

2 WEEK MEAL PLAN



BY CHEF JANSEN ANDRE
@PLANTSTRONGJANS

INDEX

PLANTSTRONGJANS

01

I A NOTE FROM JANS

02

I TWO WEEK MEAL PLAN
WEEK ONE
WEEK TWO
SHOPPING LIST

03

I BREAKFAST

04

I LUNCH

05

I DINNER

06

I DESSERT

07

I NUTRITION INFO

BY CHEF JANSEN ANDRE

PLANTSTRONGJANS TWO WEEK MEAL PLAN



MEET JANS

JANSEN ANDRE

POSITIVE ENDURANCE ATHLETE

So happy to have you reading this right now legend!

My name is Jansen Andre - Author, Podcast host, athlete, chef and creator.

As an avid plant eater and health conscious being of the past 8 years, i often found it somewhat of a challenge to stick to a plan, or a diet if i had nothing to follow. It's easy to eat things at random, especially processed foods if you have no direction.

My philosophy is simple. If you have a plan to follow, it will help you get on the right path to a healthier way of life.

So i designed a two week meal plan for you to help build a satisfying plate from macronutrients and micronutrients.

If we ate in a way that helped us live longer, wouldn't we give it a try? After all, we all want to be around for a good time as well as a long time!



@plantswithattitude_



@2xu



@plantstrongjans



@plantstrongjans



This meal plan provides you with breakfast, lunch, dinner, dessert, and snack options for two weeks.

There is no pressure to follow this to a complete tee, you can incorporate as little or as much as you would like.

Definitely feel free to adjust portion sizes based on your individual needs.

PLANTSTRONGJANS TWO WEEK MEAL PLAN

WEEK ONE

DAY	BREAKFAST	LUNCH	DINNER	DESSERT	SNACK
MONDAY	Green smoothie	White bean stew	Spaghetti meatballs		Apple Peanutbutter
TUESDAY	Overnight oats	Lentil stew on mash	Sticky tofu	Apple crumble	Edamame with salt
WEDNESDAY	Green smoothie	Spaghetti meatballs	White bean stew		Apple Peanutbutter
THURSDAY	Overnight oats	Sticky tofu	Lentil stew on mash	Choc Mousse	Edamame with salt
FRIDAY	Green smoothie	White bean stew	Creamy mushroom pasta		Apple Peanutbutter
SATURDAY	Overnight oats	Spaghetti meatballs	Sticky tofu	Choc Mousse	Edamame with salt
SUNDAY	Tofu Scramble	Creamy mushroom pasta	Lentil stew on mash	Apple crumble	Apple Peanutbutter

WEEK TWO

DAY	BREAKFAST	LUNCH	DINNER	DESSERT	SNACK
MONDAY	Green smoothie	Sticky tofu	Lentil stew on mash	Choc Mousse	Edamame with salt
TUESDAY	Overnight oats	White bean stew	Creamy mushroom pasta		Apple Peanutbutter
WEDNESDAY	Green smoothie	Sticky tofu	Spaghetti meatballs	Apple crumble	Edamame with salt
THURSDAY	Overnight oats	Creamy mushroom pasta	Lentil stew on mash		Apple Peanutbutter
FRIDAY	Green smoothie	Spaghetti meatballs	White bean stew	Apple crumble	Edamame with salt
SATURDAY	Overnight oats	Lentil stew on mash	Sticky tofu	Choc Mousse	Apple Peanutbutter
SUNDAY	Tofu Scramble	Creamy mushroom pasta	White bean stew		Edamame with salt

SHOPPING LIST

FRUITS & VEG

- Avocado
- Apples (Red)
- Blueberries
- Broccoli
- Celery
- Cherry tomatoes
- Dates (medjool)
- Kale
- Lemon
- Mushrooms
- Onion
- Potato (Desiree)
- Spring onion
- Strawberries
- Tomato
- Zucchini

