



## Quick And Healthy Noodle | Wholesomebowl.com

Sometimes, life gets busy and meal prep gets hard. You want an easy alternative; one that doesn't compromise your health, or requires too much time in [Online Spicy Noodles](#) the kitchen. We've been there, and we hated it. Sick and tired of unhealthy meal replacements and instant noodles with no nutrition, we decided to make a change.

As massive instant noodle fans, we wanted a truly healthier alternative without making any compromises on taste. It had to be something we loved eating ourselves. This process took 2 years, working closely with Food Standards Australia guidelines on health and nutrition, whilst also partnering with some of the [Healthy Ramen Noodles](#) best flavour developers and noodle makers in the land. The final result? The Wholesome Bowl! And we're super proud of it.

We've combined the traditional taste of noodles with the science of modern dietetics, to create authentic-tasting noodles specifically formulated to help you feel whole and balanced. Our Wholesome Bowls are made [Wholesome Noodle Bowl](#) with premium ingredients to deliver a premium taste, but at an accessible price. Because convenience should never compromise quality. To deliver Enriched meals that are convenient, accessible and delicious for everyone.

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