



## Newest Dish

CALL US AT 02.809.140.87

### Soft Bake Ricotta and Mushroom Lasagna with Broccolini and Almond Topping

(605 kcal 27.2G-Protein 51.3G-Fat 5.8G-Carbs - 250g)  
(847 kcal 38.08G-Protein 71.82G-Fat 8.12G-Carbs - 350g)  
(967 kcal 43.52G-Protein 82.08G-Fat 9.28G-Carbs - 400g)  
Almond Flour, Salt, Eggs, Mozzarella cheese, Cream cheese, Ricotta Cheese, Mushroom, Olive Oil, Butter, Rosemary, Thyme, Parmesan Cheese, White Pepper, Nutmeg Powder, Bay Leaves, Thickened Cream, Garlic, Blanched Broccolini, Almond Medley



### Ricotta and Mushroom Parmesan Lasagna with Blanched Broccolini

(605 kcal 27.2G-Protein 51.3G-Fat 5.8G-Carbs - 250g)  
(847 kcal 38.08G-Protein 71.82G-Fat 8.12G-Carbs - 350g)  
(967 kcal 43.52G-Protein 82.08G-Fat 9.28G-Carbs - 400g)  
Almond Flour, Salt, Eggs, Mozzarella cheese, Cream cheese, Ricotta Cheese, Mushroom, Olive Oil, Butter, Rosemary, Thyme, Parmesan Cheese, White Pepper, Nutmeg Powder, Bay Leaves, Thickened Cream, Garlic, Blanched Broccolini, Almond Medley



## Breakfast

### Creamy Free Range Scrambled Eggs with Sautéed Veggies and Cherry Tomatoes

250g - (320G-Cal 18G-Protein 27G-Fat 2G-Carbs)  
350g - (448G-Cal 25.2G-Protein 37.8G-Fat 2.8G-Carbs)  
400g - (512G-Cal 28.8G-Protein 43.2G-Fat 3.2G-Carbs)  
Australian Free Range Eggs, Baby Spinach Leaves, Cherry Tomatoes, Sliced Button Mushrooms, Cream, Butter, Himalayan Rock Salt, Organic Ground Black Pepper



### Berry and Yogurt Bowl with Toasted Almonds

250g - (490G-Cal 13.9G-Protein 44.9G-Fat 6.8G-Carbs)  
350g - (686G-Cal 19.5G-Protein 62.9G-Fat 9.5G-Carbs)  
400g - (980G-Cal 27.8G-Protein 89.8G-Fat 13.6G-Carbs)  
Natural Yogurt, Cream Cheese, Berry Sauce, Frozen Berry, Toasted Almonds

### Breakfast Salad of Mixed Veggies, Chorizo, Bacon, Free Range Boiled Eggs and Balsamic Vinaigrette

250g - (390G-Cal 16.5G-Protein 37G-Fat 3.5G-Carbs)  
350g - (546G-Cal 23.1G-Protein 51.8G-Fat 4.9G-Carbs)  
400g - (598G-Cal 26.4G-Protein 41.4G-Fat 5.6G-Carbs)  
Free Range Eggs, Premium Chorizo, Bacon, Sliced Button Mushrooms, Cherry Tomato, Baby Spinach leaves, Green Beans, Balsamic Vinegar, Cold-Pressed Extra Virgin Olive Oil



### Breakfast Salad of Mushroom, Tomato, Chorizo, Bacon, Spinach, Boiled Eggs and Balsamic Vinaigrette

250g - (390G-Cal 16.5G-Protein 37G-Fat 3.5G-Carbs)  
350g - (546G-Cal 23.1G-Protein 51.8G-Fat 4.9G-Carbs)  
400g - (598G-Cal 26.4G-Protein 51.4G-Fat 5.6G-Carbs)  
Free Range Eggs, Premium Chorizo, Bacon, Sliced Button Mushrooms, Cherry Tomato, Baby Spinach leaves, Green Beans, Balsamic Vinegar, Cold-Pressed Extra Virgin Olive Oil



### Granola mix with Toasted Coconut and Yogurt

250g - (409G-Cal 14G-Protein 35G-Fat 6G-Carbs)  
350g - (573G-Cal 19.6G-Protein 49G-Fat 8.4G-Carbs)  
400g - (600G-Cal 22.4G-Protein 56G-Fat 7G-Carbs)  
Full Fat Greek Yogurt, Coconut Cream, Roasted Australian Almonds, Shredded Coconut, Organic Sesame Seeds, Organic Flax Seeds, Organic Sunflower Seeds, Organic Pepitas Seed, Vanilla Extract

## Lunch & Dinner

### Chicken

### Crumbed Chicken Breast Parmigiana with Lime Chilli Pesto Spagetti and Sweet Potatoes

250g - (450G-Cal 21.8G-Protein 37.9G-Fat 5G-Carbs)  
350g - (630G-Cal 30.5G-Protein 53.1G-Fat 7G-Carbs)  
400g - (720G-Cal 34.8G-Protein 60.6G-Fat 8G-Carbs)  
Australian Free-Range Chicken Breast, Arugula, Beans, Sweet Potatoes, Basil, Cheese, Tomato, Himalayan Rock Salt, Cold Pressed Extra Virgin Olive Oil, eggs, flour, salt, pepper, panko breadcrumbs, olive oil, Napolitana sauce



