



# PRODUCT INFORMATION



THE CRITICS SAID "NO WAY!"  
 FOODIES SAID IT WOULD TAKE A MIRACLE  
 DIETICIANS WERE SCEPTICAL BUT WE  
 DIDN'T TAKE NO FOR AN ANSWER.  
 WE REALLY WENT TO WORK AND KA-POW:  
 INTRODUCING OUR TASTY  
 NEW GOOD CHOICE RANGE  
 EVERYTHING UNDER  
 390 CALORIES\*



Shannan Ponton  
 APPROVED



Allergens	Asian Crispy Noodle Salad	Chicken Scallops with Garden Salad	Turkey & Sweet Chilli Oven Baked Sandwich	Pizza - Chicken & Tomato	Pizza - BBQ Chicken & Mushroom	Chicken & Tomato Pasta	Chocolate Mousse	Soy Chilli Dressing - for Asian Salad	Italian Dressing - for Garden Salad
Gluten	Y	Y	Y	Y	Y	Y	Y	Y	Y
Crustaceans									
Egg		Y	Y						
Fish									
Milk	Y	Y	Y	Y	Y	Y	Y	Y	Y
Peanut	T								
Tree Nut									
Sesame									
Soy	Y		Y	Y	Y	Y	Y	Y	Y
Sulphite									
Additive									
Flavour									
Colour									

## Food Additives

150									
202									
220									
234									
260									
306									
322									
330									
331									
336									
339									
340									
405									
407									
407a									
412									
415									
433									
450									
452									
466									
492									
508									
627									
631									
635									
1400									
1412									
1414									
1422									
1442									
1505									

T = May contain traces Y = Yes

This information is correct at the time of printing March 2010

The Biggest Loser® FramantleMedia Australia Pty Ltd as agent for Reville LLC dba ShineReville.

\* The nutritional information is averaged based on independent testing of the standard recipe. The actual calories in the product you buy may vary slightly because the products are handmade fresh for you in store each time you order. Seasonal, supplier and regional variability may also cause the actual calorie count and nutrition to vary.

## Crispy Asian Noodle Chicken Salad with a Soy & Chilli Dressing

### NUTRITION INFORMATION

Servings per package: 1. Serving size: 180g

	Average Quantity per Serving	Average Quantity per 100g
<b>Energy</b>	642kJ ( <b>153 Cal</b> )	357kJ ( <b>85 Cal</b> )
Protein	11.4g	6.4g
Fat, Total	6.3g	3.5g
- Saturated	2.8g	1.6g
- Trans	<0.01g	<0.01g
Carbohydrate	10.6g	5.9g
- Sugars	<1.0g	0.3g
Sodium	495mg	275mg

Ingredients (allergens highlighted in **BOLD**): Salad Mix (mesclun baby leaves, wombok cabbage, cherry tomato, carrot), Chicken (chicken, thickeners (1442, 407), **milk** solids, salt, natural flavour (**soy**), mineral salts (450, 508), gelling agent (508), dextrose, water, **soy** lecithin (322)), Noodles (Water, tapioca flour, dhall flour, vegetable oil (palm), cumin, aniseed, salt).

## Southern Style Chicken Scallops with Garden Salad

### NUTRITION INFORMATION

Servings per package: 1. Serving size: 195g

	Average Quantity per Serving	Average Quantity per 100g
<b>Energy</b>	1089kJ ( <b>260 Cal</b> )	559kJ ( <b>133 Cal</b> )
Protein	20.9g	10.7g
Fat, Total	11.3g	5.8g
- Saturated	3.8g	1.9g
- Trans	0.03g	0.02g
Carbohydrate	16.8g	8.6g
- Sugars	1.6g	0.8g
Sodium	585mg	300mg

Ingredients (allergens highlighted in **BOLD**): Chicken (water, flour (**wheat**), thickeners (1442, 1400, 407a), sugar, salt, herbs ground and extracted spices, mineral salt (450), **egg** albumen, yeast, flavour (**wheat**, **milk**), dextrose, wheat fibre), Mesclun Baby Leaves, Cherry Tomatoes.

## Penne Pasta with Roasted Chicken, Mushroom & Vine Ripened Tomato

### NUTRITION INFORMATION

Servings per package: 1. Serving size: 330g

	Average Quantity per Serving	Average Quantity per 100g
<b>Energy</b>	1434kJ ( <b>343 Cal</b> )	434kJ ( <b>104 Cal</b> )
Protein	19.9g	6.0g
Fat, Total	<1.0g	0.2g
- Saturated	<1.0g	<1.0g
- Trans	<0.01g	<0.01g
Carbohydrate	59.1g	17.9g
- Sugars	7.9g	2.4g
Sodium	406mg	123mg

Ingredients (allergens highlighted in **BOLD**): Pasta (durum **wheat** semolina), Pizza Sauce (tomatoes, spices, salt, food acid (330)), Capsicum, Mushroom, Tomato, Chicken(chicken, thickeners (1442, 407), **milk** solids, salt, natural flavour (**soy**), mineral salts (450, 508), gelling agent (508), dextrose, water, **soy** lecithin (322)), Spinach, Basil, Oregano.

## Chocolate Mousse

### NUTRITION INFORMATION

Servings per package: 1. Serving size: 75g

	Average Quantity per Serving	Average Quantity per 100g
<b>Energy</b>	498kJ ( <b>119Cal</b> )	664kJ ( <b>159Cal</b> )
Protein	8.0g	10.6g
Fat, Total	2.3g	3.0g
- Saturated	2.0g	2.6g
- Trans	0.01g	0.02g
Carbohydrate	16.4g	21.9g
- Sugars	15.6g	20.8g
Sodium	82mg	109mg

Ingredients (allergens highlighted in **BOLD**): **Egg** White (Vegetable Gums (415, 412), Whipping Agent (1505)), Water, Sugar, Chocolate (9%) (sugar, vegetable fat, cocoa solids, emulsifiers (492, **soy** lecithin), salt, flavours), Cocoa Powder, Gelatine (gelatin, preservative (220)), Skim Milk Powder, Stabiliser (336), Preservative (202).

