



## Newest Dish

CALL US AT 02.809.140.87

### Asian vegetarian Keto Buddha Bowl

(282 kcal 19.2G-Protein 17.4G-Fat 5.9G-Carbs- 250g)  
(451 kcal 30.72G-Protein 27.84G-Fat 9.44G-Carbs- 400g)  
Shredded Red Cabbage, Spicy Korean Tofu, Capsicum, Blanched Broccoli, Seaweed Salad, Sesame Seed, Sriracha Mayonnaise



### 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



## Breakfast

### Creamy Free Range Scrambled Eggs with Sautéed Mushroom, Spinach 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



### 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



### Berry and Yogurt Bowl

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



### Granola mix with Yogurt and Toasted Coconut

(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



### 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



### Australian Free Range Satay Chicken with Onions, Mushrooms, Capsicums and Green Beans

(1990KJ 22.1G-Protein 39.6G-Fat 6.4G-Carbs - 250g )  
(3130KJ 35.9G-Protein 61.7G-Fat 10G-Carbs - 400g )  
Australian Free Range Chicken, Mushroom, Green Beans, Red Capsicum, Peanuts, Turmeric, Brown Onion, Curry Powder, Coconut Cream, Coriander, Chili, Cumin, Organic Ground Black Pepper



### 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



### 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



## Lunch & Dinner

### Chicken

### Chicken Tikka Masala with Cauliflower Rice

(1830-kJ 20.7G-Protein 35.8G-Fat 5.8G-Carbs- 250g)  
(2880-kJ 34.1G-Protein 55.7G-Fat 8.9G-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, Cauliflower Rice, Broccoli, Fried Onion



### Australian Free Range Chicken Enchiladas, Cauliflower Rice Fajitas, Salsa and Sour Cream

(1682KJ 18.1G-Protein 26.2G-Fat 3.1G-Carbs - 250g )  
(2172KJ 21.1G-Protein 29.2G-Fat 3.9G-Carbs - 400g )  
Australian Free Range Chicken, Baby Spinach Leaves, Garlic Cloves, Tomato Salsa, Brown Onion, Parmesan Cheese, Shredded Cheddar Cheese, Taco Seasoning, Cream, Cayenne, Red and Green Capsicum, Coriander, Cauliflower, Himalayan Rock Salt, Organic Ground Black Pepper, Cold-Pressed Extra Virgin Olive Oil



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## Lunch & Dinner

### Chicken

#### 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, Sautéed Mushrooms, Broccoli, Diced Bacon, Parsley Leaves, Garlic, Onion, Heavy Cream, Parmesan Cheese, Nutmeg, Himalayan Rock Salt, Organic Ground Black Pepper



#### Asian Flavoured Aroma Chicken Salad

(1560-kJ 24.4G-Protein 29G-Fat 2G-Carbs- 250g)  
(2550-kJ 39.2G-Protein 47.9G-Fat 3.4G-Carbs- 400g)  
Shredded Poached Chicken Breast, Salt, Herbs, Lemon Juice, Cold Pressed Extra Virgin Olive Oil, Mixed Vegetables, Shredded Capsicums, Shredded Purple Cabbage, Iced Burge Lettuce, Pine Nuts, Edamame Pods, Asian Dressing, Soy Sauce, Cold Pressed Extra Virgin Olive Oil, Sesame Oil, Rice Wine Vinegar, Erythritol



#### Free Range Teriyaki Chicken with Roast Pumpkin, Caramelized Onion, and Broccoli

( 2320kJ 16.3G-Protein 51.2G-Fat 7.7G-Carbs - 250g )  
( 3550kJ 23.8G-Protein 78.3G-Fat 12.5G-Carbs - 400g )  
Australian Free Range Chicken, Kent Pumpkin, Teriyaki Sauce, Chopped Garlic, Brown Onion, Himalayan Rock Salt, Organic Ground Black Pepper, Sesame Seeds, Blanched Broccoli



#### Chicken Takatak with Broccoli, Pickled Radish, and Nepalese Style Chutney

(1860-kJ 17G-Protein 37.2G-Fat 7.3G-Carbs- 250g)  
(2740-kJ 27.8G-Protein 53.1G-Fat 11.4G-Carbs- 400g)  
Free-range Minced Chicken Takatak, Fresh Ginger, Garlic Paste, Cumin Powder, Coriander Powder, Turmeric Powder, Mace/Javitri, Cardamom, Fenugreek, Black Pepper, Kashmiri Chili, Mustard, Cassia/Cinnamon Bark, Himalayan Rock Salt, Cinnamon Powder, Freshly Chopped Onion, Green Shallots, Fresh Coriander, Cold Pressed Extra Virgin Olive Oil, Butter, Green Cabbage, Blanched Broccoli, Pickled Radish, Fresh Garlic, Fresh Tomatoes, Roasted Sesame Seeds, Chilli Powder, Roasted Cumin, Lemon Juice



