

MENU

ALIFEPLUS



BREAKFAST

Creamy scrambled eggs with sautéed Mushroom,
Spinach and Tomatoes

Mushroom, Spinach Tomato Cheesy Omelette

Tofu with Eggs, Spinach and Mushrooms (Vegetarian)

Granola mix with Yogurt and Toasted Coconut

Chorizo Breakfast Bake

LUNCH & DINNER

Tuna Bake and Pasta (Gluten-Free)

Chorizo Bake and Pasta (Gluten-Free)

Bolognese Pasta (Gluten-Free)

Beef Stroganoff Pasta (Gluten-Free)

Beef strip Stroganoff with White Rice

Grilled Chicken with Peri-Peri Sauce and
Sweet Potato

Pumpkin Soup with Middle Eastern Spiced
Lamb Mince

Beef Bolognese with Potato Mash & Olives and
Dried Tomatoes

Roasted Pork Belly in Coconut Sauce serve with
Roasted Potato and Warm Cauliflower Salad

Pizza Super Supreme

Roast Pork with Mixed Roast Potatoes, Roasted Green
and Gravy



MENU

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LUNCH & DINNER CONTINUED

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

Pepperoni & Sausage Pizza

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

Pizza Meatlovers

Butter Chicken served over White Rice

Pan-Seared Salmon with Broccoli, Tartare Sauce, and
Mash Potato

Chicken Enchiladas Cheese Rice Bowl

Chicken Thigh Fillet with Chilli Coconut Sauce
serves over White rice

Lamb Rogan Josh Curry with Basmati Rice, Spinach,
Onion and Capsicum

Naked Burger bowl with Roasted Potato

White Fish Stir Fry with Green Beans and White Rice

Chicken Alfredo Pasta

Pork Shoulder and Seasonal Veggies in Honey
Mustard Sauce

Braised Lamb Stew

Creamy Dijon Chicken and Potato Mash

BBQ Pulled Pork Coleslaw and Roast Potato

Dill and Garlic Barramundi with Season Veggies

Chili Con Carne Rice Bowl

Oven-Baked Chicken Wings Sweet Chilli Rice

Creamy Pork Tenderloin with Potato Mash and
Seasonal Green



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LUNCH & DINNER CONTINUED

Creamy Pork Tenderloin with Potato Mash and Seasonal Green

Teriyaki Chicken Rice with Rice, Roast Pumpkin, Caramelized Onion
and Spinach

LUNCH & DINNER (VEGETARIAN)

Teriyaki Tofu with Asian Greens, Green Beans and Onion

Konjac Noodles with Asian Greens, Green Beans and Onion

Chickpea with Asian Greens, Green Beans and Onion

Buttered Mushrooms with Feta & Coleslaw

Stir-fried veggies with Garlic Beans and Buttery
Pumpkin Puree

Buttered Mushrooms with Garlic Beans and Buttery
Pumpkin Puree

Tofu with Garlic Beans and Buttery Pumpkin Puree

Stroganoff Mushrooms with Cheesy Broccoli Rice

Stroganoff Tofu with Cheesy Broccoli Rice

Margarita Vegetarian Pizza

Mixed Roast Veggies & Gravy

Vegetarian Kung Pao Rice (NEW)



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SOUP MEALS

Creamy White Chili Soup

Rustic Italian Tortellini Soup

Stuffed Pepper Soup

Cheesy Ham Chowder

Black Bean 'n' Pumpkin Chili

Curried Lentil and Pumpkin Soup

Chicken and Cream Corn Soup

Cheeseburger Paradise Soup

The Ultimate Chicken Noodle Soup

Moroccan Sweet Potato, Carrot and Chickpea Soup



STANDARD/ORGANIC MENU INGREDIENTS LIST

ALIFEPLUS



Creamy scrambled eggs with sautéed Mushroom, Spinach and Tomatoes

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

Australian Free Range Eggs, ,Baby Spinach Leaves, Cherry Tomatoes, Sliced Button Mushrooms, Shredded Tasty Cheese, Onion and Garlic Free Vegetable Stock, Cold Pressed Extra Virgin Olive Oil, Himalayan Rock Salt, Organic Ground Black Pepper

