



Diabetes Meals Online

Delivering gourmet meals across Australia daily

with clearly colour coded carbohydrate & sugar contents to help make meal choice easier

www.diabetesmealsonline.com.au

Our Menu	Weight	Serve Size	Gluten free	Price	Order Qty	Sub Total
Breakfast						
Energy Burst Muesli	400gm	8	no	\$ 8.50		\$ -
Nuts 4 Muesli	400gm	8	no	\$ 8.50		\$ -
Power Packed Porridge	400gm	8	no	\$ 10.00		\$ -
Sweet n Fruity Muesli	400gm	8	yes	\$ 8.50		\$ -
Meals (lunch or dinner!)						
Aromatic Bean & Vegetable Cassoulet (in a thick herbed sauce)	350gm	1	yes	\$ 10.95		\$ -
Chilli Con Carne	350gm	1	yes	\$ 10.95		\$ -
Chunky Italian Meatballs (in a herbed tomato sauce)	350gm	1	yes	\$ 10.95		\$ -
Luscious Chicken & Leek Casserole (in a smokey bacon and cream sauce)	350gm	1	yes	\$ 10.95		\$ -
Mild Butter Chicken (in a creamy tomato sauce)	350gm	1	yes	\$ 10.95		\$ -
Mouth-watering Mushroom Risotto (with brown rice, veggies and a hint of herbs)	350gm	1	yes	\$ 10.95		\$ -
Tender Beef & Veggie Hot Pot (in a rich tomato based sauce)	350gm	1	yes	\$ 10.95		\$ -
TOTAL (ex freight)					0	\$ -

Please visit our website to see our cost effective Meal Plans

ORDER:

Online at www.diabetesmealsonline.com.au

Or Phone: 1300 79 89 08

Please note that freight is additional and calculated on weight and postcode.