

5.4
POINT

This meal comes with a **FREE meal plan** to help you achieve your health & fitness goals.
www.fivepointfour.com.au/meals/womens-weight-loss-plan

**PACKED with PROTEIN**

- ✓ 32g PROTEIN
- ✓ LOW SUGAR <3g
- ✓ LOW CARBS <7g
- ✓ LOW SAT. FATS 3g
- ✓ **NO** WHITE POTATO, WHITE RICE, CREAM, BREAD OR CHEESE.

macronutrient controlled THAI CHICKEN GREEN CURRY

FIVEPOINTFOUR.COM.AU

1300 343 656

THE HUNGER PROJECT AUSTRALIA
THIS MEAL SAVES LIVES
Reaching more than 18 million people in Africa, India, Bangladesh, Peru and Mexico, and helping them end their own poverty and hunger.

BEST BEFORE:



9 319946 004654 >

NUTRITION INFORMATIONServings per pack: 1. Serving size: 250g
Avg. Qty. per serving Avg. Qty. per 100g

Energy (Cal)	257	103
-KJ	1070	429
Protein	32.4g	13.0g
Fat, Total	10.0g	4.0g
-Saturated	3.0g	1.2g
Carbohydrate	6.9g	2.9g
-Sugars	2.9g	1.1g
Sodium	506mg	203mg

Nutritional quantities are averages only.

COOKING INSTRUCTIONS

- 1: Cook from frozen - Microwave (1000W): 2: Peel back film halfway and stir for even heat distribution.
 - 2: Pierce film twice and microwave on HIGH for 4 minutes.
 - 3: Re-cover and heat on HIGH for 1 minute.
 - 4: Stand for 1 minute, peel back film, taking care as hot steam may escape.
 - 5: Stir well and serve, ensuring product is thoroughly heated through.
- *Note: Microwave temperatures vary. Times given are approximate. Do not reheat or refrigerate once heated. Keep Frozen. Store at or below -18°C.

250g e**INGREDIENTS: Cooked Chicken (44%)** (Chicken (92%), Water, Tapioca Starch, Salt), **Green Thai Curry Sauce (30%)** (Water, Onion, Coconut Milk Extract, Canola Oil, Capsicum, Herbs & Spices, Fish Sauce, Thickener (1422 from Maize), Green Curry Paste, Skimmed Milk Powder, Garlic, Lime Juice, Coconut Milk Powder (contains Milk), Vegetable Flavoured Stock Powder (contains Soy), Green Chilli Puree), **Green Beans (26%)** **Contains: Milk, Soy, Fish**
May Contain: Egg, Gluten, Peanuts, Crustacea and Tree NutsPACKED FOR: FIVEPOINTFOUR HOLDINGS PTY LTD, U3, 56 EAGLEVIEW PLACE, EAGLE FARM, 4009 OLD, AUSTRALIA. **Made in Australia.****5.4**
POINT

This meal comes with a **FREE meal plan** to help you achieve your health & fitness goals.
www.fivepointfour.com.au/meals/mens-weight-loss-plan

**PACKED with PROTEIN**

- ✓ 43g PROTEIN
- ✓ LOW SUGAR 3g
- ✓ LOW CARBS <8g
- ✓ LOW SAT. FATS <4g
- ✓ **NO** WHITE POTATO, WHITE RICE, CREAM, BREAD OR CHEESE.

macronutrient controlled THAI CHICKEN GREEN CURRY

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1300 343 656

THE HUNGER PROJECT AUSTRALIA
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Reaching more than 18 million people in Africa, India, Bangladesh, Peru and Mexico, and helping them end their own poverty and hunger.

BEST BEFORE:



9 319946 004647 >

NUTRITION INFORMATIONServings per pack: 1. Serving size: 300g
Avg. Qty. per serving Avg. Qty. per 100g

Energy (Cal)	308	103
-KJ	1290	430
Protein	43.5g	14.5g
Fat, Total	10.3g	3.4g
-Saturated	3.1g	1.0g
Carbohydrate	7.6g	2.5g
-Sugars	3.0g	1.0g
Sodium	572mg	191mg

Nutritional quantities are averages only.

COOKING INSTRUCTIONS

- 1: Cook from frozen - Microwave (1000W): 2: Peel back film halfway and stir for even heat distribution.
 - 2: Pierce film twice and microwave on HIGH for 4 minutes.
 - 3: Re-cover and heat on HIGH for 1 minute.
 - 4: Stand for 1 minute, peel back film, taking care as hot steam may escape.
 - 5: Stir well and serve, ensuring product is thoroughly heated through.
- *Note: Microwave temperatures vary. Times given are approximate. Do not reheat or refrigerate once heated. Keep Frozen. Store at or below -18°C.

300g e**INGREDIENTS: Cooked Chicken (50%)** (Chicken (92%), Water, Tapioca Starch, Salt), **Green Beans (27%)**, **Green Thai Curry Sauce (23%)** (Water, Onion, Coconut Milk Extract, Canola Oil, Capsicum, Herbs & Spices, Fish Sauce, Thickener (1422 from Maize), Green Curry Paste, Skimmed Milk Powder, Garlic, Lime Juice, Coconut Milk Powder (contains Milk), Vegetable Flavoured Stock Powder (contains Soy), Green Chilli Puree) **Contains: Milk, Soy, Fish**
May Contain: Egg, Gluten, Peanuts, Crustacea and Tree NutsPACKED FOR: FIVEPOINTFOUR HOLDINGS PTY LTD, U3, 56 EAGLEVIEW PLACE, EAGLE FARM, 4009 OLD, AUSTRALIA. **Made in Australia.****5.4**
POINT

This meal comes with a **FREE meal plan** to help you achieve your health & fitness goals.
www.fivepointfour.com.au/meals/active-plan

**PACKED with PROTEIN**

- ✓ 38g PROTEIN
- ✓ LOW SUGAR <3g
- ✓ LOW SAT. FATS <4g
- ✓ **NO** WHITE POTATO, WHITE RICE, CREAM, BREAD OR CHEESE.

