

15 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, Red Lentils (11%), Red Peppers (10%), Chickpeas (6%), Fire Roasted Red Pepper Puree (6%) (Red Peppers (56%), Water, Vinegar, Sugar, Salt), Tomatoes (5%) (Tomatoes, Acidity Regulator: Citric Acid), Tomato Paste (4%), White Onion, Carrots, Garlic Puree, Salt, Smoked Paprika, Basil, Rapeseed Oil, Rosemary, Oregano, Black Pepper, Paprika Extract, Crushed Chillies.

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	286	857	10%
Energy kcal	68	203	10%
Fat (g)	0.6	1.8	3%
of which saturates (g)	0.1	0.3	2%
Carbohydrate (g)	9.3	27.9	11%
of which sugars (g)	1.9	5.8	6%
Fibre (g)	3.4	10.1	-
Protein (g)**	4.6	13.8	28%
Salt (g)	0.37	1.11	19%

*Reference Intake of an average adult (8400kJ/2000kcal)
**This BOL is high in protein which contributes to a growth in muscle mass & the maintenance of normal bones. Eat as part of a balanced diet & healthy lifestyle