

# 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 - \$2.37 Buy / \$3.95 RRP ctn of 12's

Margin % - 40%

Shelf Life - Minimum 9 months

### Keto

Price - \$2.97 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 4 order period for expired stock, please send through to [credits@mymusclechef.com](mailto:credits@mymusclechef.com) . Please make sure you take a photo of the meal showing the expiry date and attach for credits to be issued.

# INTRODUCING MY MUSCLE CHEF

MENU	Weight (g)	Barcode	Cost	RRP ( \$ INC)	Margin
Chipotle Chicken Burrito Bowl	450	9353333000638	\$7.50	\$9.95	25%
Beef Stroganoff with Spinach Fettuccine	330	9353333000140	\$7.50	\$9.95	25%
Satay Chicken With Basmati Rice & Green Peas	330	9353333000027	\$7.50	\$9.95	25%
Pesto Chicken with Penne Pasta & Green Vegetables	330	9353333000058	\$7.50	\$9.95	25%
Smokey BBQ Brisket With Sweet Potato, Kale & Feta Mash	360	9353333000102	\$7.50	\$9.95	25%
Cajun Chicken with Dirty Rice	380	9353333000232	\$7.50	\$9.95	25%
Beef Massaman Curry with Brown Rice	320	9353333000256	\$7.50	\$9.95	25%
Butter Chicken with Saffron Pilaf	360	9353333000010	\$7.50	\$9.95	25%
Lemon Pepper Chicken With Pea Mash	330	9353333000652	\$7.50	\$9.95	25%
Braised Beef Ragu with Polenta & Roast Vegetables	330	9353333000119	\$7.50	\$9.95	25%
Asian Chicken Stir Fry with Hokkien Noodles	450	9353333001031	\$7.50	\$9.95	25%
Peri Peri Chicken with Tomato Rice & Green Beans	350	9353333001222	\$7.50	\$9.95	25%
Spaghetti Bolognese	330	9353333000133	\$7.50	\$9.95	25%
Crumbed Chicken with Roasted Potatoes	340	9353333000775	\$7.50	\$9.95	25%
Lemon Garlic Chicken with Sweet Potato Bake	400	9353333001024	\$7.50	\$9.95	25%
Sri Lankan Chicken Curry with Cauliflower Rice	360	9353333001826	\$7.50	\$9.95	25%
Garlic & Herb Chicken with Vegetable Risotto	300	9353333000041	\$7.50	\$9.95	25%
Spinach Ricotta Ravioli in Pumpkin Sauce	300	9353333000157	\$7.50	\$9.95	25%
Chicken Paella with brown rice	370	9353333000935	\$7.50	\$9.95	25%
Asian Orange Chicken	340	9353333001956	\$7.50	\$9.95	25%
Turkey Moussaka	330	9353333002014	\$7.50	\$9.95	25%
Coconut Turmeric Chicken with Pumpkin Mash	350	9353333000782	\$7.50	\$9.95	25%
Chicken Nasi Goreng with Vegetables & Ancient Grains	400	9353333002281	\$7.50	\$9.95	25%
Clean Chicken with Roast Pumpkin, Sweet Potato & Kale	340	9353333002298	\$7.50	\$9.95	25%
Salmon Risotto with Brown Rice & Spring Vegetables	390	9353333002311	\$7.50	\$9.95	25%
Cantonese Duck with Broccoli & Green Beans	330	9353333002342	\$7.50	\$9.95	25%
Beef Rendang with Vegetables and Ancient Grains	400	9353333001673	\$7.50	\$9.95	25%
Mexican Beef Burrito Bowl	450	9353333001680	\$7.50	\$9.95	25%
Chicken & Cauliflower Bake	300	9353333000164	\$7.50	\$9.95	25%
Moroccan Lamb Meatballs with Vegetable Pearl Cous Cous	370	9353333000188	\$7.50	\$9.95	25%
Mexican Superfood Bowl	330	9353333000270	\$7.50	\$9.95	25%
Roasted Vegetable Lasagne	330	9353333000959	\$7.50	\$9.95	25%
Vegan Chilli Con Carne	380	9353333001994	\$7.50	\$9.95	25%
Golden Noodle Stir Fry with Tofu & Vegetables	400	9353333002328	\$7.50	\$9.95	25%
Vegan Butter Chicken with Green Peas & Ancient Grains	300	9353333000195	\$7.50	\$9.95	25%
B/fast Bite Oats & P/Butter 55gm	55	9353333001291	\$2.25	\$3.50	36%
B/fast Bite Cashew/Date & Cran 55gm	55	9353333001307	\$2.25	\$3.50	36%
Protein Bite C/Coconut 45gm	45	9353333001314	\$2.25	\$3.50	36%
Protein Bite Chocolate 40gm	40	9353333001321	\$2.25	\$3.50	36%
Protein Bite Cookie Dough 45gm	45	9353333001338	\$2.25	\$3.50	36%
Protein Bite P/Butter Choc 45gm	45	9353333001345	\$2.25	\$3.50	36%
Protein Bite Hazelnut Crisp	45	9353333001871	\$2.25	\$3.50	36%
Protein Bite Strawberry & Coconut	45	9353333001888	\$2.25	\$3.50	36%
Keto Bar - Choc Chip Cookie Dough	50x12	9353333002144	\$2.37	\$3.95	40%
Keto Bar - Lemon & Coconut	50x12	9353333002151	\$2.37	\$3.95	40%
Keto Bar - Lamington	50x12	9353333002168	\$2.37	\$3.95	40%
Keto Bar - Salted Caramel	50x12	9353333002175	\$2.37	\$3.95	40%
RTD - Chocolate Protein Drink	375ml x 12	9353333002229	\$2.97	\$4.95	40%
RTD - Vanilla Protein Drink	375ml x 12	9353333002236	\$2.97	\$4.95	40%
RTD - Coffee Protein Drink	375ml x 12	9353333002243	\$2.97	\$4.95	40%

To set your store up please send your details [toelaine@mymusclechef.com](mailto:toelaine@mymusclechef.com) or call 0438 372 532.