### Chicken Tikka Masala with Basmati Rice

250g - (278G-Cal 19.4G-Protein 17.3G-Fat 27.1G-Carbs)  
350g - (389G-Cal 27.2G-Protein 24.2G-Fat 37.9G-Carbs)  
400g - (450G-Cal 31.2G-Protein 28.3G-Fat 43.7G-Carbs)  
Marinated Diced Free-range Chicken, Cold Pressed Extra Virgin Olive Oil, Garlic, Ginger, Yoghurt, Salt, Kashmiri Mirch, Cumin Powder, Coriander Powder, Turmeric Powder, Garam Masala, Paprika, Edible Food Color, Tomato Puree, Onion, Capsicum, Heavy Cream, Butter, Erythritol, Basmati Rice, Broccoli, Fried Onion



### Lemon Thyme Chicken Breast and Garlic Potatoes Mash with Pesto Halloumi

250g - (553G-Cal 27.4G-Protein 25.5G-Fat 46.2G-Carbs)  
350g - (773G-Cal 38.4G-Protein 35.7G-Fat 64.7G-Carbs)  
400g - (928G-Cal 44.4G-Protein 41.4G-Fat 82.2G-Carbs)  
Lemon Thyme Chicken Breast, Cold Pressed Extra Virgin Olive Oil, Fresh Minced Garlic, Chicken Broth, Fresh Lemon Thyme, Cracked Pepper, Salt, Pesto Halloumi, Garlic Potatoes Mash, Fresh Garlic, Butter, Cream, Salt, Pepper, Lemon Wedges



### Australian Free Range Butter Chicken with Stir-fried Broccoli Rice, Onions and Capsicums

250g - (408G-Cal 17.9G-Protein 27.1G-Fat 3.8G-Carbs)  
350g - (571G-Cal 25.1G-Protein 37.9G-Fat 5.3G-Carbs)  
400g - (576G-Cal 20.2G-Protein 29.9G-Fat 4.8G-Carbs)  
Free Range Chicken, Tomato, Broccoli, Brown Onions, Butter, Cumin Seeds, Red and Green Capsicum, Garam Masala, Full Cream, Turmeric, Red Chilli, Paprika, Ginger, Garlic, Dry Fenugreek Leaves, Himalayan Pink Salt



## Lunch & Dinner

### Chicken

#### Bravas Spanish Chicken Thigh with Lime Chilli Pesto Spaghetti

250g - (347G-Cal 25.3G-Protein 13.2G-Fat 23.6G-Carbs)  
 350g - (486G-Cal 35.4G-Protein 18.5G-Fat 33G-Carbs)  
 400g - (550G-Cal 39.9G-Protein 21G-Fat 37.3G-Carbs)  
 Free Range Chicken Thigh, Broccoli, Spinach, Saffron, Olives, Crumbly Feta Cheese, Parsley, Thyme, Salt & Pepper, Cold-Pressed Extra Virgin Olive Oil, Bravas Sauce, Roasted Tomatoes, Onion, Garlic, Sherry Vinegar, Paprika, Red pepper, Seasoning, Lime Chilli Spaghetti, Gluten-free Pasta, Basil pesto, Chilli, Capers, Lime Juice, Fresh Herb, Parmesan Cheese

#### Australian Free Range Thai Red Chicken Curry with Fresh Basil, Broccoli & Bamboo Shoots

250g - (321G-Cal 19G-Protein 28G-Fat 4G-Carbs)  
 350g - (449G-Cal 26.6G-Protein 39.2G-Fat 5.6G-Carbs)  
 400g - (536G-Cal 22G-Protein 33G-Fat 5G-Carbs)  
 Australian Free Range Chicken, Broccoli, Bok Choy, Bamboo Shoot, Coconut Milk, Zucchini, Onion, Garlic, Capsicum, Red Curry Paste, Basil, Shallot, Shrimp Paste, Lemon Grass, Galangal, Chilli, Kaffir Lime, Organic Ground Black Pepper, Cold-Pressed Extra Virgin Olive Oil

#### Free Range Thai Red Chicken Curry Served Over White Rice, Bok Choy & Bamboo Shoots

(250g - (689G-Cal 18G-Protein 50.9G-Fat 38.8G-Carbs)  
 350g - (964G-Cal 25.2G-Protein 71.3G-Fat 54.3G-Carbs)  
 400g - (1176G-Cal 27.5G-Protein 86.5G-Fat 70.6G-Carbs)  
 Australian Free Range Chicken, Bok Choy, Bamboo Shoot, White Rice, Coconut Milk, Zucchini, Garlic, Onion, Capsicum, Red Curry, Basil, Shallot, Shrimp Paste, Lemon Grass, Galangal, Chilli, Kaffir Lime, Organic Ground Black Pepper

#### Australian Free Range Chicken Alfredo Pasta (Gluten Free)

250g - (531G-Cal 30.6G-Protein 36.2G-Fat 19.7G-Carbs)  
 350g - (743G-Cal 42.8G-Protein 50.7G-Fat 27.6G-Carbs)  
 400g - (784G-Cal 52.3G-Protein 45.5G-Fat 38.4G-Carbs)  
 Australian Free Range Chicken, Gluten-Free Pasta, Sliced Button Mushrooms, Broccoli, Bacon, Fresh Parsley leaves, Butter, Garlic, Heavy Cream, Parmesan Cheese, Nutmeg, Onion, Himalayan Rock Salt, Organic Ground Black Pepper, Cold Pressed Extra Virgin Olive Oil

#### Creamy Chicken Mushroom Cauliflower Risotto

250g - (450G-Cal 20.6G-Protein 37.4G-Fat 5.2G-Carbs)  
 350g - (630G-Cal 28.8G-Protein 52.3G-Fat 7.3G-Carbs)  
 400g - (706G-Cal 33.4G-Protein 58G-Fat 8.1G-Carbs)  
 Poached Chicken Breast, Cold Pressed Extra Virgin Olive Oil, Mixed Herbs, Salt, Organic Black Ground Black Pepper, Lemon Juice, Garlic, Cauliflower Rice, Onion, Fresh Thyme, White Wine, Butter, Chicken Broth, Heavy Cream, Parmesan Cheese, Buttered Mushroom, Spinach, Shaved Parmesan