Mushroom, Spinach Tomato Cheesy Frittata

(1400KJ 16.6G-Protein 28.4G-Fat 1.7G-Carbs - 250g)

Australian Free Range Eggs, ,Baby Spinach Leaves, Cherry Tomatoes, Full Fat Cream, Sliced Button Mushrooms, Shredded Tasty Cheese, Onion and Garlic Free Vegetable Stock, Cold Pressed Extra Virgin Olive Oil, Himalayan Rock Salt, Organic Ground Black Pepper

Vegetarian Breakfast – Tofu with Eggs, Spinach and Mushrooms

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

Australian Free Range Eggs, Organic Tofu, Turmeric, Baby Spinach Leaves, Cherry Tomatoes, Sliced Button Mushrooms, Shredded Tasty Cheese, Onion and Garlic Free Vegetable Stock, Cold Pressed Extra Virgin Olive Oil, Himalayan Rock Salt, Organic Ground Black Pepper

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, Vanilla Extract

Chorizo Breakfast Bake

(1220kj 16g-Protein 26g-Fat 1.9g-Carbs - 250g)

Premium Chorizo, Cherry Tomato, Australian Free Range Eggs, Himalayan Rock Salt, Organic Ground Black Pepper, Cold Pressed Extra Virgin Olive Oil



Beef strip Stroganoff with White Rice

(2150KJ 20.5G-Protein 30.8G-Fat 37.7G-Carbs - 250g) || (4010KJ 40.5G-Protein 62.7G-Fat 57G-Carbs - 400g)

Australian Grass Fed Beef Rump Strips, Sliced Button Mushrooms, Brown Onion, White Rice, Tomato Paste, Dijon Mustard, Sweet Paprika, Shredded Tasty Cheese, Cold Pressed Extra Virgin Olive Oil , Butter, Himalayan Rock Salt, Organic Ground Black Pepper

Pumpkin Soup with Middle Eastern Spiced Lamb Mince

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

Australian Free Range Lamb 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

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

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, Onion and Garlic Free Vegetable Stock, Pasta (Gluten Free), Himalayan Rock Salt, Organic Ground Black Pepper, Butter

Roasted Pork Belly in Coconut Sauce serve with Roasted Sweet Potato and Warm Cauliflower Salad

(1420KJ 23.5G-Protein 21.6G-Fat 9.8G-Carbs - 250g) || (2070KJ 31.4G-Protein 31.1G-Fat 17.7G-Carbs - 400g)

Australian Grass Fed Pork Belly, Kosher Rock Salt, Sweet Potato, Cauliflower, Walnuts, Organic Pepitas, Fresh Mint, Butter, Coconut Cream, Xanthan Gum, Red and Green Capsicum, Himalayan Rock Salt, Organic Ground Black Pepper

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 Boneless Chicken, Grass Fed Beef Mince, 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

Teriyaki Tofu with Asian Greens, Green Beans and Onion

(1730KJ 19.8g-Protein 32.5g-Fat 4.2-Carbs) - 250g) || (2160KJ 24.1G-Protein 40.9G-Fat 5.8G-Carbs - 400g)

Organic Tofu, Turmeric, Gluten Free Soy Sauce, Baby Bok Choy, Green Beans, Onion, Butter, Shredded Tasty Cheese, Chopped Garlic, Himalayan Rock Salt, Organic Ground Black Pepper, Cold Pressed Extra Virgin Olive Oil , Onion and Garlic Free Vegetable Stock

Konjac Noodles with Asian Greens, Green Beans and Onion

(1623KJ 25G-Protein 31G-Fat 3G-Carbs - 250g) || (2634KJ 42G-Protein 50G-Fat 5G-Carbs - 400g)