PULSES, NUTS & SEEDS

- Cannellini beans (white beans)
- Chia seeds
- Canned lentils
- Flax seeds
- Chickpeas
- Pecans
- Walnuts

BAKING GOODS

- Almond meal
- Cacao powder
- Rolled oats
- Coconut flakes
- Tapioca starch

HERBS & SPICES

- Cinnamon
- Coriander
- Cumin (ground)
- Curry powder

- Dill
- Garlic powder
- Garam masala
- Ginger
- Italian seasoning
- Lime
- Nutritional yeast
- Onion powder

- Paprika
- Thyme
- Turmeric
- Vanilla extract

RICES, GRAINS & PROTEIN

- Basmati rice
- Sourdough bread
- Tofu

CONDIMENTS

- Apple cider vinegar
- Coconut milk
- Mustard
- Olive oil
- Maple syrup
- Rice vinegar
- Tamari
- Vegetable broth

VEGAN FOODS

- Coconut yogurt
- Coconut milk
- Soy milk

01 BREAKFAST

BY CHEF JANSEN ANDRE

@PLANTSTRONGJANS



GREEN POWER SMOOTHIE



METHOD
BLEND



PREP TIME
5 minutes



SERVING
1 people



DIFFICULTY
1/10

INGREDIENTS

- 2 large ripe bananas (frozen is better)
- 1/2 chopped zucchini
- 1/2 tablespoon peanut butter
- 2 leaves chopped kale
- 1 tsp fresh ginger
- 1 date (pitted)
- 1/2 cup coconut water
- 1/2 cup coconut milk

OPTIONAL DECORATION

- Desiccated coconut
- Peanut butter

LET'S MAKE MAGIC HAPPEN

STEP ONE

Add all the ingredients into the blender and blend until creamy and smooth

STEP TWO

Select your glass of choice and If you want to go next level, rub peanut butter on the outside of the mouth of the jar and roll it in desiccated coconut.

STEP THREE

Pour your smoothie inside that magical jar of choice, and top it off to make it POPI, or simply drink it on the go if you do not have time and don't want to be extra.

CHEF NOTE

You can pre-weigh out all the ingredients in a container ready, that way you can just add it to the blender with the liquid in the morning, and you are good to go!





OVERNIGHT OATS



METHOD
SOAK



PREP TIME
5 minutes



SERVING
2 people



DIFFICULTY
2/10

INGREDIENTS

- 1 large ripe banana
- 1 1/2 cup soy milk
- 1 cup coconut yogurt
- 1 cup rolled oats
- 1/2 teaspoon cinnamon
- 1 tablespoon chia seeds
- 2 tablespoons peanut butter
- 1/2 vanilla pod

OPTIONAL TOPPINGS

- Extra Banana

LET'S MAKE MAGIC HAPPEN

STEP ONE

Add the banana, soy milk and yogurt together in a bowl, mash it up and mix it through

STEP TWO

Stir in the oats, cinnamon, and chia seeds. Cover and place in fridge for at least 4 hours

STEP THREE

Layer in two mason jars, with banana, peanut butter and the mixture.

CHEF NOTE

If you can make this the night before, that is ideal, and it can be ready for you to grab in the morning!

TOFU SCRAMBLE



METHOD
FRY



COOK TIME
15 minutes



SERVING
4 people



DIFFICULTY
3/10

INGREDIENTS

SCRAMBLE

- 750G FIRM tofu (do not purchase silken)
- 1 teaspoon ground turmeric
- 2 teaspoons black salt (kala namak - only found in Indian grocer)
- 3 tablespoons dijon mustard
- 4 stalks finely diced celery
- 1/4 bunch fresh dill
- 1/4 cup nutritional yeast
- 1 can FULL FAT coconut cream
- pepper to taste

MAKE IT A BREAKFAST

- 250g baby brown mushrooms
- Fresh sourdough
- Roasted cherry vine tomatoes
- Sliced avocado
- Vegan feta (any organic stores will have a good range)

LET'S MAKE MAGIC HAPPEN

STEP ONE

Finely dice the celery, dill, and parsley and throw it into a mixing bowl. Next up grab that tofu and crumble it up, but not too fine, you want to leave some texture in there so its not too smooth and boring.

