



## Newest Dish

CALL US AT 02.809.140.87

### Grilled chicken breast with Ceasar Salad

(471 kcal 52.7G-Protein 28G-Fat 1.3G-Carbs- 250g)  
 (753 kcal 84.32G-Protein 44.8G-Fat 2.08G-Carbs- 400g)  
 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



### Keto Quiche Lorraine with Broccoli & Feta Cheese

(3370-kJ 35.2G-Protein 68.8G-Fat 9.3G-Carbs- 250g)  
 (5010-kJ 53.2G-Protein 100G-Fat 17.1G-Carbs- 400g)  
 Almond Flour, Mozzarella Cheese, Butter, Eggs, Psyllium Husks, Sea Salt, Thick Cream, Shredded Gruyere Cheese, Parmesan Cheese, Black Pepper, Onion, Parsley, Chive, Bacon, Nutmeg Powder, Garlic Powder, Broccolini, Feta Cheese



## Breakfast

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

(1340 kJ, 18g Protein, 27g Fat, 2g Carbs - 250g)  
 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

(2050KJ 13.9-Protein 44.9g-Fat 6.8g-Carbs - 200g)  
 Natural Yogurt, Cream Cheese, Berry Sauce, Frozen Berry, Toasted Almonds

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

(1630Kj 16.5g-Protein 37g-Fat 3.5g-Carbs - 250g) ||  
 (2500Kj 26.4g-Protein 51.4g-Fat 5.6g-Carbs - 400g)  
 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

(1630Kj 16.5g-Protein 37g-Fat 3.5g-Carbs - 250g) ||  
 (2500Kj 26.4g-Protein 51.4g-Fat 5.6g-Carbs - 400g)  
 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

(1710KJ 14g-Protein 35g-Fat 6-Carbs - 250g) 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

(1880-kJ 21.8G-Protein 37.9G-Fat 5G-Carbs - 250g) ||  
 (3010-kJ 34.8G-Protein 60.6G-Fat 8G-Carbs - 400g)  
 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

(1160-kJ 19.4G-Protein 17.3G-Fat 27.1G-Carbs - 250g)  
 (1880-kJ 31.2G-Protein 28.3G-Fat 43.7G-Carbs - 400g)  
 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



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

(2880KJ 18G-Protein 50.9G-Fat 38.8G-Carbs - 250g)  
 (4920KJ 27.5G-Protein 86.5G-Fat 70.6G-Carbs - 400g)  
 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)

(2220KJ 30.6G-Protein 36.2G-Fat 19.7G-Carbs - 250g)  
 (3280KJ 52.3G-Protein 45.5G-Fat 38.4G-Carbs - 400g)  
 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





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## Lunch & Dinner

### Chicken

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

(2310-kJ 27.4G-Protein 25.5G-Fat 46.2G-Carbs - 250g)  
(3880-kJ 44.4G-Protein 41.4G-Fat 82.2G-Carbs - 400g)  
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



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

(1670 kJ, 20.4g Protein, 31.8g Fat, 5 Carbs - 250g)  
(2640 kJ, 31.1g Protein, 50.6g Fat, 8.2 Carbs - 250g)  
Free Range Chicken Thigh, Cauliflower Rice, Broccolini, 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



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

(1450KJ 25.3G-Protein 13.2G-Fat 23.6G-Carbs - 250g)  
(2300KJ 39.9G-Protein 21G-Fat 37.3G-Carbs - 400g)  
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



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

(2050-kJ 24.2G-Protein 40.1G-Fat 6.9G-Carbs- 250g)  
(3330-kJ 40.6G-Protein 63.8G-Fat 12.6G-Carbs- 400g)  
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 Thai Red Chicken Curry with Fresh Basil, Broccoli & Bamboo Shoots

(1340KJ 19G-Protein 28G-Fat 4G-Carbs- 250g)  
(2240KJ 22G-Protein 33G-Fat 5G-Carbs - 400g)  
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



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

(1705KJ 17.9G-Protein 27.1G-Fat 3.8G-Carbs - 250g)  
(2410KJ 20.2G-Protein 29.9G-Fat 4.8G-Carbs - 400g)  
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



