

Globally inspired favourites

Tex Mex Beef, Flour Tortilla, Pico De Gallo, Avocado Crema

**Contains:** Soy, Milk, Sulphites, Wheat, **Intolerances:** Gluten, Lactose,

Beef Tacos

Do not remove film before cooking. Consume meal only when finished cooking by the Smart Cooker. Keep Refrigerated.



Best Before October 16th 2020 Produced for: **Kitchenmate Inc, toronto** 

Classics



Globally inspired favourites

Beef Brisket, Bacon, Yukon Gold Potato, Carrot, Celery, Onion

Contains: Fish, Wheat, Intolerances: Gluten, Alcohol,

Brisket Guinness Stew

Do not remove film before cooking. Consume meal only when finished cooking by the Smart Cooker. Keep Refrigerated.



Best Before October 16th 2020 Produced for: **Kitchenmate Inc, toronto** 

Classics



Globally inspired favourites

Buffalo Chicken, Cavatappi, White Cheddar Cheese

Contains: Milk, Mustard, Wheat, Intolerances: Gluten, Lactose,

Buffalo Chicken Mac & Cheese

Do not remove film before cooking. Consume meal only when finished cooking by the Smart Cooker. Keep Refrigerated.



Best Before October 16th 2020 Produced for: **Kitchenmate Inc, toronto** 

Inspired



Globally inspired favourites

Pork Sausage, Saffron Arborio Rice, Mixed Peppers, Peas

Contains: Sulphites,

Chicken & Chorizo Paella

Do not remove film before cooking. Consume meal only when finished cooking by the Smart Cooker. Keep Refrigerated.



Best Before October 16th 2020 Produced for: **Kitchenmate Inc, toronto** 

Classics



Globally inspired favourites

Roast Chicken Breast, Farro, Kale, Romaine, Parmesan, Caesar Dressing

Contains: Fish, Soy, Milk, Wheat, Eggs, Intolerances: Gluten, Lactose,

Do not remove film before cooking. Consume meal only when finished cooking by the Smart Cooker. Keep Refrigerated.



Best Before October 16th 2020 Produced for: **Kitchenmate Inc, toronto** 

Chicken Kale & Romaine Caesar Salad

Classics



Globally inspired favourites

Roast Chicken Breast, Fusilli Pasta, Mushrooms, Peas, Cheese Sauce, Parmesan

Contains: Milk, Mustard, Wheat, Intolerances: Gluten, Lactose,

Chicken Mushroom Alfredo

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Best Before October 16th 2020 Produced for: **Kitchenmate Inc, toronto** 

Classic



Globally inspired favourites

Chicken Breast, Tikka Masala Sauce, Spiced Basmati Rice, Peas, Fresh Coriander And Mint

Contains: Milk, Sulphites, Intolerances: Lactose,

Chicken Tikka Masala

Do not remove film before cooking. Consume meal only when finished cooking by the Smart Cooker. Keep Refrigerated.



Best Before October 16th 2020 Produced for: **Kitchenmate Inc, toronto** 

Classics



Globally inspired favourites

Marinated Chicken Breast, Chillies, Chinese Noodles, Mixed Veggies, Hakka Chili Sauce

**Contains:** Soy, Wheat, Sesame, **Intolerances:** Gluten,

Chili Chicken & Hakka Noodles

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Best Before October 16th 2020 Produced for: **Kitchenmate Inc, toronto** 

Classics



Globally inspired favourites

Hanger Steak, Purple Potatoes, Green Beans, Cremini Mushroom, Chimichurri Buter

Contains: Milk, Sulphites, Intolerances: Lactose,

Chimichurri Steak And Potatoes

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Best Before October 16th 2020 Produced for: **Kitchenmate Inc, toronto** 

Inspired



Globally inspired favourites

Egg, Creamed Spinach, Cheddar Cheese, Soft English Muffin

**Contains:** Soy, Milk, Wheat, Mustard, Eggs, **Intolerances:** Gluten, Lactose,

Egg Florentine Sandwich

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Best Before October 16th 2020 Produced for: **Kitchenmate Inc, toronto** 

Inspired



Sweet Italian Pork Sausage, Polenta, Peppers, Onions

Contains: Soy, Milk, Sulphites, Intolerances: Lactose,

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Best Before October 16th 2020 Produced for: **Kitchenmate Inc, toronto** 

Classics

Italian Sausage & Parmesan Polenta



BBQ Jackfruit, Flour Tortilla, Pico De Gallo, Vegan Avocado Crema

Contains: Soy, Sulphites, Wheat, Intolerances: Gluten,

Jackfruit Tacos

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Best Before October 16th 2020 Produced for: **Kitchenmate Inc, toronto** 

Inspired



Globally inspired favourites

Sliced Beef, Glass Noodles, Onion, Mixed Vegetables, Red Finger Chillies

Contains: Soy, Sesame, Intolerances: Alcohol,

Korean Beef Glass Noodles

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Best Before October 16th 2020 Produced for: **Kitchenmate Inc, toronto** 

Inspired



Globally inspired favourites

Ricotta, Parmesan, Cremini Mushroom, Spinach, Truffle

**Contains:** Milk, Wheat, Mustard, Eggs, **Intolerances:** Gluten, Lactose,

Ricotta & Truffle Ravioli

Do not remove film before cooking. Consume meal only when finished cooking by the Smart Cooker. Keep Refrigerated.