STEP TWO

Add all remaining scramble ingredients into the mixing bowl and thoroughly combine for the ultimate even flavour.

STEP THREE

If you are going to add all the extras, which I assume so, in some shape or form, start washing your produce then cook to your liking, slice up your avocado ready.

STEP FOUR

On a medium heat, in a non-stick pan, or a lightly greased fry pan, add your scramble and heat through, making sure to frequently stir for an even heat, and to not burn. Now toast up that sourdough and get plating your breakfast masterpiece! GO WILD!



LUNCH

BY CHEF JANSEN ANDRE

@PLANTSTRONGJANS





STICKY TOFU



METHOD
FRY/STEAM



COOK TIME
10 minutes



SERVING
2 people



DIFFICULTY
4/10

INGREDIENTS

CRISPY TOFU

- 300G cubed tofu
- 5 tablespoons tapioca starch
- 2 tablespoons tamari
- 1 tablespoon olive oil

SAUCE

- 2 tablespoons tomato paste
- 4 tablespoons maple syrup
- 1 tablespoon tamari
- 1 tablespoon rice vinegar
- 1/2 cup water
- 2 teaspoons corn starch
- 2 teaspoons olive oil
- 2 garlic cloves
- 1 teaspoon ginger
- 1 teaspoon siracha

TO SERVE

- 1 cup basmati rice
- Steamed greens

LET'S MAKE MAGIC HAPPEN

STEP ONE

Mix the starch with water in a small bowl. Heat 2 teaspoons oil in small saucepan over medium heat. Add the garlic, ginger, and heat for 2 minutes. Whisk in remaining sauce ingredients, and the starch mixture, until thickened. Usually about 1 minute. Remove from heat and set aside.

STEP TWO

Cut tofu into cubes. Transfer to bowl with starch and toss to coat all tofu. Add tamari and oil and continue.

STEP THREE

Heat oil in pan, over medium heat. Once hot add tofu, cook for about 3 minutes each side until golden brown.

STEP FOUR

Add the sauce, toss to coat, over low-medium heat until hot. Serve this with some steamed greens and other vegetables of choice.

SPAGHETTI MEATBALLS



METHOD
BAKE/BOIL



COOK TIME
45 minutes



SERVING
4 people



DIFFICULTY
5/10

INGREDIENTS

MEATBALLS

- 3 cups chickpeas
- 1/2 cup buckwheat flour
- 1/4 cup nutritional yeast
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon italian seasoning
- 1/2 teaspoon pink salt
- 3 tablespoons ground flax
- 1/2 cup water

PASTA

- 250g spaghetti (i use chickpea protein)
- Choose your own marinara sauce 700g

LET'S MAKE MAGIC HAPPEN

STEP ONE

PRE-HEAT OVEN TO 200 DEGREES.

In a small bowl, stir together the ground flax and the water, this will be the 'egg' in the recipe.

In a food processor add chickpeas and pulse until there are NO whole beans left. Add the processed chickpeas to large mixing bowl.

STEP TWO

Add flax mixture, buckwheat flour, nutritional yeast, garlic powder, onion powder, italian seasoning and salt to a bowl. Stir with large wooden spoon, until all combined. Keep in mind this mixture should be very thick. Roll this mixture into even balls and place on lined - baking tray.

STEP THREE

Place in oven and bake for 30-35 minutes, turning once halfway through. While these are cooking, prepare the pasta according to packet you chose.

