



Consist of:
200-250G of Chicken Breast
250G of Bayam Merah
100G of Mushroom
1 Teaspoon of Moringa powder,
1 Whole Passion fruit

Nutritional Fact Card

Chicken Mini Grocer Kit

Nutritional Fun Facts: This mini grocer kit provides almost 3 servings (100%) of your minimum recommended daily vegetables intake. Chicken breast is a good source of lean protein, which aids in preserving a healthy metabolism and maintaining muscle mass.

Moringa powder can promote optimal immune function, due to the presence of flavonoids. Furthermore, it is naturally rich in fiber, antioxidants and minerals such as calcium, magnesium and phosphorus. Note: Pregnant women are advised to consult a doctor prior to consuming Moringa powder.

Nutrition	Content
Energy	521kcal
Protein	51g (Male: 85% ; Female: 98% daily requirement)
Fat	22g
Carbs	35g
Fiber	15.7g (63% of daily requirement)
Vitamin C	142mg (202% of daily requirement)
Vitamin D	0.65µg (13% daily requirement)