

Updated Dishes

Keto Margarita Vegetarian Pizza

(1188KJ 15.9G-Protein 25.6G-Fat 4.2G-Carbs - 250g)
(2800KJ 45G-Protein 51G-Fat 5.4G-Carbs - 400g)
Shredded Tasty Cheese, Australian Free Range Eggs, Cherry Tomato, Tomato Paste, Almond Meal, Mozzarella, Fresh Basil, Himalayan Rock Salt, Organic Ground Black Pepper, Cold-Pressed Extra Virgin Olive Oil



Keto Vitality Salad-Roast Pumpkin and Cauliflower Salad with Spinach, Green Beans and Crumbled Feta Cheese

(1650kJ 17.3G-Protein 32.8G-Fat 4.8G-Carbs - 250g)
(2510kJ 23.2G-Protein 50.9G-Fat 7.8G-Carbs - 400g)
Cauliflower Salad, Baby Spinach, Kent Pumpkin, Green Beans, Cherry Tomato, Red Capsicum, Fetta Cheese, Sunflower Seeds, Garlic, Cranberry, Himalayan Rock Salt, Organic Ground Black Pepper, Cold-Pressed Extra Virgin Olive Oil



Roast Vegetables with Arugula, Green Beans and Basil Hummus

(992-kJ 8.6G-Protein 19.8G-Fat 3G-Carbs - 250g)
(1590-kJ 14G-Protein 31.5G-Fat 4.9G-Carbs - 400g)
Pumpkin, Green Beans, Broccoli, Capsicum, Mushroom, Basil, Sun-dried Tomato, Olives, Hummus, Cold-Pressed Virgin Olive Oil



Keto Mediterranean Roast Pumpkin Served with Halloumi Cheese and Dukkah Mayonnaise

(1390KJ 12.1g-Protein 29g-Fat 4.4g-Carbs - 250g) || (2450KJ 20.4g-Protein 51.9g-Fat 7.9g-Carbs - 400g)
Baby Spinach leaves, Cherry tomato, Kent Pumpkin, Green Beans, Onion, Organic Pepita Seeds, Mayonnaise, Halloumi cheese, Za'atar Spice



"Looking after your health today gives you a better HOPE for tomorrow."

Assorted Vegetable Frittata

(1720-kJ 15.6G-Protein 35.3G-Fat 5.2G-Carbs- 250g)
(2750-kJ 25G-Protein 56.5G-Fat 8.4G-Carbs- 400g)
Onion, Garlic, Zucchini, Mushroom, Cherry Tomato, Capsicums, Eggs, Fresh Cream, Spinach, Salt, Black Pepper, Mozzarella Cheese, Pine Nuts, Parsley, Cold Pressed Extra Virgin Olive Oil



Mixed Vegetable Frittata

(1720-kJ 15.6G-Protein 35.3G-Fat 5.2G-Carbs- 250g)
(2750-kJ 25G-Protein 56.5G-Fat 8.4G-Carbs - 400g)
Onion, Garlic, Zucchini, Mushroom, Cherry Tomato, Capsicums, Eggs, Fresh Cream, Spinach, Salt, Black Pepper, Mozzarella Cheese, Pine Nuts, Parsley, Cold Pressed Extra Virgin Olive Oil



**ALIFE
PLUS**

delivering a better life



Alkaline Menu

We create every meal individually because each of us has unique requirements and is looking at achieving different goals.

Rather than going through each and every ingredient and looking at the nutritional values of each meal. All you need to do is state the ingredients you don't want in your meals and the calories you require and we will prepare the meals just right for you.

Anything you like we keep, anything you don't like we won't send it to you again.

We also cater to any dietary preferences and can remove ingredients you do not want.