#### Bravas Spanish Chicken Thigh with Smoked Golden Cauliflower Rice

250g - (400G-Cal 20.4G-Protein 31.8G-Fat 5G-Carbs)  
 350g - (559G-Cal 28.6G-Protein 44.5G-Fat 7G-Carbs)  
 400g - (631G-Cal 31.1G-Protein 50.6G-Fat 8.2G-Carbs)  
 Free Range Chicken Thigh, Cauliflower Rice, Broccoli, Spinach, Parsley, Lemon Juice, Olives, Thyme, Cold-Pressed Extra Virgin Olive Oil, Saffron, Himalayan Salt, Organic Black Pepper, Bravas Sauce, Olive Oil, Roasted Tomatoes, Onion, Garlic, Sherry Vinegar, Paprika, Red Pepper, Seasoning

#### Grilled chicken breast with Ceasar Salad

250g - (471G-Cal 52.7G-Protein 28G-Fat 1.3G-Carbs)  
 350g - (660G-Cal 73.8G-Protein 39.2G-Fat 1.8G-Carbs)  
 400g - (754G-Cal 84.3G-Protein 44.8G-Fat 2.1G-Carbs)  
 Free range chicken breast, Olive oil, Lemon Juice, Garlic, Thyme, Oregano, Salt, Pepper, Baby Cos Lettuce, Soft boil Egg, Crispy Bacon, Shaved Parmesan Cheese, Fresh chopped garlic, Salt, Dijon Mustard, Parmesan Cheese, Cracked Black Pepper, Freshly Squeeze Lemon Juice, Worcestershire Sauce



#### Chicken Breast Parmigiana with Green Beans & Roasted Lemon Parmesan Cauliflower

250g - (431G-Cal 20.8G-Protein 37.1G-Fat 2.6G-Carbs)  
 350g - (603G-Cal 29.1G-Protein 51.9G-Fat 3.6G-Carbs)  
 400g - (701G-Cal 34G-Protein 60.5G-Fat 4.2G-Carbs)  
 Australian Free-Range Chicken, Arugula, Beans, Parmigiana, Basil, Cheese, Tomato, Himalayan Rock Salt, Cold Pressed Extra Virgin Olive Oil, Roasted Lemon Parmesan Cauliflower

#### Australian Free Range Chicken Mushroom Bacon Alfredo with Seasonal Veggie

250g - (522G-Cal 25.7G-Protein 45G-Fat 2.6G-Carbs)  
 350g - (730G-Cal 36G-Protein 63G-Fat 3.6G-Carbs)  
 400g - (801G-Cal 40.7G-Protein 68G-Fat 5.2G-Carbs)  
 Australian Free Range Chicken, Sauteed Mushrooms, Broccoli, Diced Bacon, Parsley Leaves, Garlic, Onion, Heavy Cream, Parmesan Cheese, Nutmeg, Himalayan Rock Salt, Organic Ground Black Pepper

#### Lemon Thyme Chicken Breast, Pesto Halloumi and Smoked Golden Cauliflower Rice

250g - (490G-Cal 24.2G-Protein 40.1G-Fat 6.9G-Carbs)  
 350g - (686G-Cal 33.9G-Protein 56.1G-Fat 9.7G-Carbs)  
 400g - (796G-Cal 40.6G-Protein 63.8G-Fat 12.6G-Carbs)  
 Lemon Thyme Chicken Breast, Cold Pressed Extra Virgin Olive Oil, Fresh Minced Garlic, Chicken Broth, Fresh Lemon Thyme, Cracked Pepper, Salt, Pesto Halloumi, Smoked Golden Cauliflower Rice, Smoked Paprika, Saffron, Lemon Wedges

#### Australian Free Range Butter Chicken with steamed White rice, Onions and Capsicums

250g - (655G-Cal 14.9G-Protein 49.3G-Fat 37.9G-Carbs)  
 350g - (917G-Cal 20.9G-Protein 69G-Fat 53.1G-Carbs)  
 400g - (1062G-Cal 24.6G-Protein 79.6G-Fat 58.7G-Carbs)  
 Australian Free Range Chicken, Tomato, Rice, Brown Onions, Butter, Cumin Seeds, Red and Green Capsicum, Garam Masala, Full Cream, Turmeric, Red Chilli, Paprika, Ginger, Garlic, Dry fenugreek leaves, Himalayan Pink Salt

#### Greek Spiced Chicken with Cauliflower & Broccoli Skordalia

250g - (557G-Cal 21.3G-Protein 47.9G-Fat 7.7G-Carbs)  
 350g - (780G-Cal 29.8G-Protein 67.1G-Fat 10.8G-Carbs)  
 400g - (935G-Cal 35G-Protein 81G-Fat 12.4G-Carbs)  
 Free-range Chicken Maryland, Cold Pressed Extra Virgin Olive Oil, Garlic Paste, Oregano, Thyme, Lemon Juice, Sea Salt, Black Pepper, Sweet Paprika, Cauliflower, Broccoli, Toasted Walnut, Spring Onion, Garlic, Salt, Roasted Pumpkin

#### Greek Spiced Chicken with Potato Skordalia

250g - (433G-Cal 20.3G-Protein 27.5G-Fat 19G-Carbs)  
 350g - (606G-Cal 28.4G-Protein 38.5G-Fat 26.6G-Carbs)  
 400g - (703G-Cal 32.9G-Protein 44.9G-Fat 30.5G-Carbs)  
 Free-range Chicken Maryland, Cold Pressed Extra Virgin Olive Oil, Garlic Paste, Oregano, Thyme, Lemon Juice, Sea Salt, Black Pepper, Lemon Zest, Sweet Paprika, Red Wine, Vinegar, Potato, Toasted Walnut, Spring Onion, Garlic, Salt, Blanched Broccoli

