

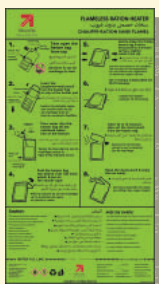


MoveOn™
Move With Life



MoveON™ MEALS

READY TO EAT



With
Heating
Bag



Hot Food, Anywhere, Anytime

Net Wt.
250g

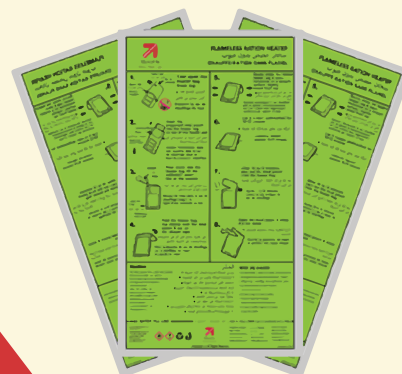


About us:

MoveOn™ is the brand owned by ANNUNAKI Products Pvt Ltd, which is an Indian based company & the part of ABL India which is a 4 decades experienced business group engaged in various business activities in India & abroad. MoveOn™ is the first Indian company to have introduced the concept of heating the packed food on the move.

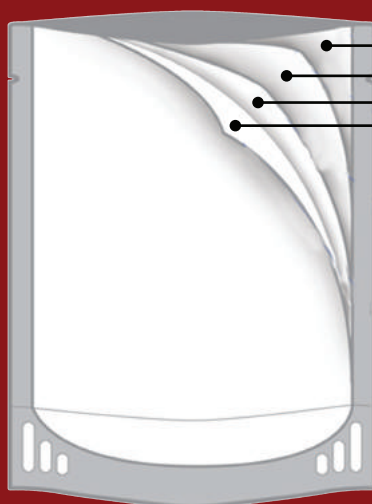
What is a Heater Bag ?

MoveOn Heater Bag, is a water-activated exothermic chemical heater included with Meals, Ready-to-Eat (MREs), used to heat the food. The heater is capable of raising the temperature 100° F within 20 seconds of the reaction. The increase in temperature allows the Ready to Eat Meal Packets get hot within the time frame of 10 to 12 minutes. These FRH are absolutely safe to use with no hazardous smoke & are eco-friendly. These patented ration bags contain finely powdered aluminium, with a small amount chemical coated heater pad. To activate the reaction, 40 to 45 ML of normal water is added which after getting in contact with the heated pad quickly reaches the boiling point thus increasing the temperature & safely heating up the meal pouch. These bags have huge applications in areas like – Military Forces, Travelling, Adventures, Amusement Parks, Hostels, Picnics, Gatherings, Rallies etc. These bags allow to choose your favorite packed food, heat it on the move & enjoy the HOT FOOD!



RETORT POUCH TECHNOLOGY

Our food products are hot filled in multi-layered retort-able pouches able to withstand thermal processing temperature in excess of 100°C at the required specified pressure for sterilization. The whole sterilization process is monitored with computerized systems which provide data of complete & effective sterilization.



POLYPROPYLENE

Physical Food Contact Layer
*Heat Seal Surface
*Provides Flexibility and Strength

NYLON

*Abrasion Resistance

ALUMINIUM FOIL

Barrier Layer
*Protect From Light, Gases, Odors
*Extends Shelf Life

POLYESTER

Outside Layer
*Excellent Printable Surface
*Provide Strength



Creative Representation Only

Mutton Haleem

Boneless



1 PACK SERVE
1-2 PERSONS

Ingredients

Oil, Onion, Ginger Paste, Green Chilly Paste
Red Chilly Powder, Salt, Ghee, Dalda
Garam Masala Powder Eurasian Plant (Kasuri Methi)
Sount Powder, White Pepper Zeera Powder
Dhaniya Powder, Curd, Kaju Chiraunji
Mutton(boneless), Rawa, Adarak Lasan Paste

NO
COOKING
REQUIRED

READY
TO
EAT

Nutrients

Amount Per Serving

Present daily value are based on a 2000 calorie diet.

Your daily values may be higher or lower depending on your caloric needs.

