# The Essentials Box.

Includes: 6 main meals  $\mid$  3 snacks  $\mid$  3 add-ons. This box should be able to sustain you for 1-2 weeks depending on if you share.

## Supporting Acts.

Green Packed Pesto (1 jar)

Confit winter veg in Herby Sauce (1 jar)

Winter Fruits Jammy Jam (1 jar)

## Mains.

Kitchari (2x 500g portions)

Wild Rice & Pearl Barley Chicken Congee (2x 500g portions)

Sweet Potato and Coconut Dhal (2x 500g portions)

### Snacks & Sides.

Cheese & Sundried Tomato Biscuits (10-15 biscuits

### Sweet Treats.

Banana Bread (4-6 slices)

Chocolate Covered Nut & Date
Bar (1x bar)

If you have specific dietary requirements (e.g. dairy free, gluten free, halal friendly etc) or for queries relating to ingredients or nutrition, please email me directly at <a href="mailto:tasha@postnutrition.co.uk">tasha@postnutrition.co.uk</a>. Once I have confirmed I can accommodate your needs, simply place your order online and email me your order number. I will then ensure the necessary accommodations are applied to your order.