#### Italian Chicken Meatballs with Roasted Lemon Parmesan Cauliflower

(411 kcal 35.4G-Protein 26.4G-Fat 6G-Carbs - 250g)  
 (658 kcal 56.64G-Protein 42.24G-Fat 9.6G-Carbs - 400g)  
 Chicken mince, Parmesan Cheese, Almond Flour, Italian Seasoning, Fresh Parsley, Salt, Pepper, Eggs, Garlic, Olive Oil, Onion powder, Garlic powder, Zucchini, Cauliflower, Lemon, Pepper, Parmesan Cheese, Salt, Olive Oil, Red Capsicum, Olive Oil, Garlic, Salt, Pepper, Italian Seasoning, Wilted Kale, Almond Medley, Shaved Parmesan Cheese



# A LIFE PLUS

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## Lunch & Dinner

### Chicken

#### Italian Chicken Meatballs with Potatoes au Gratin and Broccoli

(435 kcal 29.5G-Protein 20.3G-Fat 30.5G-Carbs - 250g)  
(696 kcal 47.2G-Protein 32.48G-Fat 48.8G-Carbs - 400g)  
Chicken mince, Parmesan Cheese, Almond Flour, Italian Seasoning, Fresh Parsley, Salt, Pepper, Eggs, Garlic, Olive Oil, Onion powder, Garlic powder, Zucchini, Potatoes, Butter, Cream, Mozzarella Cheese, Salt, Pepper, Garlic, Onion, Red Capsicum, Olive Oil, Garlic, Salt, Pepper, Italian Seasoning, Blanched Broccoli, Shaved Parmesan Cheese



#### Thai Lemon Coconut Chicken with Stir Fried Vegetables

250g - (349G-Cal 21.9G-Protein 24.6G-Fat 5.8G-Carbs)  
350g - (489G-Cal 30.7G-Protein 34.4G-Fat 8.1G-Carbs)  
400g - (559G-Cal 35G-Protein 39.4G-Fat 9.3G-Carbs)  
Chicken Thigh Maryland, Coconut Cream, Soy Sauce, Fish Sauce, Erythritol, Lime Juice, Fresh ginger, Fresh Garlic, Thai Red Curry Paste, Turmeric Powder, Coriander Powder, Fresh Coriander, Broccoli, Shiitake mushroom, Tofu, Sesame Oil, Garlic, Salt, Pepper, Olive Oil, Crushed Peanuts



#### Chili Con Carne Rice Bowl

250g - (672G-Cal 17.5G-Protein 31.9G-Fat 39.2G-Carbs)  
350g - (941G-Cal 24.5G-Protein 44.7G-Fat 54.9G-Carbs)  
400g - (784G-Cal 28.8G-Protein 46.1G-Fat 59.9G-Carbs)  
Australian Grass-Fed Beef, Green Beans, White Rice, sour cream, Feta Cheese, Fresh Parsley, Brown Onion, Garlic, Paprika, Cumin Powder, Cayenne Pepper, Fresh Tomatoes, Tomato Paste, Chipotle Chilli, Himalayan Rock Salt, Organic Ground Black Pepper



#### Slow Cooked Braised Beef Brisket, Potato Mash, Broccoli with Chimichuri

250g - (481G-Cal 22.9G-Protein 40.4G-Fat 6G-Carbs)  
350g - (673G-Cal 32.1G-Protein 56.6G-Fat 8.4G-Carbs)  
400g - (770G-Cal 36.8G-Protein 64.7G-Fat 9.6G-Carbs)  
Australian Grass Fed Beef Brisket, Arugula, Mashed Potatoes, Himalayan Rock Salt, Chimichuri, Garlic, Fresh Parsley, Lemon Juice, Capsicum, Cold Pressed Extra Virgin Olive Oil, Blanched Broccoli



#### Keto Chili Con Carne Bowl

250g - (361G-Cal 15.9G-Protein 30.8G-Fat 4G-Carbs)  
350g - (506G-Cal 22.3G-Protein 43.1G-Fat 5.6G-Carbs)  
400g - (555G-Cal 26.5G-Protein 45.8G-Fat 7G-Carbs)  
Australian Grass-Fed Beef, Green Beans, Zucchini, Feta Cheese, Sour, Cream, Fresh Parsley, Brown Onion, Garlic, Paprika, Fresh Coriander, Cumin Powder, Cayenne Pepper, Fresh Tomatoes, Tomato Paste, Chipotle Chilli, Himalayan Rock Salt, Organic Ground Black Pepper



### Beef

#### Garlic & Herb Roasted Beef with Roast Vegetables and Gravy

250g - (502G-Cal 24.2G-Protein 41.4G-Fat 6.8G-Carbs)  
350g - (703G-Cal 33.9G-Protein 58G-Fat 9.5G-Carbs)  
400g - (866G-Cal 43.7G-Protein 69.7G-Fat 12.4G-Carbs)  
Beef striploin, Cold Pressed Extra Virgin Olive Oil, Salt, Pepper, Rosemary, Thyme, Garlic, Brussels Sprout, Eggplant, Pumpkin, Herbs, Thickener (1422), Rice Flour, Salt, Maltodextrin (Maize), Erythritol, Flour Enhancer (621.635), Dehydrated Vegetable, Colour (150c), Flavours (Soy), Canola Oil, Acidity Regulator (330), Yeast Extract, Spice extract