#### Creamy Chicken Mushroom Cauliflower Risotto

(1880-kJ 20.6G-Protein 37.36G-Fat 5.2G-Carbs- 250g)  
(2950-kJ 33.4G-Protein 58G-Fat 8.1G-Carbs - 400g)  
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



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

(2740kJ 14.9Protein 49.3Fat 37.9Carbs - 250g)  
(4440kJ 24.6Protein 79.6Fat 58.7Carbs - 400g)  
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



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

(1800-kJ 20.8G-Protein 37.1G-Fat 2.6G-Carbs - 250g)  
(2930-kJ 34G-Protein 60.5G-Fat 4.2G-Carbs - 400g)  
Australian Free-Range Chicken, Arugula, Beans, Parmigiana, Basil, Cheese, Tomato, Himalayan Rock Salt, Cold Pressed Extra Virgin Olive Oil, Roasted Lemon Parmesan Cauliflower



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

(2330-kJ 21.3G-Protein 47.9G-Fat 7.7G-Carbs- 250g)  
(3910-kJ 35G-Protein 81G-Fat 12.4G-Carbs- 400g)  
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



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

(2180KJ 25.7G-Protein 45G-Fat 2.6G-Carbs - 250g)  
(3350KJ 40.7G-Protein 68G-Fat 5.2G-Carbs - 400g)  
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



#### Greek Spiced Chicken with Potato Skordalia

(1810-kJ 20.3G-Protein 27.5G-Fat 19G-Carbs- 250g)  
(2940-kJ 32.9G-Protein 44.9G-Fat 30.5G-Carbs - 400g)  
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



#### Grilled chicken breast with Ceasar Salad

(471 kcal 52.7G-Protein 28G-Fat 1.3G-Carbs- 250g)  
(753 kcal 84.32G-Protein 44.8G-Fat 2.08G-Carbs- 400g)  
Free range chicken breast, Olive oil, Lemon Juice, Garlic, Thyme, Oregano, Salt, Pepper, Baby Cos Lettuce, Soft Boiled Egg, Crispy Bacon, Shaved Parmesan Cheese, Fresh chopped garlic, Salt, Dijon Mustard, Parmesan Cheese, Cracked Black Pepper, Freshly Squeeze Lemon Juice, Worcestershire Sauce





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## Lunch & Dinner

### Beef

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

(2100-kJ 24.2G-Protein 41.4G-Fat 6.8G-Carbs- 250g)  
(3620-kJ 43.7G-Protein 69.7G-Fat 12.4G-Carbs - 400g)  
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

(2030-kJ 23.4G-Protein 41G-Fat 5G-Carbs - 250g)  
(3190-kJ 36.9G-Protein 64.5G-Fat 7.9G-Carbs - 400g)  
Australian Grass Fed Beef Brisket, Arugula, Green Beans, Himalayan Rock Salt, Chimmichurri, Garlic, Fresh Parsley, Lemon Juice, Capsicum, Cold-Pressed Extra Virgin Olive Oil, Cauliflower Mash, Blanched Broccoli



#### Cottage Pie with Cauliflower Mash

(1440 kJ, 28.4g Protein, 21.8g Fat, 5.7g Carbs - 250g)  
(2070 kJ, 44.7g Protein, 28.9g Fat, 10.3g Carbs - 400g)  
Cauliflower, Mozzarella Cheese, Parsley, Grass-fed Beef Mince, Garlic, Himalayan Pink Salt, Ground Pepper, Gravy Mix, Onion Paste



#### Bolognese Pasta (Gluten Free)

(1610KJ 30.1G-Protein 16.9G-Fat 24.7G-Carbs - 250g)  
(2580KJ 43.5G-Protein 24.4G-Fat 48.9G-Carbs - 400g)  
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



#### Chili Con Carne Rice Bowl

(2810KJ 17.5G-Protein 31.9G-Fat 39.2G-Carbs - 250g)  
(3280KJ 28.8G-Protein 46.1G-Fat 59.9G-Carbs - 400g)  
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



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

(1390KJ 28G-Protein 16.3G-Fat 16.3G-Carbs - 250g) ||  
(2080KJ 38.9G-Protein 23.2G-Fat 29.5G-Carbs - 400g)  
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