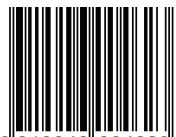
macronutrient controlled THAI CHICKEN GREEN CURRY

FIVEPOINTFOUR.COM.AU

1300 343 656

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BEST BEFORE:



9 319946 004623 >

NUTRITION INFORMATIONServings per pack: 1. Serving size: 350g
Avg. Qty. per serving Avg. Qty. per 100g

Energy (Cal)	541	155
-KJ	2260	647
Protein	38.8g	11.1g
Fat, Total	21.7g	6.2g
-Saturated	3.7g	1.1g
Carbohydrate	44.6g	12.7g
-Sugars	2.6g	0.7g
Sodium	465mg	133mg

Nutritional quantities are averages only.

COOKING INSTRUCTIONS

- 1: Cook from frozen - Microwave (1000W): 2: Peel back film halfway and stir for even heat distribution.
 - 2: Pierce film twice and microwave on HIGH for 5 minutes.
 - 3: Re-cover and heat on HIGH for 1 minute.
 - 4: Stand for 1 minute, peel back film, taking care as hot steam may escape.
 - 5: Stir well and serve, ensuring product is thoroughly heated through.
- *Note: Microwave temperatures vary. Times given are approximate. Do not reheat or refrigerate once heated. Keep Frozen. Store at or below -18°C.

350g e**INGREDIENTS: Cooked Rice (40%)** (Long Grain Brown Rice, Sunflower Seeds, Canola Oil, Coriander), **Cooked Chicken (33%)** (Chicken (92%), Water, Tapioca Starch, Salt), **Green Thai Curry Sauce (17%)** (Water, Onion, Coconut Milk Extract, Canola Oil, Capsicum, Herbs & Spices, Fish Sauce, Thickener (1422 from Maize), Green Curry Paste, Skimmed Milk Powder, Garlic, Lime Juice, Coconut Milk Powder (contains Milk), Vegetable Flavoured Stock Powder (contains Soy), Green Chilli Puree), **Green Beans (10%)** **Contains: Milk, Soy, Fish**
May Contain: Egg, Gluten, Peanuts, Crustacea and Tree NutsPACKED FOR: FIVEPOINTFOUR HOLDINGS PTY LTD, U3, 56 EAGLEVIEW PLACE, EAGLE FARM, 4009 OLD, AUSTRALIA. **Made in Australia.****5.4**
POINT

This meal comes with a **FREE meal plan** to help you achieve your health & fitness goals.
www.fivepointfour.com.au/meals/muscle-gain-plan

**PACKED with PROTEIN**

- ✓ 50g PROTEIN
- ✓ LOW SUGAR <4g
- ✓ LOW SAT. FATS <5g
- ✓ **NO** WHITE POTATO, WHITE RICE, CREAM, BREAD OR CHEESE.

macronutrient controlled THAI CHICKEN GREEN CURRY

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BEST BEFORE:



9 319946 004630 >

NUTRITION INFORMATIONServings per pack: 1. Serving size: 450g
Avg. Qty. per serving Avg. Qty. per 100g

Energy (Cal)	691	154
-KJ	2890	643
Protein	50.5g	11.2g
Fat, Total	27.2g	6.1g
-Saturated	4.6g	1.0g
Carbohydrate	57.0g	12.7g
-Sugars	3.2g	0.7g
Sodium	576mg	128mg

Nutritional quantities are averages only.

COOKING INSTRUCTIONS

- 1: Cook from frozen - Microwave (1000W): 2: Peel back film halfway and stir for even heat distribution.
 - 2: Pierce film twice and microwave on HIGH for 5 minutes.
 - 3: Re-cover and heat on HIGH for 2 minutes.
 - 4: Stand for 1 minute, peel back film, taking care as hot steam may escape.
 - 5: Stir well and serve, ensuring product is thoroughly heated through.
- *Note: Microwave temperatures vary. Times given are approximate. Do not reheat or refrigerate once heated. Keep Frozen. Store at or below -18°C.

450g e**INGREDIENTS: Cooked Rice (40%)** (Long Grain Brown Rice, Sunflower Seeds, Canola Oil, Coriander), **Cooked Chicken (33%)** (Chicken (92%), Water, Tapioca Starch, Salt), **Green Thai Curry Sauce (16%)** (Water, Onion, Coconut Milk Extract, Canola Oil, Capsicum, Herbs & Spices, Fish Sauce, Thickener (1422 from Maize), Green Curry Paste, Skimmed Milk Powder, Garlic, Lime Juice, Coconut Milk Powder (contains Milk), Vegetable Flavoured Stock Powder (contains Soy), Green Chilli Puree), **Green Beans (11%)** **Contains: Milk, Soy, Fish**
May Contain: Egg, Gluten, Peanuts, Crustacea and Tree NutsPACKED FOR: FIVEPOINTFOUR HOLDINGS PTY LTD, U3, 56 EAGLEVIEW PLACE, EAGLE FARM, 4009 OLD, AUSTRALIA. **Made in Australia.**