#### Slow Cooked Braised Beef Brisket, Cauliflower Mash, Green Beans with Chimmichuri Sauce

250g - (486G-Cal 23.4G-Protein 41G-Fat 5G-Carbs)  
350g - (680G-Cal 32.8G-Protein 57.4G-Fat 7G-Carbs)  
400g - (763G-Cal 36.9G-Protein 64.5G-Fat 7.9G-Carbs)  
Australian Grass Fed Beef Brisket, Arugula, Green Beans, Himalayan Rock Salt, Chimichuri, Garlic, Fresh Parsley, Lemon Juice, Capsicum, Cold-Pressed Extra Virgin Olive Oil, Cauliflower Mash, Blanched Broccoli



#### Cottage Pie with Cauliflower Mash

250g - (345G-Cal 28.4G-Protein 21.8G-Fat 5.7G-Carbs)  
350g - (482G-Cal 39.8G-Protein 30.5G-Fat 8G-Carbs)  
400g - (617G-Cal 44.7G-Protein 28.9G-Fat 10.3G-Carbs)  
Cauliflower, Mozzarella Cheese, Parsley, Grass-fed Beef Mince, Garlic, Himalayan Pink Salt, Ground Pepper, Gravy Mix, Onion Paste



#### Bolognese Pasta (Gluten Free)

250g - (385G-Cal 30.1G-Protein 16.9G-Fat 24.7G-Carbs)  
350g - (539G-Cal 42.1G-Protein 23.7G-Fat 34.6G-Carbs)  
400g - (617G-Cal 44.7G-Protein 28.9G-Fat 10.3G-Carbs)  
Australian Grass Fed Beef Mince, Brown Onion, Tomato Paste, Fresh Thyme Leaves, Ground Nutmeg, Pasta (Gluten-Free), Himalayan Rock Salt, Organic Ground Black Pepper, Butter



#### Australian Grass Fed Beef Bolognese with Cauliflower Beetroot Mash & Olives and sun dried Tomatoes

250g - (569G-Cal 31.2G-Protein 45.1G-Fat 7G-Carbs)  
350g - (797G-Cal 43.7G-Protein 63.1G-Fat 9.8G-Carbs)  
400g - (827G-Cal 50.7G-Protein 68.1G-Fat 10.2G-Carbs)  
Australian Grass Fed Beef Mince, Beetroot Cauliflower, Mayonnaise, Green Beans, Brown Onion, Butter, Tomato Paste, Fresh Thyme Leaves, Ground Nutmeg, Green Olive, Sundried Tomato, Garlic Powder, Worcestershire Sauce, Himalayan Rock Salt, Organic Ground Black Pepper



#### Pumpkin Soup with Middle Eastern Spiced Grass Fed Beef Mince

250g - (345G-Cal 24.6G-Protein 35.3G-Fat 5G-Carbs)  
350g - (482G-Cal 34.4G-Protein 49.4G-Fat 7G-Carbs)  
400g - (663G-Cal 36.8G-Protein 54.9G-Fat 7.3G-Carbs)  
Australian Grass Fed Beef Mince, Butter, Homemade Spice Mix, Turmeric, Brown Onion, Himalayan Rock Salt, Organic Ground Black Pepper, Butternut Pumpkin, Onion and Garlic Free Vegetable Stock, Cold Pressed Extra Virgin Olive Oil



#### Pumpkin Soup with Spiced Minced Beef

250g - (345G-Cal 24.6G-Protein 35.3G-Fat 5G-Carbs)  
350g - (482G-Cal 34.4G-Protein 49.4G-Fat 7G-Carbs)  
400g - (663G-Cal 36.8G-Protein 54.9G-Fat 7.3G-Carbs)  
Australian Grass Fed Beef Mince, Butter, Homemade Spice Mix, Turmeric, Brown Onion, Himalayan Rock Salt, Organic Ground Black Pepper, Butternut Pumpkin, Onion and Garlic Free Vegetable Stock, Cold Pressed Extra Virgin Olive Oil



#### Grass Fed Beef Bolognese with Potato Mash & Olives and Dried Tomatoes

250g - (333G-Cal 28G-Protein 16.3G-Fat 16.3G-Carbs)  
350g - (466G-Cal 39.2G-Protein 22.8G-Fat 22.8G-Carbs)  
400g - (498G-Cal 38.9G-Protein 23.2G-Fat 29.5G-Carbs)  
Australian Grass Fed Beef Mince, Potato, Green Beans, Brown Onion, Tomato Paste, Fresh Thyme Leaves, Ground Nutmeg, Green Olives, Sundried Tomato, Garlic Powder, Worcestershire Sauce, Onion and Garlic Free Vegetable Stock, Potato, Himalayan Rock Salt, Organic Ground Black Pepper, Butter



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## Lunch & Dinner

### Beef

#### Keto Sausage Roll

250g - (2320G-Cal 39G-Protein 41G-Fat 5G-Carbs)  
350g - (3248G-Cal 54.6G-Protein 57.4G-Fat 7G-Carbs)  
400g - (3880G-Cal 62G-Protein 70G-Fat 9G-Carbs)  
Grass-fed Beef Mince, Onion, Garlic, Rosemary, Thyme, Oregano, Pepper, Sea Salt, Almond Flour, Eggs, Mozzarella Cheese, Cream Cheese, Psyllium Husks, Cold Pressed Extra Virgin Olive Oil, Keto Tomato Ketchup, Blanched Broccoli