## Oven Baked Sandwich with Crispy Turkey Rissolos and Sweet Chilli sauce

### NUTRITION INFORMATION

Servings per package: 1. Serving size: 228g

	Average Quantity per Serving	Average Quantity per 100g
<b>Energy</b>	1543kJ ( <b>367 Cal</b> )	677kJ ( <b>162 Cal</b> )
Protein	21.1g	9.3g
Fat, Total	<1.0g	0.4g
- Saturated	<1.0g	<1.0g
- Trans	<0.01g	<0.01g
Carbohydrate	67.7g	29.7g
- Sugars	8.9g	3.9g
Sodium	385mg	169mg

Ingredients (allergens highlighted in **BOLD**): Bread (**wheat** flour, water, salt, dried yeast, improver, malt flour, guar gum salt,) turkey (turkey, water, thickeners (1412, 1442, 412, 407a, 415), onion, carrot, **soy** protein concentrate, starch (**wheat**), fibre (**wheat**), dehydrated onion powder, **egg** white powder, flavours (**wheat**, **milk**), salt, mineral salt (450), herbs, milk solids, acidity regulators (331, 336, 340, 330), flavour enhancers (635, 627, 631), yeast, gluten (**wheat**), maltodextrin), Tomato, Capsicum, Onion, Sweet Chilli Sauce (water, capsicum, tomato paste, food acid (260), salt, chilli, modified corn starch (1422), herbs & spices, garlic, vegetable gum (415,412)), Spinach.

## BBQ Chicken & Mushroom Ciabatta Pizza

### NUTRITION INFORMATION

Servings per package: 1. Serving size: 289g

	Average Quantity per Serving	Average Quantity per 100g
<b>Energy</b>	1630kJ ( <b>389 Cal</b> )	563kJ ( <b>134 Cal</b> )
Protein	21.2g	7.4g
Fat, Total	9.4g	3.2g
- Saturated	5.5g	1.9g
- Trans	0.3g	0.1g
Carbohydrate	53.5g	18.5g
- Sugars	13.5g	4.7g
Dietary Fibre	5.9g	2.0g
Sodium	772mg	267mg

Ingredients (allergens highlighted in **BOLD**): Pizza Base (**wheat** flour, water, salt, dried yeast, improver, malt flour, guar gum, salt,) Pineapple, Onion, Mushroom, Tomato, BBQ Sauce (tomatoes, worcestershire sauce (water, malt vinegar, molasses, golden syrup, dates (water, malt vinegar), spices, tamarinds, **anchovies**, colour (150), liquorice extract, flavour, emulsifier (433)), maize thickener (1414), spices, salt, food acid (330), colour (caramel), smoke flavour (from **hickory nuts**)), Cheese (water, cheese, natural cheese flavour, thickeners (1422, 466, 415), mineral salts (452, 339), acidity regulators (331, 330), iodised salt, preservative (234, 202)), Chicken (chicken, thickeners (1442, 407), **milk** solids, salt, natural flavour (**soy**), mineral salts (450, 508), gelling agent (508), dextrose, water, soy lecithin (322)).

## Chicken, Tomato & Oregano Ciabatta Pizza

### NUTRITION INFORMATION

Servings per package: 1. Serving size: 298g

	Average Quantity per Serving	Average Quantity per 100g
<b>Energy</b>	1480kJ ( <b>354 Cal</b> )	498kJ ( <b>119 Cal</b> )
Protein	21.8g	7.3g
Fat, Total	9.4g	3.2g
- Saturated	5.5g	1.8g
- Trans	0.3g	0.1g
Carbohydrate	43.6g	14.6g
- Sugars	5.3g	1.8g
Dietary Fibre	6.4g	2.2g
Sodium	718mg	241mg

Ingredients (allergens highlighted in **BOLD**): Pizza Base (**wheat** flour, water, salt, dried yeast, improver, malt flour, guar gum, salt), Capsicum, Onion, Tomato, Mushroom, Pizza Sauce ((tomatoes, spices, salt, food acid (330)), Cheese (water, cheese, natural cheese flavour, thickeners (1422, 466, 415), mineral salts (452, 339), acidity regulators (331, 330), iodised salt, preservative (234, 202)), Chicken (chicken, thickeners (1442, 407), **milk** solids, salt, natural flavour (**soy**), mineral salts (450, 508), gelling agent (508), dextrose, water, **soy** lecithin (322)), Oregano.

Gourmet individual servings for one. The Good Choice Range should be consumed as part of a balanced diet.

## Soy Chilli Dressing (Asian Salad)

Ingredients (allergens highlighted in **BOLD**): Water, Lime Juice (preservative 202), Palm Sugar (coconut, water), Canola Oil (natural antioxidant 306), **Soy** Sauce (water, soybeans, wheat, salt), Chinkiang Vinegar, Sugar, Dark **Soy** Sauce, Cooking Wine, Garlic, Rice Vinegar, White Vinegar, Ginger Puree, Coriander, Chilli Puree, Vegetable Gum (415, 405).

## Italian Dressing (Garden Salad)

Ingredients (allergens highlighted in **BOLD**): Liquid Sugar (sugar, water), Water, White Vinegar, Lemon Juice, Sugar, Food Acid (331,260), Salt, Natural Flavour, Vegetable Gum (415,407), Red Capsicum, Onion, Herbs & Spices.

