

KICSTART™

VLCD

Pea and Ham

Flavoured Soup

Preparation

1. Add 200mL (or more) of cold water to shaker or blender.
2. Add contents of sachet.
3. Shake or blend until powder is dissolved.
4. Transfer to saucepan, heatproof mug or bowl and gently heat on stove top or microwave.

Tip: Add "Free Food" vegetables, herbs and spices as desired.

Consume Immediately

As used in the
Healthy Weight For Life Programs
HealthyWeightForLife.com.au

58g net

Nutrition Information		Servings per package: 1	
Serving size: 58g per 200mL water	Average Quantity per Serving	Average Quantity per 100mL (when prepared as directed)	
Energy	864kJ (207Cal)	369kJ (88Cal)	
Protein	20.3g	8.6g	
Fat, Total	2.4g	1.0g	
- Saturated	1.7g	0.7g	
Carbohydrate	22.8g	9.7g	
- Sugars	3.9g	1.7g	
Dietary Fibre	4.1g	1.8g	
Sodium	630mg	270mg	
Potassium	806mg	343mg	
Magnesium	160mg (50%RDI) *	68mg	
Calcium	369mg (46%RDI)	157mg	
Phosphorus	262mg (26%RDI)	112mg	
Iron	4.8mg (40%RDI)	2.0mg	
Zinc	4.8mg (40%RDI)	2.0mg	
Manganese	0.85mg (17%ESADD) **	0.4mg	
Copper	0.5mg (17%ESADD)	0.2mg	
Selenium	17.5ug (25%RDI)	7.5ug	
Iodine	75ug (50%RDI)	32ug	
Chromium	34ug (17%ESADD)	14.5ug	
Molybdenum	42.5ug (17%ESADD)	18ug	
Vitamin A	300ug (40%RDI)	126ug	
Thiamin	0.55mg (50%RDI)	0.23mg	
Riboflavin	0.85mg (50%RDI)	0.36mg	
Niacin	5.0mg (50%RDI)	2.1mg	
Pantothenic Acid	0.8mg (17%ESADD)	0.3mg	
Vitamin B12	1.0ug (50%RDI)	0.4ug	
Vitamin C	20mg (50%RDI)	8.5mg	
Vitamin D	5.0ug (50%RDI)	2.1ug	
Vitamin E	5.0mg (50%RDI)	2.1mg	
Vitamin B6	0.8mg (50%RDI)	0.3mg	
Vitamin K	40ug (50%ESADD)	17ug	
Biotin	5ug (17%ESADD)	2.1ug	
Folate	100ug (50%RDI)	43ug	

*RDI = Recommended Dietary Intake

**ESADDI = Estimated Safe and Adequate Daily Dietary Intake

INGREDIENTS

Protein Blend (Pea Protein Isolate 21%, Hydrolysed Collagen), Maltodextrin, Flavours, Fibre (Polydextrose), MCT Powder, Minerals (Calcium Phosphate, Potassium Citrate, Magnesium Oxide, Zinc Sulphate, Ferrous Sulphate, Cupric Sulphate, Chromium Chloride, Manganese Sulphate, Sodium Molybdate, Potassium Iodide, Sodium Selenite), Sucrose, Vegetable Gum (415), Salt, Dried Yeast, Spinach Powder, Parsley Flakes, Onion Powder, Ground Pepper, Vitamins (Vitamin C, Vitamin E, Niacin, Pantothenic Acid, Riboflavin, Pyridoxine, Thiamin, Vitamin A, Folic Acid, Vitamin K, Biotin, Vitamin D, Vitamin B12).

STORE BELOW 25°C

FORMULATED MEAL REPLACEMENT: NOT TO BE USED AS A TOTAL DIET REPLACEMENT.



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