#### Sausage Roll with Quinoa Salad

250g - (457G-Cal 32G-Protein 24G-Fat 22G-Carbs)  
350g - (640G-Cal 44.8G-Protein 33.6G-Fat 30.8G-Carbs)  
400g - (707G-Cal 49G-Protein 35G-Fat 39G-Carbs)  
Grass-fed Beef Mince, Onion, Garlic, Rosemary, Thyme, Oregano, Pepper, Sea Salt, Almond Flour, Eggs, Mozzarella Cheese, Cream Cheese, Psyllium Husks, Cold Pressed Extra Virgin Olive Oil, Keto Tomato Ketchup, Mixed Quinoa, Cranberry, Lemon Juice, Salt, Garlic Powder, Parsley, Red Capsicum, Green Capsicum, Yellow Capsicum

#### Braised Keto Grass-Fed Lamb Stew with Peas and Mashed Potatoes

250g - (467G-Cal 21.5G-Protein 34.1G-Fat 16.1G-Carbs)  
350g - (653G-Cal 30.1G-Protein 47.7G-Fat 22.5G-Carbs)  
400g - (684G-Cal 31.9G-Protein 49.3G-Fat 25.1G-Carbs)  
Australian Grass Fed Beef Mince, Romain Lettuce, Fresh Tomato, Sliced Cheese, Caramelised Onion, Pickles, Aioli, Garlic, Himalayan Rock Salt, Organic Ground Black Pepper, Extra Virgin Olive Oil



#### Baked Salmon with Creamy Potato Mash, Beans with Hollandaise Sauce

250g - (502G-Cal 24.2G-Protein 42.6G-Fat 5.3G-Carbs)  
350g - (703G-Cal 33.9G-Protein 59.6G-Fat 7.4G-Carbs)  
400g - (808G-Cal 38.9G-Protein 68.3G-Fat 8.8G-Carbs)  
Salmon Fillet, Green Beans, Paprika, Garlic, Hollandaise Sauce, Butter, Egg Yolk, Cold Pressed Extra Virgin Olive Oil, Snow Pea Trundils, Potato Mash, Sea Salt



#### Tuna Nicoise Salad with Potatoes

250g - (306G-Cal 30.9G-Protein 14.8G-Fat 9.8G-Carbs)  
350g - (429G-Cal 43.3G-Protein 20.7G-Fat 13.7G-Carbs)  
400g - (550G-Cal 52G-Protein 32G-Fat 10.9G-Carbs)  
Responsibly fished Tuna, Green Beans, Cherry Tomatoes, Rocket, Olives, Egg, Olive Oil, Potatoes



#### Sweet and Spicy Harissa Barramundi with Quinoa Salad and Sweet Potatoes

250g - (316G-Cal 19.3G-Protein 16.8G-Fat 18G-Carbs)  
350g - (442G-Cal 27G-Protein 23.5G-Fat 25.2G-Carbs)  
400g - (488G-Cal 32G-Protein 25.4G-Fat 27.2G-Carbs)  
Sweet and Spicy Barramundi, Harissa Paste, Erythritol, Lemon Juice, Garlic, Cumin Powder, Ginger, Cold Pressed Extra Virgin Olive Oil, Sea Salt, Quinoa Salad, Salt, Pepper, Capsicums, Parsley, Cranberries, Tahini Paste, Water, Roasted Sweet Potatoes, Rosemary



#### Tuna Nicoise Salad

250g - (414G-Cal 27.2G-Protein 32G-Fat 3.4G-Carbs)  
350g - (579G-Cal 38.1G-Protein 44.8G-Fat 4.8G-Carbs)  
400g - (708G-Cal 47G-Protein 55.3G-Fat 4.4G-Carbs)  
Responsibly fished Tuna, Green Beans, Cherry Tomatoes, Rocket, Olives, Egg, Olive Oil



### Seafood

#### Sweet and Spicy Harissa Barramundi with Roasted Lemon Parmesan Cauliflower

250g - (407G-Cal 21.2G-Protein 32.9G-Fat 4.4G-Carbs)  
350g - (569G-Cal 29.7G-Protein 46.1G-Fat 6.2G-Carbs)  
400g - (648G-Cal 36.4G-Protein 50.7G-Fat 7.9G-Carbs)  
Sweet and Spicy Barramundi, Harissa Paste, Erythritol, Lemon Juice, Garlic, Cumin Powder, Ginger, Cold Pressed Extra Virgin Olive Oil, Sea Salt, Roasted Cauliflower, Parmesan Cheese, Pepper, Portuguese Fennel, Broccolini, Tahini Paste, Water



#### Responsibly Fished Roast Salmon with Kale and Cauliflower Salad, Roast Fennel and Tartare Sauce

250g - (533G-Cal 27.8G-Protein 43.4G-Fat 6.7G-Carbs)  
350g - (747G-Cal 38.9G-Protein 60.8G-Fat 9.4G-Carbs)  
400g - (902G-Cal 44G-Protein 74.7G-Fat 11.1G-Carbs)  
Fresh Salmon, Fennel, Tartare Sauce, Almond Slivers, Cauliflower, Lemon Juice, Almond, Mint, Chopped Kale, Cold Pressed Extra Virgin Olive Oil, Pumpkin Seeds



#### Baked Salmon with Beans, Mushrooms and Brussels Sprout with Hollandaise Sauce

250g - (490G-Cal 24.4G-Protein 42.9G-Fat 2G-Carbs)  
350g - (686G-Cal 34.2G-Protein 60.1G-Fat 2.8G-Carbs)  
400g - (789G-Cal 39G-Protein 68.8G-Fat 3.4G-Carbs)  
Atalantic Salmon Skin On, Olive Oil, Sea Salt, Pepper, Lemon Juice, Green Beans, Arugula, Mushroom, Dried Rosemary, Free Range Eggs, Clarified Butter, Egg Yolk, Yellow Mustard paste, Vinegar, Brussel Sprot