#### 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



#### Stir-fry Sesame Chicken with Egg Fried Cauliflower Rice and Stir-fry Vegetables

(1980-kJ 19.8G-Protein 40G-Fat 3.9G-Carbs- 250g)  
(3110-kJ 32G-Protein 61.8G-Fat 7.1G-Carbs- 400g)  
Free-range Chicken Breast Strips, Cold Pressed Extra Virgin Olive Oil, Fresh Garlic, Ginger, Shallots, Light Soy Sauce, Dark Soy Sauce, Erythritol, Sesame Oil, Sesame Seed, Chinese Cooking Wine, Xanthan Gum, Cauliflower Rice, Farm Fresh Eggs, Salt, White Ground Pepper, Broccoli, Shiitake Mushroom, Tofu



#### 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



#### 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



#### Buffalo Chicken Wings with Cauliflower Mac and Cheese Bake

(1850-kJ 23.7G-Protein 35.5G-Fat 5.3G-Carbs- 250g)  
(2900-kJ 37.6G-Protein 55.4G-Fat 8.5G-Carbs- 400g)  
Free-range Chicken Wings, Smoked Paprika, Cayenne Pepper, Sodium Bicarbonate/Baking Soda, Garlic Powder, Salt, Pepper, Butter, Apple Cider Vinegar, Worcester Sauce, Erythritol, Frank Hot Sauce, Cauliflower, Cheese, Broccoli, Cold Pressed Extra Virgin Olive Oil



#### Grilled chicken breast with Caesar 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



#### 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



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## Lunch & Dinner

### Beef

#### 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



#### Keto Lasagna with Ricotta Cheese

( 2750KJ 45.8G-Protein 52.7G-Fat 1.4G-Carbs - 250g )  
( 4220KJ 76.2G-Protein 78.1G-Fat 1.7G-Carbs - 400g )  
Australian Free Range Sliced Chicken, Australian Grass Fed Beef Mince, Mozzarella Cheese, Ricotta, Home Made Napolitana Sauce, Himalayan Rock Salt, Organic Ground Black Pepper, Cold-Pressed Extra Virgin Olive Oil



#### Bacon and Burger Bowl, Fried Egg, Lettuce, Tomato, Pickles and Aioli

( 2270Kj 26.5g-Protein 45.8g-Fat 7.6g-Carbs - 250g )  
( 3610Kj 43.1g-Protein 72.5g-Fat 12.4g-Carbs - 400g )  
Vegan Patty, Free Range Chicken Egg, Mince Bacon, Romain Lettuce, Tomato, Cheese, Caramelised Onion, Pickles, Aioli, Garlic, Himalayan Rock Salt, Extra Virgin Olive Oil



#### 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



#### 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 Chili, 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



#### Stir Fried Beef in Black Pepper Sauce and Cauliflower Rice

( 1350 kJ, 13.3g Protein, 26.6g Fat, 4.2g Carbs - 250g )  
( 2100 kJ, 20.4g Protein, 41.4g Fat, 6.8g Carbs - 400g )  
Cauliflower Rice, Australian Grass Fed Beef Strip, Blanched Broccoli, Sweet Soy Sauce, Chili Paste with Soybean Sauce, Sesame Oil, Onion, Garlic Paste, Kikoman Soy, Black Pepper



#### Mouth Tantalizing Korean BBQ Beef with Siracha Cauliflower and Konjac Noodles

( 2350KJ 13.6g-Protein 52.6g-Fat 7.5-Carbs ) - 250g )  
( 3700KJ 21.5G-Protein 82.6G-Fat 11.9G-Carbs - 400g )  
Grass Fed Beef Strips, Gluten-free Soy Sauce, Ginger, Garlic, Korean Pepper, Rice Wine Vinegar, Sesame Oil, Erythritol



#### 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



#### Cheesy Keto Beef Lasagna

( 3000-kJ 42.8G-Protein 56.9G-Fat 8.1G-Carbs - 250g )  
( 4640-kJ 66.9G-Protein 86.9G-Fat 14.3G-Carbs - 400g )  
Beef Mince, Cold Pressed Extra Virgin Olive Oil, Onion, Garlic, Celery, Rosemary, Thyme, Tomato Paste, Beef Boullian, Mozzarella Cheese, Parmesan Cheese, Cream Cheese, Eggs, Almond Flour, Butter, Napolitana Sauce, Fresh Tomatoes, Mixed Herbs, Salt, Pepper, Erythritol, Bechamel Sauce, Bay Leaves, Cloves, Nutmeg Powder, Chicken Boullian



#### 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



Did you know? 

The keto diet literally changes the way your metabolism works. This change is called ketosis.