STEP FOUR

Warm the marinara sauce on medium heat in large pot, until warmed through. Once meatballs are done. Carefully place these in the sauce. Gently stir to coat the meatballs. Serve this over cooked spaghetti

CHEF NOTE

You can pre-cook the meatballs, this will make them less fragile and easier to cook. Otherwise just be careful when add them to sauce.

PLANTSTRONGJANS TWO WEEK MEAL PLAN





CREAMY MUSHROOM PASTA



METHOD
BLEND/BOIL



COOK TIME
25 minutes



SERVING
4 people



DIFFICULTY
3/10

INGREDIENTS

- 6 cups wild mushrooms sliced
- 1/2 cup cashews (soaked in hot water)
- 1 tablespoons olive oil
- 1/2 teaspoon chilli flakes
- 1 small onion diced
- 3 cloves garlic minced
- 1/2 lemon juiced
- 1 tablespoon dijon mustard
- 3 tablespoons nutritional yeast
- 3/4 cup soy milk
- 1 cup hot pasta water
- 1 packet pasta of your choice

LET'S MAKE MAGIC HAPPEN

STEP ONE

Soak the cashews in hot water (from the kettle is usually ideal!)

STEP TWO

Boil a pot of water, add some salt, and cook the pasta as per instructions on the packet. Cook the pasta until al dente (make sure you save 1 cup of the water for the next part of the recipe).

STEP THREE

Heat oil, and chilli flakes in a pan, add onion and cook until translucent. Add garlic and saute for 30 more seconds. Scrape the onions and garlic into a blender. Drain cashews and add the blender with remaining ingredients. Whilst blending, slowly add the hot pasta water you saved from step two, blend to combine.

STEP FOUR

Add Mushrooms to pan and cook, once browned season with salt and pepper, then add the cooked pasta, and the sauce. Combine and SERVE!

CHEF NOTE

This is a rich pasta, feel free to water it down with more vegetable stock, or water if it is too thick, and you wish to have a thinner consistency.

DINNER

BY CHEF JANSEN ANDRE

@PLANTSTRONGJANS



WHITE BEAN STEW



METHOD
BOIL/SAUTE



COOK TIME
25 minutes



SERVING
2 people



DIFFICULTY
3/10

INGREDIENTS

- 1 can white beans
- 90g walnuts
- 1 tablespoon coconut oil
- 4 cloves garlic
- 1 inch ginger
- 1 red chilli, chopped
- 1 onion, diced
- 200g fresh tomatoes, diced
- 50ml tomato paste
- 1 can coconut milk
- 1 tablespoon curry powder
- 1/2 tablespoon cumin
- 1/2 tablespoon garam masala
- 1/2 tablespoon coriander ground
- 250ml vegetable stock
- 1 cup basmati rice

LET'S MAKE MAGIC HAPPEN

STEP ONE

Heat coconut oil in pot, over medium heat. Cook garlic, ginger and onion until soft, with a bit of colour. Add spices, tomatoes and paste. Cook for a few minutes.

STEP TWO

Add coconut milk, cook for a few more minutes. Remove from heat and transfer to blender. Return to pot once blended.

STEP THREE

Add the beans and walnuts, then the vegetable stock and season. Bring to a boil, reduce heat and simmer uncovered until sauce thickens.

STEP FOUR

Cook the Basmati rice as per instructions. The absorption method works well. Add 2 cups of water per 1 cup of rice, bring to boil and reduce heat until the water has absorbed.

CHEF NOTE

if you are looking for more protein, feel free to add an extra can of white beans. Keep in mind this will make a thicker stew.





LENTIL STEW OVER MASH



METHOD
BOIL



COOK TIME
25 minutes



SERVING
4 people



DIFFICULTY
3/10

INGREDIENTS

MASH

- 225G Desiree potatoes
- 50ml oat milk
- salt and pepper
- 2 tablespoons nutritional yeast

STEW

- 60g dried green lentils
- 80g sliced brown mushrooms
- 40g shallot
- 15ml tamari
- 3g fresh thyme
- 300ml vegetable stock
- 1 tablespoon tomato paste
- 3 tablespoons mashed potato

LET'S MAKE MAGIC HAPPEN

STEP ONE

Fry off the shallot on medium heat until translucent. To this, add the mushrooms and tamari, cook until mushrooms are smelling amazing.