Organic Konjac, Turmeric, Gluten Free Soy Sauce, Baby Bok Choy, Green Beans, Onion, Butter, Shredded Tasty Cheese, Chopped Garlic, Himalayan Rock Salt, Organic Ground Black Pepper, Cold Pressed Extra Virgin Olive Oil , Onion and Garlic Free Vegetable Stock

Buttered Mushrooms with Feta & Coleslaw

(1120KJ 9.8g-Protein 19g-Fat 15-Carbs - 250g) || (2100KJ 16.3G-Protein 33.8G-Fat 25.6G-Carbs - 400g)

Sliced Button Mushrooms, Corn, Butter, Green Cabbage, Red Cabbage, Real Mayonnaise, Fresh Parsley, Himalayan Rock Salt, Greek Feta, Blue Cheese, Xanthan Gum, Organic Ground Black Pepper, Cold Pressed Extra Virgin Olive Oil

Stir-fried Veggies with Garlic Beans and Buttery Pumpkin

(1350KJ 10G-Protein 28G-Fat 4G-Carbs - 250g) || (2308KJ 30G-Protein 45G-Fat 6.8G-Carbs - 400g)

Broccoli, Sliced Button Mushroom, Butter, Himalayan Rock Salt, Organic Ground Black Pepper, Butternut Pumpkin, Green Beans, Chopped Garlic, Cherry Tomato, Butter, Cold Pressed Extra Virgin Olive Oil , Onion and Garlic Free Vegetable Stock

Buttered Mushrooms with Garlic Beans and buttery Pumpkin Puree

(1350KJ 10g-Protein 28g-Fat 4-Carbs) - 250g) || (1620KJ 16G-Protein 35G-Fat 6G-Carbs - 400g)

Sliced Button Mushroom, Butter, Himalayan Rock Salt, Organic Ground Black Pepper, Pumpkin, Green Beans, Chopped Garlic, Cherry Tomato, Butter, Cold Pressed Extra Virgin Olive Oil , Onion and Garlic Free Vegetable Stock

Stroganoff Mushrooms with White Rice

(1300KJ 8.6G-Protein 12.6G-Fat 38.7G-Carbs - 250g) || (2320KJ 15G-Protein 22.1G-Fat 70G-Carbs - 400g)

Sliced Button Mushrooms, White Rice, Butter, Brown Onion, Tomato Paste, Dijon Mustard, Sweet Paprika, Shredded Tasty Cheese, Cold Pressed Extra Virgin Olive Oil , Himalayan Rock Salt, Organic Ground Black Pepper

Beef Stroganoff Pasta (Gluten Free)

(2020KJ 22.5G-Protein 31.4G-Fat 24.5G-Carbs - 250g) || (3810KJ 43.50G-Protein 63.6G-Fat 37.2G-Carbs - 400g)

Australian Grass Fed Beef Rump Strips, Sliced Button Mushrooms, Brown Onion, Gluten free Pasta, Tomato Paste, Dijon Mustard, Sweet Paprika, Shredded Tasty Cheese, Cold Pressed Extra Virgin Olive Oil , Butter, Himalayan Rock Salt, Organic Ground Black Pepper

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, Cherry Tomato, Tomato Paste, Mozzarella, Almond Meal, Fresh Basil, Himalayan Rock Salt, Organic Ground Black Pepper, Cold Pressed Extra Virgin Olive Oil

Grilled Chicken with Peri Peri Sauce and Roasted Sweet Potato

(1010KJ 21.7G-Protein 10.5G-Fat 12.8G-Carbs - 250g) || (1750KJ 33.6G-Protein 17.3G-Fat 27.8G-Carbs- 400g)

Australian Free Range Chicken Thigh Fillet, Sweet Potato, Fresh Rosemary & Thyme Leaves, Butter, Broccoli, Tomato Puree, Roasted Capsicums, Himalayan Rock Salt, Organic Ground Black Pepper, Onion and Garlic Free Vegetable Stock