**Average Value

Calroies	248
Total Fat(g)	20
Saturated Fat(g)	6
Total Trans Fat(g)	0
Cholesterol(mg)	0
Sodium(mg)	387
Carbohydrate(g)	9

Dietary Fiber(g)	1
Protein(g)	8
sugar(g)	0
Vitamin A	0.40%
Vitamin C	1.70%
Calcium	1.50%
Iron	3.90%

HEAT
The
Food
On
THE
MOVE



Travelers
Treats



SELF
HEATING
READY
TO EAT



Heating Options



Microwave



Frying Pan



Boiling Water



Heater Bags



Hyderabadi Mutton Biryani

Boneless

Creative Representation Only


1 PACK SERVE
1-2 PERSONS

Ingredients

Mutton Boneless, Basmati Rice, Ginger Paste
Curd, Dalda, Ghee/Oil, Red Chilli Powder
Garam Masala Powder, Elaichi Powder,
Kesar, Fried Onions Coriander(Kothmir)
Fenugreek(Methi Ki Bhaji), Mint(Pudina)
Dill (Soya Ki Bhaji)

NO
COOKING
REQUIRED

READY
TO
EAT

Nutrients

Amount Per Serving

Present daily value are based on a 2000 calorie diet.
Your daily values may be higher or lower depending on your caloric needs.
**Average Value

Calroies (kcal)	193	Dietary Fiber(g)	1
Calories from fat	81	Protein(g)	9
Total Fat(g)	9	sugar(g)	0
Saturated Fat(g)	2.7	Vitamin A	1.40%
Total Trans Fat(g)	0	Vitamin C	3.30%
Cholesterol(mg)	7	Calcium	3.50%
Sodium(mg)	387	Iron	3.90%
Total Carbohydrate(g)	19		

HEAT
The
Food
On
THE
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Heating Options



Microwave



Frying Pan



Boiling Water



Heater Bags



Mutton Rogan Josh

Creative Representation Only



1 PACK SERVE
1-2 PERSONS

Ingredients

Mutton Boneless, Ghee, Oil
Spices and Condiments , Tomato
Ginger & Garlic

NO
COOKING
REQUIRED

READY
TO
EAT

Nutrients

Nutritional Information per 100g

Total Fat(g)	29g	Total Carbohydrate	19g
Saturated Fat(g)	14g	Potassium	1.2g
Cholesterol(mg)	0.2g	Dietary Fiber(g)	4g
Sodium(mg)	0.2	Protein(g)	44g

HEAT
The
Food
On
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Heating Options



Microwave



Frying Pan



Boiling Water



Heater Bags



Hyderabadi Chicken Biryani

Boneless

Creative Representation Only



1 PACK SERVE
1-2 PERSONS

Ingredients

Chicken Boneless, Basmati Rice, Ginger Paste
Green Chilli Paste, Curd, Dalda, Ghee/Oil,
Red Chilli Powder, Garam Masala Powder
Elaichi Powder, Kesar, Fried Onions
Coriander(Kothmir), Fenugreek(Methi Ki Bhaji)
Dill (Soya Ki Bhaji), Mint(Pudina)

NO
COOKING
REQUIRED

READY
TO
EAT

Nutrients

Amount Per Serving

Present daily value are based on a 2000 calorie diet.

Your daily values may be higher or lower depending on your caloric needs.

**Average Value

Calories (kcal)	182.6
Total Fat(g)	7
Saturated Fat(g)	2.1
Total Trans Fat(g)	0
Cholesterol(mg)	8.75
Sodium(mg)	425.7
Carbohydrate(g)	21.9

Dietary Fiber(g)	1.1
Protein(g)	9
sugar(g)	0
Vitamin A	1.40%
Vitamin C	2.50%
Calcium	3.00%
Iron	2.80%

HEAT
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Food
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Heating Options



Microwave



Frying Pan



Boiling Water



Heater Bags



Butter Chicken

Boneless

Creative Representation Only



1 PACK SERVE
1-2 PERSONS

Ingredients

Chicken Boneless, Tomato, Salt, Butter
Cream, Asli Ghee, Refined Oil, Cashewnuts
Muskmelon & Watermelon Seeds, Onion
Red Chilli Powder, Green Chilli Paste
Coriander, Ginger, Garlic
Spices and Condiments