STEP TWO

Add the lentils, thyme and 2 cups of vegetable stock. Bring to a low boil. Once boiling, reduce heat and simmer for 20 minutes. Meanwhile, add the potatoes to a large pot of water. Boil and reduce heat until they are tender.

STEP THREE

Drain the potatoes, and add to a mixing bowl with remaining ingredients, mash to desired consistency.

Once lentils are tender, add tomato paste, and stir through. Turn off heat, and stir through the 3 tablespoons of mashed potato to thicken.

STEP FOUR

Serve the mash potato first and ladle the stew on top. If cooking for later, I like to keep the mash and the stew separate. Or in a container, do half/half to avoid soggy mash.

CHEF NOTE

The stew is versatile, you can also use it in a pasta dish as a bolognese style.

DESSERTS

BY CHEF JANSEN ANDRE

@PLANTSTRONGJANS



CHOCOLATE MOUSSE



METHOD
BLEND



PREP TIME
25 minutes



SERVING
2 people



DIFFICULTY
2/10

INGREDIENTS

- 2 avocados skinned
- 1/2 cup cacao powder
- 1/2 cup coconut milk
- 1 teaspoon vanilla extract
- 2 tablespoons maple syrup

LET'S MAKE MAGIC HAPPEN

STEP ONE

Prep the avocados by taking them out of the skin.

STEP TWO

Put everything into the blender and blend until smooth.

STEP THREE

Divide this mixture into two mason jars

STEP FOUR

Decorate and top how you like, i use whipped coconut cream for a little extra special flavour and to balance out the richness of the chocolate.

CHEF NOTE

This mousse can be paired with other dessert recipes, save this one, you can even use it as an icing on baked cakes. #YUM!





APPLE CRUMBLE



METHOD
BAKE



COOK TIME
25 minutes



SERVING
6 people



DIFFICULTY
3/10

INGREDIENTS

FILLING

- 4 medium apples (50/50 red and green) allows for sweetness and bite
- 1/2 a lemon (juiced)
- 1/3 cup coconut sugar
- 2 tablespoons apple juice (or coconut water)
- 1 teaspoon ground cinnamon
- 1 1/2 tablespoons tapioca starch
- 1/2 teaspoon freshly grated ginger
- Pinch of nutmeg (optional)

TOPPING

- 1/2 cup rolled oats
- 1/2 cup almond meal
- 1/4 cup coconut sugar
- 1/4 cup crushed pecans
- 1/2 teaspoon cinnamon
- 1/2 cup coconut oil

LET'S MAKE MAGIC HAPPEN

STEP ONE

PRE-HEAT OVEN TO 175 DEGREES (350 F)

STEP TWO

Peel apples, quarter them and remove core then thinly slice! Now we need to add ALL of the filling ingredients into a bowl and stir to combine so the apples are coated. In a separate bowl, do the same with the topping ingredients!

STEP THREE

Legend, its time to find that suitable baking dish you want to use, don't need to put too much effort into it, just grab a size or shape you like. Now its time to add the crumble mixture on top of the apples, and bake until golden!

STEP FOUR

LISTEN UP, this may be hard to do, but for the topping to be crunchy, when you pull it out of the oven it needs to rest for a solid 20 minutes to set.