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

(2010-kJ 22.9G-Protein 40.4G-Fat 6G-Carbs - 250g)  
(3220-kJ 36.8G-Protein 64.7G-Fat 9.6G-Carbs - 400g)  
Australian Grass Fed Beef Brisket, Arugula, Mashed Potatoes, Himalayan Rock Salt, Chimmichurri, Garlic, Fresh Parsley, Lemon Juice, Capsicum, Cold Pressed Extra Virgin Olive Oil, Blanched Broccoli



#### Keto Chili Con Carne Bowl

(1510KJ 15.9G-Protein 30.8G-Fat 4G-Carbs - 250g)  
(2320KJ 26.5G-Protein 45.8G-Fat 7G-Carbs - 400g)  
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



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

(2380KJ 31.2G-Protein 45.1G-Fat 7G-Carbs - 250g)  
(3460KJ 50.7G-Protein 68.1G-Fat 10.2G-Carbs - 400g)  
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

(1440KJ 24.6g-Protein 35.3g-Fat 5-Carbs - 250g) ||  
(2774KJ 38.6G-Protein 54.9G-Fat 7.3G-Carbs - 400g)  
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

(1440KJ 24.6g-Protein 35.3g-Fat 5-Carbs - 250g) ||  
(2774KJ 38.6G-Protein 54.9G-Fat 7.3G-Carbs - 400g)  
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



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

(2430KJ 25.2g-Protein 50.1g-Fat 6.4g-Carbs - 250g)  
(4310KJ 51.4g-Protein 85.8g-Fat 11.5g-Carbs - 400g)  
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



#### Keto Sausage Roll

(2320-kJ 38.6G-Protein 41G-Fat 5.4G-Carbs- 250g)  
(3880-kJ 62.4G-Protein 69.6G-Fat 8.6G-Carbs- 400g)  
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

(1910-kJ 32.3G-Protein 24.4G-Fat 21.7G-Carbs -250g)  
(2960-kJ 49.3G-Protein 35.4G-Fat 39G-Carbs - 400g)  
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





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## Lunch & Dinner

### Pork

#### Keto Quiche Lorraine with Broccoli & Feta Cheese

(3370-kJ 35.2G-Protein 68.8G-Fat 9.3G-Carbs - 250g)  
(5010-kJ 53.2G-Protein 100G-Fat 17.1G-Carbs - 400g)  
Almond Flour, Mozzarella Cheese, Butter, Eggs, Psyllium Husks, Sea Salt, Thick Cream, Shredded Gruyere Cheese, Parmesan Cheese, Black Pepper, Onion, Parsley, Chive, Bacon, Nutmeg Powder, Garlic Powder, Broccolini, Feta Cheese



#### Quiche Lorraine with Pesto Pasta Salad & Feta Cheese

(3100-kJ 33.1G-Protein 54.2G-Fat 25.6G-Carbs - 250g)  
(5070-kJ 53.4G-Protein 89.6G-Fat 40.8G-Carbs - 400g)  
Almond Flour, Mozzarella Cheese, Butter, Eggs, Psyllium Husks, Sea Salt, Thick Cream, Shredded Gruyere Cheese, Parmesan Cheese, Black Pepper, Onion, Parsley, Chive, Bacon, Nutmeg Powder, Garlic Powder, Penne Pasta, Cold Pressed Extra Virgin Olive Oil, Basil Pesto, Sundried Tomatoes, Green Peas, Lemon Juice, Feta Cheese



### Seafood

#### Portuguese Fish with Classic Caesar Salad and Crispy Bacon

(1910-kJ 25.6G-Protein 34.9G-Fat 5.7G-Carbs - 250g)  
(3230-kJ 42G-Protein 60.1G-Fat 8.5G-Carbs - 400g)  
Wild Cut Blue Grenadier Portuguese Fish, Cold Pressed Extra Virgin Olive Oil, Himalayan Rock Salt, Erythritol, Lemon Zest, Oregano, Chilli Flakes, Paprika, Garlic, Food Acid, Baby Cos Lettuce, Crispy Bacon, Cherry Tomatoes, Shaved Parmesan Cheese, Dijon Mustard, Cracked Black Pepper, Freshly Squeeze Lemon Juice, Worcestershire Sauce



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

(1700-kJ 21.2G-Protein 32.9G-Fat 4.4G-Carbs - 250g)  
(2710-kJ 36.4G-Protein 50.7G-Fat 7.9G-Carbs - 400g)  
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