NO
COOKING
REQUIRED

READY
TO
EAT

Nutrients

Nutritional Information per 100g

Calories (kcal)	202
Total Fat(g)	14.52
Saturated Fat(g)	5.15
Cholesterol(mg)	52
Sodium(mg)	190
Carbohydrate(g)	4.32
Calcium	5.00%

Dietary Fiber(g)	1.2
Protein(g)	13.87
Sugar(g)	1.43
Vitamin A	9.00%
Vitamin C	5.00%
Iron	2.80%

HEAT
The
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On
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Heating Options



Microwave



Frying Pan



Boiling Water



Heater Bags



Chicken Tikka Masala

Boneless

Creative Representation Only



1 PACK SERVE
1-2 PERSONS

Ingredients

Chicken Boneless, Tomato, Curd
Onion, Butter, Red Chilli Powder,
White Pepper, Kebab Chini Powder
Garam Masala Powder, Zeera Powder,
Kasturi Methi Powder, Salt, Kaju
Peanuts (Phalli), Water
Ginger Garlic Paste

NO
COOKING
REQUIRED

READY
TO
EAT

Nutrients

Amount Per Serving

Present daily value are based on a 2000 calorie diet.

Your daily values may be higher or lower depending on your caloric needs.

**Average Value

Calroies (kcal)	183
Total Fat(g)	15
Saturated Fat(g)	4.5
Total Trans Fat(g)	0
Cholesterol(mg)	0
Sodium(mg)	348.3
Carbohydrate(g)	5

Dietary Fiber(g)	1
Protein(g)	7
sugar(g)	0
Vitamin A	3.00%
Vitamin C	3.30%
Calcium	4.00%
Iron	2.20%

HEAT
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Heating Options



Microwave



Frying Pan



Boiling Water



Heater Bags



Creative Representation Only

Veg Biryani



1 PACK SERVE
1-2 PERSONS

NO
COOKING
REQUIRED

READY
TO
EAT

Ingredients

Basmati Rice, Curd, Onion, Tomato
Red Chilli Powder, Roasted Cumin Powder
Garam Masala Powder, Green Cardamom Powder
Coriander Powder, Milk, Saffron, Salt Ghee/Oil
Ginger Paste, Coriander Leaves, Mint Leaves
Green Chillies, Green Coriander Leaves
Mint Leaves, Turmeric Powder

Nutrients

Nutritional Information per 100g

Calories	174
Total Fat(g)	6
Saturated Fat(g)	1.8
Cholesterol(mg)	8.75
Sodium(mg)	387
Carbohydrate(g)	25
Iron	2.20%

Dietary Fiber(g)	2
Protein(g)	5
sugar(g)	0
Vitamin A	1.00%
Vitamin C	1.70%
Calcium	2.50%

HEAT
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Heating Options



Microwave



Frying Pan



Boiling Water



Heater Bags



Creative Representation Only

Chole



1 PACK SERVE
1-2 PERSONS

Ingredients

Chickpeas (Kabuli Chana), Onion,
Tomato, Edible Oil, Ghee, Butter,
Garlic, Spices, Condiments

NO
COOKING
REQUIRED

READY
TO
EAT

Nutrients

Nutritional Information per 100g

Energy (kcal)	190.99
Protein (g)	2.57
Carbohydrate (g)	18.83
of which suger (g)	2.4
Total Fat (g)	11.71

HEAT
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Heating Options



Microwave



Frying Pan



Boiling Water



Heater Bags



Creative Representation Only

Rajma



1 PACK SERVE
1-2 PERSONS

Ingredients

Water, Red Kidney Beans, Refined Sun Flower Oil, Tomato, Garlic, Butter Oil, Ginger, Salt, Coriander Powder, Mixed Spices (Garam Masala), Red Chilli Powder, Cumin Powder, Turmeric Powder.

