



Animal-Based Menu



overnight oats breakfast jars

1. Peanut Butter, Chocolate & Banana
2. Toasted Coconut & Chia Seeds
3. Chocolate & Strawberries
4. Classic Cinnamon & Honey

Price. R65 per jar

**extra R10 for Protein Powder*

1 litre jars



WEEK 1 & 3

Monday

Chicken Stirfry

Tuesday

Steak & "Chips"

Wednesday

Chicken & Orange Coleslaw

Thursday

Prego Chicken Salad

Friday

Beef/Chicken/Veggie Burger

Price. R75 per jar

1 litre jars



WEEK 2 & 4

Monday

Spicy Chicken Curry

Tuesday

Beef Mince Spaghetti

Wednesday

Bacon & Creamy Cheese Pasta

Thursday

Sweet & Spicy Chicken with Roast Veg

Friday

Chipotle Chicken/Beef Wholewheat Wrap

Price. R75 per jar



1 litre snack jars

Sweet Potato/Carrot/Beetroot Jar

R65-00

Dark Chocolate Covered Chickpeas

R125-00

Low Carb Health Brownies

R150-00

Health Granola Mix

R95-00