

22 PLANT-POWERED ingredients inside this pot

We've been on a mission to help busy people eat well since 2015. From side hustling to social juggling, time is often not on our side. So that's where we come in. 100% plant-powered recipes, lovingly made to feed your best and make every day, less everyday. Eat to feel unstoppable.

With our Power Soups, we've taken the classics and supercharged the nutrition. Our rainbow of game-changing recipes are bursting with boosting benefits, up to 3 of your 5-a-day and 27 grams of protein. Designed for lunching on the slow, or eating on the go. BOL. Bring on life.

Paul

Paul, Founder

BOL
Bring On Life



DAIRY &
GLUTEN FREE



Made in small batches in the UK

Ingredients: Water, Butternut Squash (24%), Carrots, Vegetable Stock (Water, Carrots, White Onions, Salt, Leeks, Red Onions, Garlic, Kaffir Lime Leaf, Spring Onions, Fennel, Coriander, Bay Leaf Infusion (Water, Bay Leaf), Black Pepper, White Pepper), Coconut Cream, Sweet Potato (5%), White Onion, Red Lentils, Cannellini Beans, Mango Puree, Rapeseed Oil, Ginger, Sunflower Seeds, Salt, Cornflour, Coriander, Turmeric, Black Pepper, Red Chilli Flakes

May contain traces of Soya, Nuts & Peanuts

Use by: see rim. Keep refrigerated. Once opened, eat within 24 hours. Best enjoyed fresh, if freezing do so immediately and use within 1 month. Defrost thoroughly and stir well before heating. Do not reheat.

Nutritional Information

Typical Values	per 100g	per 300g	RI* per 300g
Energy kJ	258	774	9%
Energy kcal	56	168	9%
Fat (g)	2.4	7.2	10%
of which saturates (g)	1.1	3.3	17%
Carbohydrate (g)	6.5	19.5	8%
of which sugars (g)	2.9	8.7	10%
Fibre (g)	2.2	6.6	-
Protein (g)	1.8	5.4	11%
Salt (g)	0.38	1.14	19%
Vitamin A (ug)**	418	1254	157%

*Reference Intake of an average adult (8400kJ/2000kcal)
**This BOL is high in vitamin A which supports the normal function of the immune system. Eat as part of a balanced diet & healthy lifestyle