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## Lunch & Dinner

### Seafood

#### Keto Dill and Garlic Responsibly Fished Barramundi

(1760KJ 21.8G-Protein 35.3G-Fat 3.2G-Carbs - 250g) (2990KJ 36.5G-Protein 61G-Fat 4.7G-Carbs - 400g) Fresh Queensland Barramundi, Zucchini, Green Bean, Thick Cream, Fresh Dill, Bay Leaves, Sweet Paprika, Himalayan Rock Salt, Organic Ground Black Pepper, Cold Pressed Extra Virgin Olive Oil



#### 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



#### 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



#### Curried Laksa Prawns with Cauliflower Rice & Crispy Tempeh

(1680-KJ 20.7G-Protein 33G-Fat 3.6G-Carbs - 250g) (2540-kJ 32G-Protein 48.4G-Fat 7.1G-Carbs - 400g) King Prawns, Onion, Garlic, Ginger, Galangal, Chicken Broth, Canola Oil, Erythritol Sugar, Salt, Coconut cream, Soy sauce, Chili, Sliced Red Chili, Cauliflower Rice, Fried Tempeh, Bamboo Shoot, Broccoli, Shredded Coconut



#### 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



#### Furikake Smoked Salmon Poke Bowl with Cauliflower Rice

(1440-kJ 18.6G-Protein 27.6G-Fat 4.3G-Carbs - 250g) (2250-kJ 30G-Protein 42.3G-Fat 6.8G-Carbs - 400g) Smoked Salmon, Cauliflower Rice, Furikake, Pickled Ginger, Fresh Red Capsicums, Cucumber, Shredded Red Cabbage, Wakame Seaweed, Sriracha Mayo, Japanese Shichimi Togarashi, Cold Pressed Extra Virgin Olive Oil



### Pork

#### Roast Pork Belly, Arugula, Green Beans, Pickled Chillies, Cauliflower Mac n Cheese with Salsa Picante

(1930-kJ 27G-Protein 36.6G-Fat 5.3G-Carbs - 250g) (3110-kJ 43.6G-Protein 58.9G-Fat 8.5G-Carbs - 400g) Pork Belly, Arugula, Green Beans, Pickled Chillies, Salsa, Onion, Tomato, Lemon Juice, Chipotle Chillies, Jalapeno, Coriander, Cauli Mac n Cheese



#### Caramelised Onion Burger with Romain, Tomato, Cheese Slice and Aioli

(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 Pork Mince, Romain Lettuce, Fresh Tomato, Sliced Cheese, Caramelised Onion, Pickles, Aioli, Garlic, Himalayan Rock Salt, Organic Ground Black Pepper, Extra Virgin Olive Oil



#### Australian Grass Fed BBQ Pulled Pork, Coleslaw and Pickled Chillies

(1600kJ 18.4G-Protein 31.6G-Fat 4.4G-Carbs - 250g) (2610kJ 28.3G-Protein 53.1G-Fat 6.2G-Carbs - 400g) Australian Grass Fed Pork, Green and Red Cabbage, Baby Spinach, Pickled Cucumber and Chilli, Ground Coffee, Espresso Coffee, Monk Fruit Erythritol, Garlic, Apple Cider Vinegar, Mayonnaise, Tomato Paste, Sweet Chilli Sauce, Chipotle, Fresh Mint, Coriander, Parsley, Himalayan Rock Salt, Cold Pressed Extra Virgin Olive Oil, Franks Hot Sauce



#### Keto Bacon Cauliflower "Mac" and Cheese

(2150Kj 17gProtein 46.6g Fat 5.6gCarbs - 250g) (3560Kj 25.7gProtein 78.5gFat 8.5gCarbs - 400g) Cauliflower rice, Bacon, Cream Cheese, Mozzarella, Paprika, Parsley, Himalayan Rock Salt, Cold Pressed Extra Virgin Olive Oil



#### 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



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## Lunch & Dinner

### Lamb

#### 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



#### 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



#### 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



### Lunch & Dinner - Vegetarian

#### 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, Walnut



#### 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



#### 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



#### Asian vegetarian Keto Buddha Bowl

(282 kcal 19.2G-Protein 17.4G-Fat 5.9G-Carbs- 250g)  
(451 kcal 30.72G-Protein 27.84G-Fat 9.44G-Carbs- 400g)  
Shredded Red Cabbage, Spicy Korean Tofu, Capsicum, Blanched Broccoli, Seaweed Salad, Sesame Seed, Sriracha Mayonnaise



"Keep calm and eat more veggies"

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## 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 Super Supreme Pizza

( 3700kJ 36G-Protein 78.3G-Fat 6.2G-Carbs - 250g )  
( 5240KJ 53.9G-Protein 109G-Fat 9.3G-Carbs - 400g )  
Australian Free Range Chicken, Australian Grass Fed Beef, Australian Free Range Eggs, Mushroom, Capsicum, Almond Meal, Shredded Tasty Cheese, Cherry Tomato, Tomato Paste, Mozzarella, 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



### Peri Peri Chicken Pizza

(2340-kJ 36G-Protein 43.2G-Fat 6.6G-Carbs- 250g)  
(3740-kJ 58.9G-Protein 68.3G-Fat 11G-Carbs- 400g)  
Free-range Chicken Breast, Water, Vinegar, Tomato Paste, Cayenne Pepper, Bird Eye Chili, Erythritol, Salt, Garlic, Onion, Vegetable Oil, Lemon Juice, Almond Flour, Cream Cheese, Eggs, Feta Cheese, Fresh Crushed Tomato, Celery, Bay Leaf, Basil, Oregano, Thyme, Rosemary, Mozzarella Cheese



### 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 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

### 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



### 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.)

### 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



## Snacks



### 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



### 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

