

Adventure Food Bucket

SKU GMMB-23 · EAN 4750296003754 · Issued 27.10.2026

A portable bucket of 21 Good Mood Meals freeze-dried breakfasts, main meals and desserts for outdoor adventures, emergency preparedness and everyday convenience. Each meal is prepared in its own pouch by adding hot water.

**21**

freeze-dried meals

9 851 kcal

total energy

419 g

total protein

2020 g

net weight of meals

Product details

Product name	Good Mood Meals Adventure Food Bucket
SKU / EAN	GMMB-23 / 4750296003754
Contents	21 individually packed freeze-dried meal pouches, 7 varieties
Net weight (meals)	2020 g
Gross weight (shipping)	approx. 3.0 kg
Country of origin	Latvia
Preparation	Prepare each freeze-dried meal directly in its pouch. Add the amount of hot water shown on the pack, stir thoroughly, close the pouch and wait for the stated time. Stir again before eating.
Shelf life	See the best-before date printed on each pouch.

What's inside

Qty	Meal	SKU	Pack	kcal / pack	Protein / pack	Contains
 4×	Chicken Tikka Masala	7/1	100 g	496	22.4 g	Milk
 4×	Chicken Curry	6/1	100 g	494	21.1 g	Mustard
 3×	Pasta Carbonara	39/1	100 g	478	23.2 g	Gluten (Wheat), Milk
 3×	Buckwheat with Chicken & Cream Sauce	50/1	100 g	479	30.3 g	Gluten (Wheat), Milk
 3×	Apple Cinnamon Crumble	1	100 g	461	5.4 g	Gluten (Wheat), Milk
 2×	English Breakfast	45	80 g	438	28.2 g	Eggs, Milk, Gluten (Wheat)
 2×	Rice Pudding with Strawberries	32	80 g	380	6.1 g	Milk

Nutrition – whole bucket

Nutrient	Per 100 g	Per bucket (2020 g)
Energy	2045 kJ / 488 kcal	41 300 kJ / 9 851 kcal
Fat	21.5 g	435.1 g
of which saturates	9.5 g	192.7 g
Carbohydrates	51.3 g	1035.8 g
of which sugars	12.1 g	244.8 g
Fibre	2.8 g	57.4 g
Protein	20.8 g	419.3 g
Salt	2.6 g	51.6 g

Weighted average of all 21 meals as packed (dry product).

Nutrition per meal – per 100 g (grams unless stated)

Meal	Energy kJ / kcal	Fat	Sat.	Carbs	Sugars	Fibre	Protein	Salt
Chicken Tikka Masala	2082 / 496	22.5	8.5	50.7	7.8	0.7	22.4	3.7
Chicken Curry	2071 / 494	20.7	3.0	54.1	5.1	3.2	21.1	2.9
Pasta Carbonara	2004 / 478	19.9	8.5	49.7	4.3	3.5	23.2	3.7
Buckwheat with Chicken & Cream Sauce	2008 / 479	20.6	12.3	41.0	5.6	4.3	30.3	2.1
Apple Cinnamon Crumble	1934 / 461	19.3	16.9	65.6	34.3	1.7	5.4	0.0
English Breakfast	2283 / 548	35.5	9.7	18.6	9.1	6.6	35.3	4.7
Rice Pudding with Strawberries	1998 / 475	16.3	11.3	73.7	28.8	1.7	7.6	0.2

Allergens

The bucket contains meals with: Milk, Mustard, Gluten (Wheat), Eggs. **May contain traces of:** Other cereals, Soy, Celery, Sesame.

Meal	Contains	May contain traces of
Chicken Tikka Masala	Milk	Gluten (Cereals), Eggs, Soy, Celery, Mustard
Chicken Curry	Mustard	Gluten (Cereals), Eggs, Celery, Sesame
Pasta Carbonara	Gluten (Wheat), Milk	Eggs, Soy, Celery, Mustard, Sesame, Cereals
Buckwheat with Chicken & Cream Sauce	Gluten (Wheat), Milk	Eggs, Soy, Mustard, Sesame, Other Cereals
Apple Cinnamon Crumble	Gluten (Wheat), Milk	Eggs, Soy, Celery, Mustard, Sesame, Other Cereals
English Breakfast	Eggs, Milk, Gluten (Wheat)	Soy, Celery, Mustard, Sesame, Other Cereals
Rice Pudding with Strawberries	Milk	Eggs, Soy, Celery, Mustard, Sesame, Cereals

Meals are manufactured and packaged in a facility that processes these allergens. Full ingredient lists are printed on each pouch and on goodmoodmeals.com.