

# ALIFE PLUS

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# . PALEO MENU .

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## Newest Dish

CALL US AT 02.809.140.87

### 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



### 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



## Breakfast

### 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



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

(1320KJ 36.5G-Protein 7.7G-Fat 23.1G-Carbs - 250g )  
(2130KJ 56.9G-Protein 13.9G-Fat 36.2G-Carbs - 400g)  
Himalayan Rock Salt, Organic Ground Black Pepper, Cold Pressed Extra Virgin Olive Oil, Australian Free Range Chicken, Kent Pumpkin, Jasmin Rice, Teriyaki Sauce, Chopped Garlic, Brown Onion, Sesame Seeds



## Lunch & Dinner

### Chicken

### 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 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



### Stir-fry Honey Soy Chicken with Singaporean Noodles

(1390-kJ 23.9G-Protein 18.5G-Fat 14.8G-Carbs- 250g)  
(2350-kJ 40.3G-Protein 32G-Fat 23.9G-Carbs- 400g)  
Free-range Minced Chicken Maryland, Corn Starch, Light Soy Sauce, Dark Soy Sauce, Pure Honey, Sesame Oil, Chopped Fresh Garlic, Onion, Green Shallots, Cold Pressed Extra Virgin Olive Oil, Singaporean Noodles, Dry Red Chilli, Red Cabbage, Green Cabbage, Broccoli, Assorted Capsicums, Curry Powder, Soy Sauce, Chinese Cooking Wine, Erythritol



### 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



### 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 Satay Chicken with Basmati Rice, Onions, Capsicums and Green Beans

(1510KJ 21.7G-Protein 13.2G-Fat 35.6G-Carbs - 250g )  
(2410KJ 34.8G-Protein 21.7G-Fat 55.2G-Carbs - 400g )  
Australian Free Range Chicken, Basmati Rice, Green Beans, Red Capsicum, Peanuts, Turmeric, Brown Onion, Curry Powder, Coconut Cream, Coriander, Chilli, Cumin, Organic Ground Black Pepper, Cold-Pressed Extra Virgin Olive Oil



### 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



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## Lunch & Dinner

### Stir-fry Sesame Chicken with Egg Fried Jasmine Rice and Veggies

(2010-kJ 20.8G-Protein 29.8G-Fat 27.4G- 250g)  
(2960-kJ 34.4G-Protein 40G-Fat 43.3G - 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, Jasmine Rice, Farm Fresh Eggs, Salt, White Ground Pepper, Broccoli, Shiitake Mushroom, Tofu



### 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



### 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



## Beef

### 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, Chimichuri, Garlic, Fresh Parsley, Lemon Juice, Capsicum, Cold Pressed Extra Virgin Olive Oil, Blanched Broccoli



### Slow Cooked Braised Beef Brisket, Cauliflower Mash, Green Beans with Chimichuri 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, Chimichuri, Garlic, Fresh Parsley, Lemon Juice, Capsicum, Cold-Pressed Extra Virgin Olive Oil, Cauliflower Mash, Blanched Broccoli



### 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



## Seafood

### 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



### 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



### 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



### Furikake Smoked Salmon with Brown Rice and Poke Bowl

(1620-kJ 25G-Protein 10.4G-Fat 45.5G-Carbs - 250g )  
(2710-kJ 41G-Protein 17G-Fat 77.8G-Carbs - 400g)  
Smoked Salmon, Brown Rice, Furikake, Pickled Ginger, Fresh Red Capsicums, Cucumber, Shredded Red Cabbage, Wakame Seaweed, Sriracha Mayo, Japanese Shichimi Togarashi



### 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



## What is paleo?

A paleo eating plan that is high in fiber, potassium and antioxidants while being low in simple carbohydrates, sodium and sugar can be a healthy eating plan.



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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



#### 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



### Snacks



#### Breakfast Parfait Cashew Nut Yogurt with Passion Fruit Puree 280g

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



#### Breakfast Parfait Cashew Nut Yogurt with Raspberry Puree 280g

(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



#### Breakfast Parfait Cashew Nut Yogurt with Mango Puree 280g

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

### Pork

#### BBQ Pulled Grass Fed Pork Coleslaw and Roast Potato

(980kJ 16.70Protein 9.8Fat 17Carbs - 250g)  
(1520kJ 25.8Protein 15Fat 27Carbs - 400g)  
Australian Grass Fed Pork, Yellow and Dijon Mustard, Green and Red Cabbage, Thyme, Roasted Potato, Baby Spinach, Pickled Cucumber and Chilli, Ground Coffee, Espresso Coffee, Monk Fruit Erythritol, Gluten-free soy sauce, Garlic, Paprika Powder, Apple Cider Vinegar, Tomato Paste, Sweet Chilli Sauce, Chipotle, Mayonnaise, Fresh Mint, Coriander, Parsley, Himalayan Rock Salt, Cold Pressed 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



### Vegetarian

#### 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



#### Roast Vegetables with Hummus, Mushrooms and Olives

(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