TIP (you can serve this fresh with ice cream or store it in the freezer or fridge, the choice is yours, but I doubt it will last long, especially if its in my house, its gone in less than 60 minutes.),

NUTRITION INFO


Tofu scramble		
Nutrition Information		
Serving Size: 1 Serving		
	Average Quantity per Serving	%Daily Intake*
Energy	1041.6 kJ	12 %
Protein	23 g	46 %
Fat, total	11.3 g	16 %
- saturated	2.2 g	9 %
Carbohydrate	5.3 g	2 %
- sugars	1.9 g	
- lactose	0 g	
- galactose	0.1 g	
- starches	0.4 g	
Dietary Fibre	5.1 g	17 %
Sodium	157.2 mg	7 %
Vitamin C	1.1 mg	
Vitamin A	43.3 µg	
Calcium	163.1 mg	
Iron	11.3 mg	
*Percentage daily intakes are based on an average adult diet of 8700 kJ.		
Per Serving <input type="checkbox"/>		


Overnight Oats		
Nutrition Information		
Serving Size: 1 Serving		
	Average Quantity per Serving	%Daily Intake*
Energy	1778.1 kJ	20 %
Protein	15 g	30 %
Fat, total	15 g	21 %
- saturated	5 g	21 %
Carbohydrate	50.5 g	16 %
- sugars	17.4 g	
- lactose	0 g	
- galactose	0 g	
- starches	31.6 g	
Dietary Fibre	11.3 g	38 %
Sodium	107.1 mg	5 %
Vitamin C	6.9 mg	
Vitamin A	126.9 µg	
Calcium	487.5 mg	
Iron	3.8 mg	
*Percentage daily intakes are based on an average adult diet of 8700 kJ.		
Per Serving <input type="checkbox"/>		


Green power smoothie		
Nutrition Information		
Serving Size: 1 full recipe		
	Average Quantity per Serving	%Daily Intake*
Energy	1916.5 kJ	22 %
Protein	10.8 g	22 %
Fat, total	9.2 g	13 %
- saturated	3.5 g	15 %
Carbohydrate	78.9 g	25 %
- sugars	56 g	
- lactose	0 g	
- galactose	0 g	
- starches	15.7 g	
Dietary Fibre	15.8 g	53 %
Sodium	80.5 mg	4 %
Vitamin C	57 mg	
Vitamin A	1451.1 µg	
Calcium	280 mg	
Iron	2.6 mg	
*Percentage daily intakes are based on an average adult diet of 8700 kJ.		
Per Serving <input type="checkbox"/>		




NUTRITION INFO

Creamy mushroom pasta		
Nutrition Information		
Serving Size: 1 x 4 Serving		
	Average Quantity per Serving	%Daily Intake*
Energy	2231.5 kJ	26 %
Protein	17.7 g	35 %
Fat, total	18.6 g	27 %
- saturated	2.8 g	12 %
Carbohydrate	68.9 g	22 %
- sugars	7.2 g	
- lactose	0 g	
- galactose	0 g	
- starches	61.1 g	
Dietary Fibre	6.7 g	22 %
Sodium	301.9 mg	13 %
Vitamin C	8.5 mg	
Vitamin A	34.6 µg	
Calcium	124.3 mg	
Iron	3.6 mg	
*Percentage daily intakes are based on an average adult diet of 8700 kJ.		
Per Serving 		

White bean stew		
Nutrition Information		
Serving Size: 1 Serving		
	Average Quantity per Serving	%Daily Intake*
Energy	2214.6 kJ	25 %
Protein	36 g	72 %
Fat, total	13.1 g	19 %
- saturated	6.7 g	28 %
Carbohydrate	42 g	14 %
- sugars	8.8 g	
- lactose	0 g	
- galactose	0 g	
- starches	31.4 g	
Dietary Fibre	26.4 g	88 %
Sodium	84.5 mg	4 %
Vitamin C	12.9 mg	
Vitamin A	186.8 µg	
Calcium	55.6 mg	
Iron	2.4 mg	
*Percentage daily intakes are based on an average adult diet of 8700 kJ.		
Per Serving 		

