

HIGH PROTEIN FRESH MEALS

COST STRUCTURE

MEALS

Price - \$7.50 Buy / \$9.95 RRP GP

Margin % - 24.6%

Shelf Life - Minimum 10 to 14 Days

SNACKS

Price - \$2.25 Buy / \$3.50 RRP ctn of 20's

Margin % - 35.7%

Shelf Life - Minimum 9 months

Keto

Price - \$2.79 Buy / \$4.95 RRP ctn of 12's

Margin % - 40%

Shelf Life - Minimum 9 months

TO ORDER

Ordering is done via our Portal, all we need to get you started is your:

Email Address Phone Number

Delivery Address TIR Number

Minimum order is \$140.00

DELIVERY SCHEDULE

Depending on store location

For Tuesday delivery- order by 5pm Thursday

For Thursday delivery-order by 5pm Friday



You will receive the first 4 orders with sale of return. For any credit requests on damaged meals as well as the initial 2 order period for expired stock, please send through to credits@mymusclechef.com . Please make sure you take a photo of the meal showing the expiry date and attach for credits to be issued.

To set your store up please send your details to toelaine@mymusclechef.com or call 0438 372 532.

INTRODUCING MY MUSCLE CHEF

	UPDATED MENU	Weight (g)	Barcode	ORDER
1	Chipotle Chicken Burrito Bowl	450	9353333000638	
2	Beef Stroganoff with Spinach Fettuccine	330	9353333000140	
3	Satay Chicken With Basmati Rice & Green Peas	330	9353333000027	
4	Thai Beef Power Bowl	360	9353333000263	
5	Pesto Chicken with Penne Pasta & Green Vegetables	330	9353333000058	
6	Smokey BBQ Brisket With Sweet Potato, Kale & Feta Mash	330	9353333000102	
7	Cajun Chicken with Dirty Rice	300	9353333000232	
8	Beef Massaman Curry with Brown Rice	330	9353333000256	
9	Butter Chicken with Saffron Pilaf	360	9353333000010	
10	Lemon Pepper Chicken With Pea Mash	300	9353333000652	
11	Braised Beef Ragu with Polenta & Roast Vegetables	330	9353333000119	
12	Asian Chicken Stir Fry with Hokkien Noodles	450	9353333001031	
13	Peri Peri Chicken with Tomato Rice & Green Beans	350	9353333001222	
14	Spaghetti Bolognese	330	9353333000133	
15	Crumbed Chicken with Roasted Potatoes	340	9353333000775	
16	Lemon Garlic Chicken with Sweet Potato Bake	440	9353333001024	
17	Sri Lankan Chicken Curry with Cauliflower Rice	360	9353333001826	
20	Garlic & Herb Chicken with Vegetable Risotto	300	9353333000041	
21	Spinach Ricotta Ravioli in Pumpkin Sauce	300	9353333000157	
24	Chicken Paella with brown rice	370	9353333000935	
25	Asian Orange Chicken	340	9353333001956	
26	Turkey Moussaka	330	9353333002014	
27	Coconut Turmeric Chicken with Pumpkin Mash	330	9353333000782	
28	Chicken Nasi Goreng with Vegetables & Ancient Grains	400	9353333002281	
29	Clean Chicken with Roast Pumpkin, Sweet Potato & Kale	340	9353333002298	
30	Salmon Risotto with Brown Rice & Spring Vegetables	390	9353333002311	
31	Cantonese Duck with Broccoli & Green Beans	330	9353333002342	
	VEGAN			
32	Mongolian Seitan stir Fry with brown rice & vegetables	350	9353333000980	
33	Malabar Vegetable Curry with Tofu	300	9353333001840	
34	Moroccan Chickpea Tagine with Pumpkin and Cous Cous	330	9353333000461	
35	Mexican Superfood Bowl	330	9353333000270	
36	Roasted Vegetable Lasagne	330	9353333000959	
38	Thai Yellow Curry with Black Rice & Vegetable	360	9353333001383	
39	Vegan Chilli Con Carne	380	9353333001994	
40	Golden Noodle Stir Fry with Tofu & Vegetables	400	9353333002328	
	BITES			
1	B/fast Bite Oats & P/Butter 55gm	55x20	9353333001291	
2	B/fast Bite Cashew/Date & Cran 55gm	55x20	9353333001307	
3	Protein Bite C/Coconut 45gm	45x20	9353333001314	
4	Protein Bite Chocolate 40gm	40x20	9353333001321	
5	Protein Bite Cookie Dough 45gm	45x20	9353333001338	
6	Protein Bite P/Butter Choc 45gm	45x20	9353333001345	
7	Protein Bite Hazelnut Crisp	45x20	9353333001871	
8	Protein Bite Strawberry & Coconut	45x20	9353333001888	
	KETO BITES			
1	Keto Bar - Choc Chip Cookie Dough	50x12	9353333002144	
2	Keto Bar - Lemon & Coconut	50x12	9353333002151	
3	Keto Bar - Lamington	50x12	9353333002168	
4	Keto Bar - Salted Caramel	50x12	9353333002175	
	RTD's COMING SOON			
1	RTD - Chocolate Protein Drink	375ml x 6	9353333002229	
2	RTD - Vanilla Protein Drink	375ml x 6	9353333002236	
3	RTD - Coffee Protein Drink	375ml x 6	9353333002243	

To set your store up please send your details toelaine@mymusclechef.com or call 0438 372 532.