NO
COOKING
REQUIRED

READY
TO
EAT

Nutrients

Nutritional Information per 100g

Energy (kcal)	155
Protein (g)	11
Carbohydrate (g)	30
of which suger (g)	1
Total Fat (g)	4

HEAT
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MOVE



Travelers
Treats



SELF
HEATING
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Heating Options



Microwave



Frying Pan



Boiling Water



Heater Bags



Creative Representation Only

Upma



1 PACK SERVE
1-2 PERSONS

Ingredients

Semolina, ginger, sugar, lemon powder, curry leaves and mustard, vegetables condiments and spices

NO
COOKING
REQUIRED

READY
TO
EAT

Nutrients

Nutritional Information per 100g

Energy Value(Kcal/100g)	174
Protein(g)	4.19
Carbohydrate(g)	25.42
Total Fat(g)	6.18
Saturated Fatty Acid(g)	1.52
Trans Fatty Acid(g)	0.21
Polyunsaturated Fatty Acid(g)	1.32
Monounsaturated Fatty Acid(g)	3
Not a significant source of other micro nutrients	

HEAT
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Travelers
Treats



SELF
HEATING
READY
TO EAT



Heating Options



Microwave



Frying Pan



Boiling Water



Heater Bags



Creative Representation Only

Masala Oats



1 PACK SERVE
1-2 PERSONS

Ingredients

Oats, Daliya Wheat, Ginger & Garlic Paste
Curry Leaves, Green Peas, Carrot, French Beans
Onion, Vegetable Oil, Chopped Green Chilli
Common Salt, Green Coriander Leaves
Spices(Cumin Seeds, Rai Seeds
Coriander Powder, Pav Bhaji Masala
Red Chilli Powder)

NO
COOKING
REQUIRED

READY
TO
EAT

Nutrients

Nutritional Information per 100g

Energy Value(Kcal/100g)	129.45
Protein(g)	6
Carbohydrate(g)	19.7
Total Fat(g)	2.9
Saturated Fatty Acid(g)	0.45
Trans Fatty Acid(g)	Absent
Polyunsaturated Fatty Acid(g)	0.73
Monounsaturated Fatty Acid(g)	0.86
Not a significant source of other micro nutrients	

HEAT
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Heating Options



Microwave



Frying Pan



Boiling Water



Heater Bags



Creative Representation Only

Noodles



1 PACK SERVE
1-2 PERSONS

Ingredients

Noodles, Rai, Cumin(Zeera), Cabbage, Carrot
Fench Beans, Chopped Gralic, Chopped Capsicum
Coriander, Soya Sauce, Red Chilli Sauce
Agino Moto, Common Salt
Vegetable Oil(Sun Flower)
Sauces

NO
COOKING
REQUIRED

READY
TO
EAT

Nutrients

Nutritional Information per 100g

Energy Value(Kcal/100g)	161.8
Protein(g)	7.37
Carbohydrate(g)	26.42
Total Fat(g)	2.96
Saturated Fatty Acid(g)	0.42
Trans Fatty Acid(g)	0.09
Polyunsaturated Fatty Acid(g)	0.67
Monounsaturated Fatty Acid(g)	1.72

HEAT
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Heating Options



Microwave



Frying Pan



Boiling Water



Heater Bags

OTHER PRODUCTS

VEGETARIAN MEALS

- DAL MAKHANI
- DAL TADKA
- DAL JEERA
- PANJABI KADI
- PANEER LAZEEZ
- SHAHI PANEER
- STEAM RICE
- JEERA RICE

DESSERTS

- FRUIT RAS MALAI
- MOONG DAL HALWA
- GAJJAR HALWA

CARTON DIMENSIONS

TYPE	CARTON DIMENSION L X W X H (CM)	CARTON GROSS WT (KG)	NO. OF FOOD PACKS PER CARTON
SELF HEATING READY TO EAT	45 X 32 X 22	12	24
READY TO EAT	39 X 29.50 X 20	10.5	36





MoveONTM
MEALS



Annunaki Products Pvt. Ltd.

46, C.A. Road, Chandra Shekhar Azad Sq,
Nagpur-440032, Maharashtra, India

fssai NO. 10019022008992

For Complaints, Feedback & Queries
Contact Consumer Care Executive



+91-70-28971234



feedback@move-on.in



www.move-on.in



moveonindia



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*Conditions Apply



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