Roast Pork with Mixed Roast Potatoes, Roasted Green and Gravy

(1710KJ 12.4g-Protein 32.1g-Fat 15.8-Carbs - 250g) || (2600KJ 20.2G-Protein 48.5G-Fat 23.2G-Carbs - 400g)

Australian Grass Fed Pork Belly, Potato, Leeks, Kent Pumpkin, Fennel, Broccoli, Home Made Gravy, Himalayan Rock Salt, Organic Ground Black Pepper

Mixed Roast Veggies & Gravy

(1180KJ 21.6G-Protein 29G-Fat 2.8G-Carbs - 250g) || (1965KJ 37.6G-Protein 54.3G-Fat 5.5G-Carbs- 400g)

Leeks, Kent Pumpkin, Fennel, Broccoli, Red Radish, Home Made Gravy, Himalayan Rock Salt, Organic Ground Black Pepper, Cold Pressed Extra Virgin Olive Oil

Tuna Bake and Pasta (Gluten Free)

(1240KJ 13.5G-Protein 11.3G-Fat 30G-Carbs - 250g) || (2200KJ 29.8G-Protein 20.2G-Fat 48.1G-Carbs - 400g)

Responsibly Fished Tuna, Pasta (Gluten Free), Mozzarella Cheese, Pure Cream, Broccoli, Cauliflower, Himalayan Rock Salt, Organic Ground Black Pepper, Cold Pressed Extra Virgin Olive Oil

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

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, Tomato Paste, Mozzarella, Almond Meal, Fresh Basil, Himalayan Rock Salt, Organic Ground Black Pepper, Cold Pressed Extra Virgin Olive Oil

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

(1210KJ 24.1G-Protein 3G-Fat 38.7G-Carbs - 250g) || (2020KJ 38.8G-Protein 8.2G-Fat 59.3G-Carbs - 400g)

Australian Free Range Chicken, Basmati Rice, Green Beans, Red Capsicum, Peanuts, Turmeric, Brown Onion, Curry Powder, Coconut Cream, Coriander, Chili, Cumin, 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, Australian Grass Fed Beef, Australian Free Range Chicken, Almond Meal, Pepperoni, Tomato Paste, Mozzarella, Fresh Basil, Himalayan Rock Salt, Organic Ground Black Pepper, Cold Pressed Extra Virgin Olive Oil

Butter Chicken Serve Over White Rice

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

Australian Free Range Chicken, Tomato, White Rice, Brown Onions, Butter, Cumin Seeds, Red and Green Capsicum, Garam Masala, Yogurt, Full Cream, Rice, Cashew, Himalayan Pink Salt

Pan Seared Salmon with Broccoli & Tartare Sauce and Mash Potato

(808KJ 18.9G-Protein 6G-Fat 13.7G-Carbs - 250g) || (1340KJ 30.4G-Protein 9.6G-Fat 24.6G-Carbs - 400g)

Fresh Tasmanian Salmon, Australian Local Seasonal Vegetable, Potato Mash, Butter, Tartare Sauce, Himalayan Rock Salt, Organic Ground Black Pepper

Chicken Enchiladas Cheese Rice Bowl

(2680KJ 17.9G-Protein 38.6G-Fat 52.9G-Carbs - 250g) || (4780KJ 32G-Protein 78.1G-Fat 74.6G-Carbs - 400g)

Australian Free Range Chicken, White Rice, Garlic Cloves, Tomato, Brown Onion, Chilli Flakes, Cheese, Taco Seasoning, Enchilada Sauce, Cayenne, Red and Green Capsicum, Oregano, Coriander, Himalayan Rock Salt, Organic Ground Black Pepper

Chicken Thigh Fillet with Chilli Coconut Sauce Serve Over White rice

(2670kJ 31.1G-Protein 37.4G-Fat 42G-Carbs - 250g) || (3350kJ 36.8G-Protein 51.1G-Fat 44.3G-Carbs - 400g)

