



Quick Facts from Ali Baba

Biggest Loser recommends kebabs

A popular weight loss reality TV show The Biggest Loser has confirmed what many Australians have known for years, that a chicken kebab is a great, healthy meal option and a sensible, safe choice as an alternative to fast food.

All contestants were pleased to have any doubt of this fact dissolved when one of the show's fitness and weight loss coaches explained that chicken kebabs *were* a good choice. This is because the meat is cooked on a skewer, allowing fat to drip out, making the meat even leaner.

Contestants were also given advice from their coach on how to enjoy a tasty kebab and reduce their carb intake at the same time - handy tips for choosing a healthy, convenient meal in the real world, fuss free.

Ali Baba also understands that healthy eating is not just about reduced fat content; it's about nutritionally balanced meals and therefore offers an excellent range of products that feature whole foods without highly processed, highly refined ingredients.



Ali Baba offers a 97% Fat Free Chicken K'Bab™ which is made using tender chicken breast fillets that are marinated for 24 hours in a combination of traditional spices and seasonings that are rich in flavour, low in sugar and most importantly high in antioxidants.