Spaghetti meatballs		
Nutrition Information		
Serving Size: 1 Serving		
	Average Quantity per Serving	%Daily Intake*
Energy	2311.6 kJ	27 %
Protein	53.4 g	107 %
Fat, total	10.9 g	16 %
- saturated	1.6 g	7 %
Carbohydrate	24.8 g	20 %
- sugars	9.1 g	
- lactose	0 g	
- galactose	0 g	
- starches	13.9 g	
Dietary Fibre	37.9 g	126 %
Sodium	441.1 mg	19 %
Vitamin C	22.1 mg	
Vitamin A	392.4 µg	
Calcium	49.2 mg	
Iron	4.2 mg	
*Percentage daily intakes are based on an average adult diet of 8700 kJ.		
Per Serving 		

Lentil Stew Over Mash		
Nutrition Information		
Serving Size: 1 Serving		
	Average Quantity per Serving	%Daily Intake*
Energy	2583.6 kJ	30 %
Protein	35.5 g	71 %
Fat, total	1.9 g	3 %
- saturated	0.3 g	1 %
Carbohydrate	92.7 g	39 %
- sugars	7.8 g	
- lactose	0 g	
- galactose	0 g	
- starches	78.3 g	
Dietary Fibre	28.5 g	95 %
Sodium	783.7 mg	34 %
Vitamin C	43.6 mg	
Vitamin A	1426 µg	
Calcium	155.7 mg	
Iron	15.7 mg	
*Percentage daily intakes are based on an average adult diet of 8700 kJ.		
Per Serving 		

NUTRITION INFO

Sticky Tofu		
Nutrition Information		
Serving Size: 1 Serving		
	Average Quantity per Serving	%Daily Intake*
Energy	1990.2 kJ	23 %
Protein	22.8 g	46 %
Fat, total	9.5 g	14 %
- saturated	1.5 g	6 %
Carbohydrate	63.9 g	24 %
- sugars	8.7 g	
- lactose	0 g	
- galactose	0 g	
- starches	53.2 g	
Dietary Fibre	10.3 g	34 %
Sodium	96.4 mg	4 %
Vitamin C	122.4 mg	
Vitamin A	3739.7 µg	
Calcium	246.4 mg	
Iron	10.6 mg	
*Percentage daily intakes are based on an average adult diet of 8700 kJ.		
Per Serving <input type="checkbox"/>		

Apple crumble		
Nutrition Information		
Serving Size: 1 Serving		
	Average Quantity per Serving	%Daily Intake*
Energy	1464.8 kJ	17 %
Protein	3.2 g	6 %
Fat, total	20 g	29 %
- saturated	11.8 g	49 %
Carbohydrate	37.6 g	12 %
- sugars	30.5 g	
- lactose	0 g	
- galactose	0 g	
- starches	3.2 g	
Dietary Fibre	4.4 g	15 %
Sodium	6.2 mg	0 %
Vitamin C	1.4 mg	
Vitamin A	18.8 µg	
Calcium	35.6 mg	
Iron	0.8 mg	
*Percentage daily intakes are based on an average adult diet of 8700 kJ.		
Per Serving <input type="checkbox"/>		

Chocolate mousse		
Nutrition Information		
Serving Size: 1 Serving		
	Average Quantity per Serving	%Daily Intake*
Energy	1783.6 kJ	21 %
Protein	10.9 g	22 %
Fat, total	26.2 g	37 %
- saturated	6.9 g	29 %
Carbohydrate	22.2 g	7 %
- sugars	12.9 g	
- lactose	0 g	
- galactose	0.1 g	
- starches	0.1 g	
Dietary Fibre	19.4 g	65 %
Sodium	20.9 mg	1 %
Vitamin C	12.2 mg	
Vitamin A	135.1 µg	
Calcium	158 mg	
Iron	5.2 mg	
*Percentage daily intakes are based on an average adult diet of 8700 kJ.		
Per Serving <input type="checkbox"/>		





THANK YOU

WWW.JANSENANDRE.COM