



WOK AND GO



NUTRITIONAL SURVIVAL GUIDE
CALORIES AND MACRONUTRIENTS

WWW.JDTRANSFORMATIONS.CO.UK

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

Serving	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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CLASSIC BOXES

Hot Box Small	1104.64	46.44	146.3	2.53	31.45	37.08	1.8
Hot Box Regular	1641.61	71.24	224.7	3.41	45.78	50.89	2.67
Hot Box Large	2026.39	89.33	273.7	3.85	58.46	63.79	3.61
Combo Box Small	1055.68	46.45	135.6	2.32	19.37	36.4	3.33
Combo Box Regular	1570	71.72	208	3.5	27.97	50.12	4.56
Combo Box Large	1929.19	89.3	251.4	4.36	34.71	62.95	5.72
Sweet Chilli (Not inc nuts) Small	1106.26	47.14	146.4	2.4	32.05	36.9	4.63
Sweet Chilli (Not inc nuts) Regular	1637.44	71.5	226.4	3.67	46.46	49.56	6.25
Sweet Chilli (Not inc nuts) Large	2029.82	90.17	276.9	4.53	59.66	62.38	9.27
Mee Gee Small	1077.49	38.66	147.3	2.66	30.02	37.09	4.02
Mee Gee Regular	1583.31	57.54	223.9	3.99	42.59	50.83	5.26
Mee Gee Large	1957.56	70.83	275.1	5.05	55.6	63.76	7.91
Nasi Seafood Small	1058.08	15.36	170.2	3.68	35.45	35.08	4.02
Nasi Seafood Regular	1641.58	22.1	280.3	5.54	58.92	47.98	6.24
Nasi Seafood Large	2075.63	28.14	355.6	6.55	78.57	60.07	9.4
Nasi Box Small	1062.53	16.28	169.6	3.68	35.53	35.45	3.81
Nasi Box Regular	1665.55	25.43	281.5	5.54	59.12	48.67	6
Nasi Box Large	2103.21	33.87	354.5	6.91	78.65	61.09	9.13
Sing-a-Box Small	1390.63	33.06	222.1	2.23	14.05	41.11	2.8
Sing-a-Box Regular	1772.83	48.63	273.2	3.41	21.35	53.95	4.09
Sing-a-Box Large	2162.03	59.42	323	4.27	27.79	70.27	5.31
Black Bean Box Small	1077.75	42.8	140.8	4.82	24.25	38.15	0.24
Black Bean Box Regular	1621.56	68.45	218.1	7.34	36.99	52.84	0.43
Black Bean Box Large	2036.48	85.98	272.1	10.06	51.47	67.12	0.55
Sweet & Sour Small	1125.9	39.5	163	2.42	50.94	35.1	0.24
Sweet & Sour Regular	1670.47	63.33	245.5	3.77	70.26	48.35	0.43
Sweet & Sour Large	2018.93	77.88	291	4.66	80.36	60.37	0.55
Thai Green Curry Regular	1623.93	63	191.2	3.14	16.86	67.45	1
Thai Green Curry Large	2041.24	78.8	231.7	3.91	21.91	88.8	1.29
Pad Thai (without nuts) Small	1736.58	39.24	303	18.25	43.66	40.86	1.43
Pad Thai (without nuts) Regular	2167.29	54.05	362.7	20.04	58.86	55.61	1.8
Pad Thai (without nuts) Large	2303.8	61.48	371.8	22.82	66.76	63.4	1.92

SPECIAL BOXES

Hoi Sin Duck Box Regular	1592	60.76	211.5	3.58	31.64	55.88	3.32
Hoi Sin Duck Box Large	1933.82	72.35	256.3	4.35	40.18	68.82	4.46
Dojo Protein Box Regular	1639.31	83.1	209.6	4.15	28.07	52.07	5.17
Dojo Protein Box Large	2015.74	104.3	253.1	5.13	34.68	65.14	6.51

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VEGAN BOXES

Tonkatsu Box Small	777.98	24.28	93.04	2.72	17.56	34.3	12.74
Tonkatsu Box Regular	1010.05	30.66	119.9	4.14	24.92	45.33	13.26
Tonkatsu Box Large	1213.22	35.6	141.2	5.16	29.74	56.22	14.27
Veggie Curry Box Regular	1180.39	33.63	106.3	5.21	12.89	68.95	0.6
Veggie Curry Box Large	1492.86	41.17	127.7	6.62	17.42	90.82	0.7
Tofu Hot Box Small	842.46	27.37	97.07	3.2	20.02	38.3	6.76
Tofu Hot Box Regular	1101.52	34.75	125.1	4.91	31.14	51.36	11.49
Tofu Hot Box Large	1355.32	42.33	151.7	6.19	40.92	64.36	15.22
Teriyaki Box Small	748.62	25.46	84.88	2.05	9.82	34.14	8.24
Teriyaki Box Regular	963.66	32.66	106.7	3.14	14.89	45.14	12.94
Teriyaki Box Large	1173.77	39.66	127.6	3.88	19.47	56.09	17.65
Veggie Sweet & Sour Small	889.89	21.83	124.2	2.42	49.28	33.97	0.5
Veggie Sweet & Sour Regular	1146.74	27.04	158.7	3.74	67.08	44.86	0.6
Veggie Sweet & Sour Large	1366.67	31.8	184.8	4.63	77.09	55.59	0.7

KIDS BOXES

Mini Combo	946.51	35.6	121.5	1.73	14.33	35.35	2.19
Sweet & Sour	1041.59	34.6	147.6	1.85	43.17	34.75	0.18
Yasi Yaki (soy)	732.56	23.56	75.97	2.3	7.12	37.16	6.46
Yasi Yaki (SC)	786.53	23.92	88.9	2.3	19.6	37.25	8.2
Yasi Yaki (Hot)	805.6	24.08	93.17	2.3	23.52	37.4	8.14