### Lamb

#### Grass-Fed Lamb Rogan Josh Curry with Basmati Rice, Spinach, Onion and Capsicum

250g - (574G-Cal 29.1G-Protein 33.4G-Fat 44.9G-Carbs)  
350g - (804G-Cal 40.7G-Protein 46.8G-Fat 62.9G-Carbs)  
400g - (878G-Cal 31.6G-Protein 45.8G-Fat 82G-Carbs)  
Australian Grass-Fed Lamb, Basmati Rice, Roasted Onions, Baby Spinach, Garlic Cloves, Minced Ginger, Rogan Josh Paste, Capsicum, Coriander, Chilli Powder, Garam Masala, Paprika, Curry Powder, Bay Leaves, Turmeric, Cumin Seeds, Himalayan Rock Salt, Organic Ground Black Pepper



#### Braised Grass-Fed Lamb Stew with Peas and Mashed Potatoes

250g - (467G-Cal 21.5G-Protein 34.1G-Fat 16.1G-Carbs)  
350g - (653G-Cal 30.1G-Protein 47.7G-Fat 22.5G-Carbs)  
400g - (684G-Cal 31.9G-Protein 49.3G-Fat 25.1G-Carbs)  
Australian Grass-Fed Lamb, Potato, Pea, Fresh Parsley, Onion, Garlic, Tomato Puree and Paste, Rosemary, Bay Leaves, Parsley, Cold-Pressed Extra Virgin Olive Oil, Butter, Himalayan Rock Salt, Organic Ground Black Pepper



#### Pan Seared Lamb Rump with Roasted Vegetables and Pink Peppercorn Sauce

250g - (455G-Cal 22.7G-Protein 37.8G-Fat 5.2G-Carbs)  
350g - (636G-Cal 31.8G-Protein 52.9G-Fat 7.3G-Carbs)  
400g - (686G-Cal 32.4G-Protein 57.1G-Fat 9.2G-Carbs)  
Grass-Fed Lamb Rump, Wilted Kale, Roasted Vegetables, Brussels Sprouts, Zucchini, Pumpkin, Eggplant, Pink Peppercorn Sauce, Cold-Pressed Extra Virgin Olive Oil, Garlic, Onion, Spring Thyme, Bay Leaf, Pink Peppercorn, Red Wine, Fresh Cream, Beef Broth



# ALIFE PLUS

delivering a better life

## Lunch & Dinner

### Lamb

#### Braised Keto Grass-Fed Lamb Stew with Pumpkin and Cauli Mash

250g - (407G-Cal 20.4G-Protein 33.5G-Fat 3.9G-Carbs)  
350g - (569G-Cal 28.6G-Protein 46.9G-Fat 5.5G-Carbs)  
400g - (517G-Cal 32G-Protein 50.4G-Fat 6.5G-Carbs)  
Australian Grass Fed Lamb, Cauliflower, Pumpkin, Portuguese Spice, Fresh Parsley, Onion, Garlic, Tomato Puree, Tomato Paste, Rosemary, Thyme, Mayonnaise, Himalayan Rock Salt, Organic Ground Black Pepper



#### Grass-Fed Lamb Rogan Josh Curry with Cauliflower Rice, Spinach, Onion and Capsicum

250g - (314G-Cal 13.4G-Protein 24.5G-Fat 3.3G-Carbs)  
350g - (440G-Cal 18.8G-Protein 34.3G-Fat 4.6G-Carbs)  
400g - (462G-Cal 16.2G-Protein 26G-Fat 3.8G-Carbs)  
Australian Grass-Fed Lamb, Cauliflower Rice, Baby Spinach, Roasted Onions, Garlic Cloves, Minced Ginger, Capsicum, Coriander, Chilli Powder, Garam Masala, Paprika, Bay Leaves, Turmeric, Cumin Seeds, Himalayan Rock Salt, Organic Ground Black Pepper



#### Grass-Fed Lamb Rogan Josh Curry with Cauliflower Rice, Spinach, Onion and Capsicum

250g - (314G-Cal 13.4G-Protein 24.5G-Fat 3.3G-Carbs)  
350g - (440G-Cal 18.8G-Protein 34.3G-Fat 4.6G-Carbs)  
400g - (462G-Cal 16.2G-Protein 26G-Fat 3.8G-Carbs)  
Australian Grass-Fed Lamb, Cauliflower Rice, Baby Spinach, Roasted Onions, Garlic Cloves, Minced Ginger, Capsicum, Coriander, Chilli Powder, Garam Masala, Paprika, Bay Leaves, Turmeric, Cumin Seeds, Himalayan Rock Salt, Organic Ground Black Pepper



#### Ricotta and Mushroom Parmesan Lasagna with Blanched Broccolini

(605 kcal 27.2G-Protein 51.3G-Fat 5.8G-Carbs - 250g)  
(847 kcal 38.08G-Protein 71.82G-Fat 8.12G-Carbs - 350g)  
(967 kcal 43.52G-Protein 82.08G-Fat 9.28G-Carbs - 400g)  
Almond Flour, Salt, Eggs, Mozzarella cheese, Cream cheese, Ricotta Cheese, Mushroom, Olive Oil, Butter, Rosemary, Thyme, Parmesan Cheese, White Pepper, Nutmeg Powder, Bay Leaves, Thickened Cream, Garlic, Blanched Broccolini, Almond Medley