Australian Free Range Chicken, White Rice, Coconut Cream, Turmeric, Garlic, Basil, Thyme, Butter, Chilli, Himalayan Rock Salt, Organic Ground Black Pepper, Cold Pressed Extra Virgin Olive Oil

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, Yogurt, Himalayan Rock Salt, Organic Ground Black Pepper

Chorizo Bake and Pasta (Gluten Free)

(1540kJ 20.2G-Protein 16.9G-Fat 29.6G-Carbs- 250g) || (2590kJ 33.1G-Protein 30.1G-Fat 47.6G-Carbs - 400g)

Premium Chorizo, Pasta (Gluten Free), Broccoli, Cauliflower, Full Cream, Himalayan Rock Salt, Organic Ground Black Pepper, Cold Pressed Extra Virgin Olive Oil

Naked Burger bowl with Roasted Potato

(1160kJ 34.3G-Protein 12.4G-Fat 6.2G-Carbs - 250g) || (1990kJ 63.4G-Protein 20.4G-Fat 8G-Carbs- 400g)

Australian Grass Fed Beef, Bacon, Free Range Eggs, Red & Green Capsicum, Potato, Cherry Tomato, Shredded Tasty Cheese, Pure Heavy Cream, Brown onion, Himalayan Rock Salt, Organic Ground Black Pepper, Cold Pressed Extra Virgin Olive Oil

White Fish Stir Fry with Green Beans and White Rice

(1100KJ 19.9G-Protein 2.1G-Fat 38.3G-Carbs - 250g) || (1920KJ 27.9G-Protein 2.8G-Fat 75.9G-Carbs - 400g)

Seasonal White Fish, Fennel, White Rice, Chopped Garlic, Shallots, Green Beans, Gluten Free Soy Sauce, White Vinegar, Himalayan Rock Salt, Organic Ground Black Pepper

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 Breast, Gluten-Free Pasta, Sliced Button Mushrooms, Broccoli, Bacon, Fresh Parsley leaves, Butter, Garlic, Heavy Cream, Parmesan Cheese, Nutmeg, Himalayan Rock Salt, Organic Ground Black Pepper, Cold Pressed Extra Virgin Olive Oil

Pork Shoulder and Seasonal Veggies in Honey Mustard Sauce

(1240KJ 22.6G-Protein 16.4G-Fat 12.4G-Carbs - 250g) || (1720KJ 36.6G-Protein 19.4G-Fat 18.6G-Carbs - 400g)

Australian Grass Fed Pork, Green Beans, Broccoli, Sweet Potato, Mayonnaise, Yellow and Dijon Mustard, Lemon Juice, Liquid Stevia, Fresh Bay Leaf, Dried Thyme/Rosemary, Garlic, Ginger, Paprika Powder, Himalayan Rock Salt, Organic Ground Black Pepper, Cold Pressed Extra Virgin Olive Oil

Vegetarian Kung Pao Rice (VEGETARIAN)

(1190KJ 8G-Protein 6.6G-Fat 44.9G-Carbs - 250g) || (2380KJ 17.5G-Protein 12.6G-Fat 87.5G-Carbs - 400g)

Broccoli, Cabbage, Cauliflower, White Rice, Peanut, Green Onions, ChickPea, Thai chilies, Garlic, Ginger, Red Pepper Flakes, Tamari, Brown Swerve, Rice Wine Vinegar, Himalayan Rock Salt, Cold Pressed Extra Virgin Olive Oil

Braised Keto Lamb Stew with Seasonal Vegetables

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

Australian Free Range Lamb, Australian Local Seasonal Vegetable, Fresh Parsley, Onion, Garlic, Full-grown Carrots, Coconut flour, Home Made Beef Stock, Tomato Puree and Paste, Beef Bouillon Cubes, Rosemary, Bay Leaves, Cold Pressed Extra Virgin Olive Oil, Butter, Himalayan Rock Salt, Organic Ground Black Pepper

