g
		Sodium	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
		Avg qty/serving		Avg qty/100g
Allergens:	Contains Gluten (Wheat), Milk and Soy. May Contain Peanuts and Tree Nuts.	Energy	930 kJ (222 Cal)	466 kJ (111 Cal)
		Protein	9.6g	4.8g
		Fat, total	8.4g	4.2g
		-Saturated	3.0g	1.5g
		Carbohydrate	26.8g	13.4g
		-Sugars	4.4g	2.2g
		Sodium	362mg	181mg

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JENNY CRAIG – PRODUCT INGREDIENTS AND ALLERGENS

Product:	VEGETABLE TIKKA MASALA WITH PANEER CHEESE	NUTRITIONAL INFORMATION		
Ingredients:	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)].	Servings per package: 1		Serving size: 300g
		Avg qty/serving		Avg qty/100g
		Energy	1390 kJ (333 Cal)	464 kJ (111 Cal)
		Protein	11.4g	3.8g
		Fat, total	9.0g	3.0g
		-Saturated	5.1g	1.7g
		Carbohydrate	54.3g	18.1g
		-Sugars	9.9g	3.3g
		Sodium	561mg	187mg
Allergens:	Contains Milk.			
	May Contain Peanuts and Tree Nuts.			

Product:	VEGETABLE TORTELLINI	NUTRITIONAL INFORMATION		
Ingredients:	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.	Servings per package: 1		Serving size: 225g
		Avg qty/serving		Avg qty/100g
		Energy	988 kJ (236 Cal)	439 kJ (105 Cal)
		Protein	7.4g	3.3g
		Fat, total	6.8g	3.0g
		-Saturated	2.5g	1.1g
		Carbohydrate	34.4g	15.3g
		-Sugars	5.0g	2.2g
		Sodium	277mg	123mg
Allergens:	Contains Gluten (Wheat, Rye) and Milk.			
	May Contain Egg, Fish, Lupin, Peanuts and Tree Nuts.			

Product:	VEGETARIAN CHILLI	NUTRITIONAL INFORMATION		
Ingredients:	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.	Servings per package: 1		Serving size: 280g
		Avg qty/serving		Avg qty/100g
		Energy	1150 kJ (274 Cal)	409 kJ (98 Cal)
		Protein	10.6g	3.8g
		Fat, total	5.0g	1.8g
		-Saturated	Less than 1g	Less than 1g
Allergens:	Contains Soy. May Contain Peanuts and Tree Nuts.	Carbohydrate	46.5g	16.6g
		-Sugars	5.9g	2.1g
		Sodium	479mg	171mg

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