(2230Kj 27.8-Protein 43.4-Fat 6.7-Carbs - 250g)  
(3770Kj 44-Protein 74.7-Fat 11.1-Carbs - 400g)  
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

(2050-kJ 24.4G-Protein 42.9G-Fat 2G-Carbs - 250g)  
(3300-kJ 39G-Protein 68.8G-Fat 3.4G-Carbs - 400g)  
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 Sprout



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

(2100-kJ 24.2G-Protein 42.6G-Fat 5.3G-Carbs - 250g)  
(3380-kJ 38.8G-Protein 68.3G-Fat 8.8G-Carbs - 400g)  
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

(1280-kJ 30.9G-Protein 14.8G-Fat 9.8G-Carbs - 250g)  
(2300-kJ 52G-Protein 32G-Fat 10.9G-Carbs - 400g)  
Responsibly fished Tuna, Green Beans, Cherry Tomatoes, Rocket, Olives, Egg, Olive Oil, Potatoes



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

(1320-kJ 19.3G-Protein 16.8G-Fat 18G-Carbs - 250g)  
(2040-kJ 32G-Protein 25.4G-Fat 27.2G-Carbs - 400g)  
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

(1730-kJ 27.2G-Protein 32G-Fat 3.4G-Carbs - 250g)  
(2960-kJ 47G-Protein 55.3G-Fat 4.4G-Carbs - 400g)  
Responsibly fished Tuna, Green Beans, Cherry Tomatoes, Rocket, Olives, Egg, Olive Oil



### Lamb

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

(2400Kj 29.1Protein 33.4Fat 44.9Carbs - 250g)  
(3670Kj 31.6Protein 45.8Fat 82Carbs - 400g)  
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

(1950Kj 21.5Protein 34.1Fat 16.1Carbs - 250g)  
(2860Kj 31.9G-Protein 49.3G-Fat 25.1G-Carbs - 400g)  
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

(1900-kJ 22.7G-Protein 37.8G-Fat 5.2G-Carbs - 250g)  
(2870-kJ 32.4G-Protein 57.1G-Fat 9.2G-Carbs - 400g)  
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





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## Lunch & Dinner

### Lamb

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

(1700kJ 20.4G-Protein 33.5G-Fat 3.9G-Carbs - 250g)  
(2160kJ 32G-Protein 50.4G-Fat 6.5G-Carbs - 400g)  
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

(1312kJ 13.1G-Protein 24.5G-Fat 3.3G-Carbs - 250g)  
(1932kJ 16.2G-Protein 26G-Fat 3.8G-Carbs - 400g)  
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



#### 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



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

(1312kJ 13.1G-Protein 24.5G-Fat 3.3G-Carbs - 250g)  
(1932kJ 16.2G-Protein 26G-Fat 3.8G-Carbs - 400g)  
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



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

(924kJ 14.2G-Protein 11.6G-Fat 12.4G-Carbs - 250g) || (1390kJ 19G-Protein 17.9G-Fat 19.6G-Carbs - 400g)  
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



### Pizza

#### Keto Pepperoni & Sausage Pizza

(3540KJ 36.8G-Protein 73.8G-Fat 6.2G-Carbs - 250g)  
(6100KJ 62.6G-Protein 127G-Fat 11.2G-Carbs - 400g)  
Australian Grass Fed Pork, Pepperoni, Australian Free Range Eggs, Tomato Paste, Mozzarella, Almond Meal, Fresh Basil, Himalayan Rock Salt, Organic Ground Black Pepper, Cold-Pressed Extra Virgin Olive Oil



#### Keto Meatlovers Pizza

(4040KJ 43.3G-Protein 83.9G-Fat 6.6G-Carbs - 250g)  
(6430KJ 69.7G-Protein 133G-Fat 10.7G-Carbs - 400g)  
Australian Grass Fed Pork, Pepperoni, Australian Grass Fed Beef, Australian Free Range Eggs, Almond Meal, Tomato Paste, Mozzarella, Fresh Basil, Himalayan Rock Salt, Organic Ground Black Pepper, Cold-Pressed Extra Virgin Olive Oil



#### 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



#### 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



#### 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



### Vegetarian

#### 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



# "The belly rules the mind"





# ALIFE PLUS

delivering a better life



## 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