Creamy Dijon Chicken and Potato Mash

(1270kJ 24.40Protein 14.4Fat 16.6Carbs - 250g) || (3440kJ 29Protein 65.5Fat 27.2Carbs - 400g)

Australian Free Range Chicken, Bacon, Potato, Pea, Baby Spinach Leaves, Fresh Parsley, Thyme, Onion, Garlic, Rosemary, Butter, Full Cream, Dijon Mustard, Parmesan Cheese, Himalayan Rock Salt, Organic Ground Black Pepper

BBQ Pulled 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, Pickle Cucumber and Chilli, Ground Coffee, Espresso Coffee, Monk Fruit Erythritol, Gluten free soy sauce, Garlic, Onion, 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

Dill and Garlic Barramundi with Season Veggies

(1040KJ 31G-Protein 9G-Fat 8.9G-Carbs - 250g) || (1870KJ 50.3G-Protein 20.6G-Fat 12.2G-Carbs - 400g)

Fresh Queensland Barramundi, Roasted Potatoes, Green Bean, Butter, Thick Cream, Fresh Dill, Brown Onion, Bay Leaves, Freshly Squeezed Lemon Juice, Capsicum, Fresh Parsley, Garlic, Himalayan Rock Salt, Organic Ground Black Pepper, Cold Pressed Extra Virgin Olive Oil

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, Bacon, Green Beans, White Rice, Feta Cheese, Fresh Parsley, Brown Onion, Garlic, Paprika, Fresh Coriander, Cumin Powder, Cayenne Pepper, Fresh Tomatoes, Tomato Paste, Himalayan Rock Salt, Organic Ground Black Pepper, Cold Pressed Extra Virgin Olive Oil

Oven-Baked Chicken Wings Sweet Chilli Rice

(1780kJ 32.3Protein 14.5Fat 39.8Carbs -250g) || (2890kJ 50.5Protein 18.50Fat 76.9Carbs - 400g)

Australian Free Range Chicken, White Rice, Sweet Chili Sauce, Capsicum, Peanut, Onion, Baking Powder, Garlic Powder, Frank's Red Hot Chilli Sauce, Butter, Himalayan Rock Salt, Organic Ground Black Pepper, Cold Pressed Extra Virgin Olive Oil

Creamy Pork Tenderloin with Potato Mash and Seasonal Green

(1920kJ 23G-Protein 37.8G-Fat 4.7G-Carbs - 250g) || (2980kJ 36.1G-Protein 58.4G-Fat 7.4G-Carbs - 400g)

Australian Grass Fed Beef, Bacon, Green Beans, White Rice, Feta Cheese, Fresh Parsley, Brown Onion, Garlic, Paprika, Fresh Coriander, Cumin Powder, Cayenne Pepper, Fresh Tomatoes, Tomato Paste, Himalayan Rock Salt, Organic Ground Black Pepper, Cold Pressed Extra Virgin Olive Oil

Teriyaki Chicken Rice with Rice, Roast Pumpkin, Caramelized Onion and Spinach

(1320KJ 36.5G-Protein 7.7G-Fat 23.1G-Carbs - 250g) || (2130KJ 56.9G-Protein 13.9G-Fat 36.2G-Carbs - 400g)

Australian Free Range Chicken Thigh, Kent Pumpkin, Baby Spinach Leaves, White Rice, Teriyaki Sauce, Chopped Garlic, Brown Onion, Himalayan Rock Salt, Organic Ground Black Pepper, Cold Pressed Extra Virgin Olive Oil

MENU

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

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

We have over 50 meals which are rotated on a weekly basis, with 2 new dishes added to your rotation weekly. Our chefs are constantly adding new exciting dishes to the menu.

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

We also cater for any dietary preferences and can remove ingredients you do not want. We can also substitute items like fish for other proteins such as chicken/beef/meatballs/tofu/other vegetarian options etc.