

- \* not my thing
- \*\* tasty - really filled the gap
- \*\*\* it's a keeper!!!
- \*\*\*\* that's it! I am officially addicted to eatlite

MAIN MEALS	Price	KCal	High Protein	Low Carb	Low Fat	Hi Fibre	JC Joules	No wheat recipe	my meal review	rate your
CHICKEN	\$\$\$	Ave 400gm	More than 35gm	less than 20gms	less than	more than 7gms		may contain traces	meals to remember	
Pesto (peanut & coriander) chicken with spinach and baked pumpkin	\$10.80	332	44.8	9.3	12.2	5	1394kj	eat me		
Chicken coq au vin with baby green beans	\$10.80	330	41	32	4.5	14	1380	eat me		
Chicken cacciadore, olives, capers & julienne vegetables	\$10.80	267	32.6	18	7.2	5.5	1118	eat me		
Chicken wrapped in bacon with spinach, beans and carrot	\$10.80	252	36	14.3	5.8	5.5	1053	eat me		
Cider Chicken, with leeks, apple, carrots and beans	\$10.90	246	25	25	4.8	4.2	1028	eat me		
Blackened Moroccan Chicken with apple and lentil cassoulet	\$10.80	310	30	28.2	12.9	7.9	1340	eat me		
<b>PORK</b>										
Pork steak with winter baked pear, braised celery, carrot, spinach	\$10.90	358	31	21	6.7	4.9	1496	eat me		
Pork fillet with roasted apple, roasted celery, carrot, potato and beans	\$10.90	324	33.1	19.1	6.9	4.6	1356	eat me		
<b>FISH</b>										
Fish and chips with sautéed asian vegetables	\$10.50	267	36.7	29	4	6.4	1118	eat me		
Spice fish with steamed vegetables	\$10.50	359	40.5	38.1	6.3	7.15	1502	eat me		
Fish with red pepper and almond pesto	\$10.50	273	36.7	23.5	3.3	5.4	1144	eat me		
<b>BEEF</b>										
Beef stroganoff with rice and baby green beans	\$10.50	313	41.5	32	6.7	2.5	1311	eat me		
Steak and Mushrooms, potato, pumpkin, broccoli	\$10.90	287	35	19	7.4	4.1	1202	wheat		
Beef steak with fried onion, jacket potato, pumpkin, broccoli	\$10.50	350	34	26	12	4	1464	eat me		
California steak citrus jus, citrus confit, baked potato, beans, carrot	\$10.50	319	36	32	5	3.7	1333	eat me		
Almost shepherds pie	\$10.00	301	24.5	22	8.2	7.8	873	eat me		
<b>Veg/Pasta</b>										
Rigatoni with tomato, spinach and bacon	\$9.50	337	22.5	37	16.6	8	1410	wheat		
Penne Pasta Pomodoro	\$9.50							wheat		
Spinach, broccoli, carrot, cauliflower and feta frittata	\$9.50	256	18	19	13.4	6.8	1070	eat me		
Italian meat balls and wholemeal spaghetti	\$9.90	320	24.5	52	4.3	3.8	1340	wheat		
<b>LUNCH PACKS</b>										
<b>Eat pots 380ml/Eat Soup 350mils</b>										
2 Points Spicy Pumpkin Soup	\$4.50	66	3	13.3	0.4	1.3	276	eat me		
Creamy Chicken and Corn Soup	\$4.50	144	13	18	2.5	1.8	602	eat me		
3 Points Winter Vegetable and Barley Soup	\$4.50	146	5.2	31.5	0.2	7.3	610	wheat		
3 Points Tomato and Lentil Soup	\$4.50	115	5.7	23.7	0.1	7.4	484	eat me		
Creamy Mushroom Soup	\$4.50	158	3.8	12.7	9.2	2.1	539	eat me		
Spanish Meatball Soup	\$6.90	158	13.2	20.2	1.02	4.4	624	wheat		
Moroccan chickpea, spinach, pumpkin & tomato stew	\$6.90	163	8.3	30.3	1.8	9.5	685	eat me		
Green sunshine salad (edemame beans, spinach, com)	\$6.90	275	12.3	40.8	8.2	7.8	1152	wheat		
Spicy lentils, apple, raisins and vegetables	\$6.90	233	8.5	33.9	0.7	11.3	977	eat me		
<b>Eat Sweet Pots 380ml</b>										
Passionfruit mousse				eat me	eat me		215kj			
Chocolate mousse with raspberries				eat me	eat me		220kj			

**Delivery Costs** order by 2pm Monday to Thursday for next day delivery  
 North Island: \$11  
 South Island: \$20  
 Please Note: one chilled container takes 14 items  
 \* All main meals average size 380 - 400 gm



NOTE: Vegetables may vary from those described

phone: 0800328333

order online [www.eat.co.nz](http://www.eat.co.nz)