#### Soft Bake Ricotta and Mushroom Lasagna with Broccolini and Almond Topping

(605 kcal 27.2G-Protein 51.3G-Fat 5.8G-Carbs - 250g)  
(847 kcal 38.08G-Protein 71.82G-Fat 8.12G-Carbs - 350g)  
(967 kcal 43.52G-Protein 82.08G-Fat 9.28G-Carbs - 400g)  
Almond Flour, Salt, Eggs, Mozzarella cheese, Cream cheese, Ricotta Cheese, Mushroom, Olive Oil, Butter, Rosemary, Thyme, Parmesan Cheese, White Pepper, Nutmeg Powder, Bay Leaves, Thickened Cream, Garlic, Blanched Broccolini, Almond Medley



### Vegetarian

#### Assorted Vegetable Frittata

250g - (412G-Cal 15.6G-Protein 35.3G-Fat 5.2G-Carbs)  
350g - (576G-Cal 21.8G-Protein 49.4G-Fat 7.3G-Carbs)  
400g - (658G-Cal 25G-Protein 56.5G-Fat 8.4G-Carbs)  
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



#### Vitality Salad Roast Pumpkin and Quinoa Salad with Spinach, Green Beans and Crumbled Feta Cheese

250g - (395G-Cal 17.3G-Protein 32.8G-Fat 4.8G-Carbs)  
350g - (553G-Cal 24.2G-Protein 45.9G-Fat 6.7G-Carbs)  
400g - (600G-Cal 23.2G-Protein 50.9G-Fat 7.8G-Carbs)  
Quinoa, 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



#### Mixed Vegetable Frittata

250g - (412G-Cal 15.6G-Protein 35.3G-Fat 5.2G-Carbs)  
350g - (576G-Cal 21.8G-Protein 49.4G-Fat 7.3G-Carbs)  
400g - (658G-Cal 25G-Protein 56.5G-Fat 8.4G-Carbs)  
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



# "The belly rules the mind"





## Snacks



### Keto Brownies (90g)

(225.5 Cal, 18 Fat, 6.4 Protein, 3.4 Carb)  
Ingredients: Chocolate 85% (Sugar-Free), Butter, Eggs, Erythritol, Dutch Cocoa, Coconut Flour, Almond. Caution: Contains Nuts, Dairy, Eggs



### Chocolate Mousse - (90g)

(Energy kJ - 1300 || Protein 2.8 || Fat 28.7 || Carbs 2.8) Ingredients: Dark Chocolate, Salted Butter, Cocoa Powder, Cream, Coconut Shredded, Almond Seed, Erythritol Sugar



### Chicken Bone Broth - (490ml)

Energy kJ - 185 || Protein 8.65g || Fat 0.49 || Carbs 0.19g (Ingredients: Filtered Water, Chicken Bone, Brown Onion, Ginger, Organic Ground Black Pepper, Himalayan Rock Salt.)



### Chia Pudding Plain (280g)

Energy kJ - 718 || Protein 8.5g || Fat 11.9 || Carbs 0.5g  
Ingredients: Soaked Chia Seeds, Milk Lab Almond Milk, Erythritol, Vanilla Essence, Granola



### Chia Pudding with Mango Puree (280g)

( 608 kJ, 7g Protein, 9.8g Fat, 1.4g Carbs - 250g )  
Soaked Chia Seeds, Milk Lab Almond Milk, Erythritol, Vanilla Essence, Granola, Fresh Mango Puree



### Breakfast Parfait Cashew Nut Yogurt with Passion Fruit Puree 250g

605kcal 2420-KJ 18.8G-Protein 35.6G-Fat 37G-Carbs  
ingredients: Raw Cashew Nut, Erythritol, Whole Blueberry, Coconut Yogurt, Granola, Chia Seed, Passion Fruit Puree



### Black Berry Bliss - (115g)

Energy kJ - 1300 || Protein 8.4g || Fat 28.5 || Carbs 4.4g  
Ingredients: Softened Cream Cheese, Berry Puree, Cream, Erythritol, Lemon Juice, Vanilla Essence, Nuts, Frozen Berries.



### Keto Waffles and Keto Berry Sauce - (210g)

(Energy kJ - 1810 || Protein - 13.3 || Fat - 37.7 || Carbs - 4.9) Ingredients: Free-Range Chicken Eggs, Berry Sauce, Cream, Coconut Flour, Monk Fruit, Baking Powder, Vanilla, Butter



### Cheesecake Fluff - (100g)

Energy kJ - 1260 || Protein 11.7g || Fat 25.9 || Carbs 3.6g (Ingredients: Cream Cheese softened, Cream, Erythritol, Lemon juice, Vanilla essence, Flax seeds, Almond whole, Coconut, Pepita Seeds, Almond slices



### Chia Pudding with Passion Puree (280g)

Energy kJ - 608 || Protein 7g || Fat 9.8 || Carbs 1.4g  
Ingredients: Soaked Chia Seeds, Milk Lab Almond Milk, Erythritol, Vanilla Essence, Granola, Passion Fruit Puree



### Chia Pudding with Raspberry Puree (280g)

( 607 kJ, 7g Protein, 9.8g Fat, 1.1g Carbs - 250g )  
Soaked Chia Seeds, Milk Lab Almond Milk, Erythritol, Vanilla Essence, Granola, Fresh Raspberry Puree



### Breakfast Parfait Cashew Nut Yogurt with Mango Puree 250g

600kcal -kJ 18.3G-Protein 35.6G-Fat 39G-Carbs  
ingredients: Raw Cashew Nut, Erythritol, Whole Blueberry, Coconut Yogurt, Granola, Chia Seed, Mango Puree



### Breakfast Parfait Cashew Nut Yogurt with Raspberry Puree 250g

( 2370-KJ 17.8G-Protein 34.9G-Fat 39.2G-Carbs )  
Ingredients: Raw Cashew Nut, Erythritol, Whole Blueberry, Coconut Yogurt, Granola, Chia Seed, Raspberry Puree