Best Before October 16th 2020 Produced for: **Kitchenmate Inc, toronto** 

Inspired



Globally inspired favourites

Chicken Breast, Brown Rice, Steamed Broccoli & Carrots, Lemon Parsley Pesto

Contains: Sulphites,

Do not remove film before cooking. Consume meal only when finished cooking by the Smart Cooker. Keep Refrigerated.



Best Before October 16th 2020 Produced for: **Kitchenmate Inc, toronto** 

Roast Chicken Breast & Parsley Lemon Pesto

Thrive



Globally inspired favourites

Roast Chicken Breast, Black Beans, Romaine, Pico De Gallo, Chipotle Cashew Crema

**Contains:** Tree Nuts, Sulphites, **Intolerances:** 

Roast Chicken Burrito Salad

Do not remove film before cooking. Consume meal only when finished cooking by the Smart Cooker. Keep Refrigerated.



Best Before October 16th 2020 Produced for: **Kitchenmate Inc, toronto** 

Thrive



Egg, Sausage, Cheddar Cheese, Soft English Muffin, Chipotle Mayo

**Contains:** Soy, Milk, Mustard, Wheat, Eggs, **Intolerances:** Gluten, Lactose,

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Best Before October 16th 2020 Produced for: **Kitchenmate Inc, toronto** 

Classics

Sausage Egg & Cheese Sandwich



Globally inspired favourites

Two Eggs, Canadian Cheddar, Diced Sausage, Seasoned Hash Browns, Spicy Ketchup

**Contains:** Soy, Milk, Sulphites, Mustard, Eggs, **Intolerances:** Lactose,

Sausage Scrambled Eggs & Potato Hash

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Best Before October 16th 2020 Produced for: **Kitchenmate Inc, toronto** 

Classics



Globally inspired favourites

Beef, Kidney Beans, Jack Cheese, Chipotle Peppers

Contains: Milk, Intolerances: Lactose.

Smokehouse Chili

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Best Before October 16th 2020 Produced for: **Kitchenmate Inc, toronto** 

Classics



Globally inspired favourites

Soyrizo Sausage, Corn, Kidney Beans, Peppers, Nutritional Yeast

Contains: Soy, Sulphites, Intolerances:

Soyrizo Chipotle Chili

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Best Before October 16th 2020 Produced for: **Kitchenmate Inc, toronto** 

Thrive



Tuna, Tomato Sauce, Kalamata Olives, Capers

Contains: Fish, Wheat, Intolerances: Gluten,

Spaghetti Puttanesca

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Best Before October 16th 2020 Produced for: **Kitchenmate Inc, toronto** 

Classics



Chickpea, Lentil, Yam, Cauliflower Rice Kale, Pickled Onion & Turmeric

Coconut Dressing

Contains: Peanuts, Soy, Sulphites, Intolerances:

Spiced Chickpea & Lentil Buddha Bowl

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Best Before October 16th 2020 Produced for: **Kitchenmate Inc, toronto** 

Thrive



Globally inspired favourites

White Cheddar Cheese Sauce, Cheddar Cheese, Cavatappi, Spinach, Old Bay Seasoning

Contains: Milk, Wheat, Mustard, Intolerances: Gluten, Lactose,

Spinach & Cheddar Mac N' Cheese

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Best Before October 16th 2020 Produced for: **Kitchenmate Inc, toronto** 

Classics



Globally inspired favourites

Tofu, Jasmine Rice, Mixed Vegetables, Bok Choy, Thai Red Curry Sauce

Contains: Soy, Intolerances:

Tofu Coconut Red Curry

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Best Before October 16th 2020 Produced for: **Kitchenmate Inc, toronto** 

Classics



Globally inspired favourites

Two Eggs, Canadian Cheddar, Pepper Stew, Onions, Seasoned Hash Browns, Spicy Ketchup

Contains: Soy, Milk, Sulphites, Eggs, Intolerances: Lactose.

Eggs, DAB893

Do not remove film before cooking. Consume meal only when finished cooking by the Smart Cooker. Keep Refrigerated.



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Inspired

Veggie Scrambled Eggs & Potato Hash

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