

KETO 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

Grilled Chicken with Peri Peri Garlic Fried Broccoli

Beef strip Stroganoff with Broccoli Cheesy Rice

Pumpkin Soup with Middle Eastern Spiced Lamb Mince

Beef Bolognese with Cauliflower Mash

Roasted Pork Belly in Coconut Sauce and Warm
Cauliflower Salad

Keto Super Supreme Pizza

Roast Pork with Mixed Roast Veggies & Red Wine Gravy

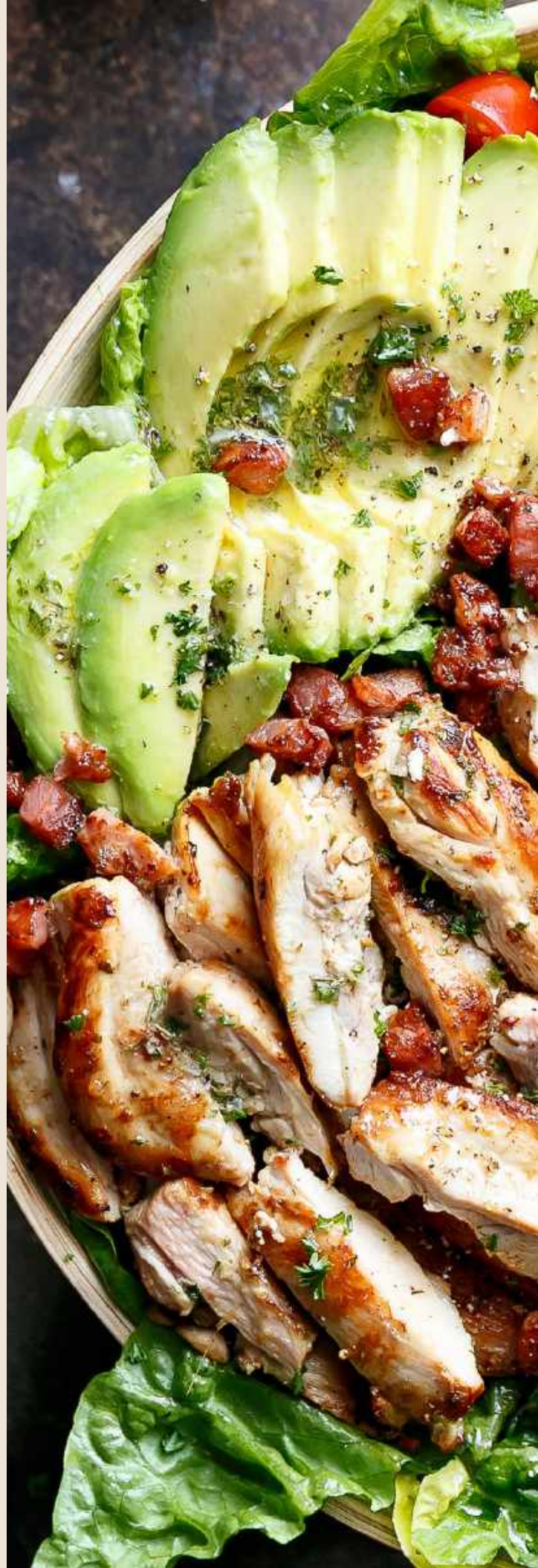
Keto Tuna Cream Bake (New Recipe)

Thai Red Chicken Curry with Fresh Basil, Broccoli

Chicken Lasagne with Bechamel and Ricotta

Keto Lasagna with Ricotta Cheese

Keto Pepperoni & Sausage Pizza



KETO MENU

ALIFEPLUS

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LUNCH & DINNER
CONTINUED

Satay Chicken with Onions, Capsicums and
Green Beans

Keto Meatlovers Pizza

Butter Chicken with Stir fried Broccoli Rice, Onions
and Capsicums

Pan Seared Salmon with Broccoli & Tartare Sauce

Keto Chicken Enchiladas with Cream Sauce

Chicken Thigh Fillet with Chilli Coconut Sauce

Lamb Rogan Josh Curry

Chicken Fajita Bowl

Chorizo Mac & Cheese Bake

Bacon & Beef Burger bowl

White Fish Stir Fry with Green Beans and Garlic Fennel

Lemon Chicken with Brussel Sprouts

Chicken Mushroom Bacon Alfredo with Seasonal
Veggie (NEW)

Slow Cook Roast Pork Shoulder with Honey Mustard
Sauce and Seasonal Green (NEW)

Cheeky naked Caramelised onion Burger with Secret
BBQ Sauce (NEW)

Hearty Keto Beef Stew with Seasonal Vegetables (NEW)

Braised Keto Lamb Stew with Seasonal Vegetables
(NEW)



KETO MENU

ALIFEPLUS



LUNCH & DINNER (VEGETARIAN)

Teriyaki Tofu with Asian Greens, Green Beans
and Onion

Konjac Noodles 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

Keto Margarita Vegetarian Pizza

Mixed Roast Veggies & Gravy

Kung Pao Brussels Sprouts (NEW)



KETO MENU

INGREDIENTS LIST

ALIFEPLUS



Creamy scrambled eggs with sautéed Mushroom, Spinach and Tomatoes

(1340kJ 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

(1350kJ 15G-Protein 25.3G-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 6G-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 Broccoli Cheesy Rice

(1550kJ 24G-Protein 29G-Fat 4G-Carbs - 250g) || (2445kJ 38G-Protein 46G-Fat 5G-Carbs - 400g)

Australian Grass Fed Beef Rump Strips, Sliced Button Mushrooms, Brown Onion, Broccoli, Tomato Paste, Dijon Mustard, Sweet Paprika, Broccoli, 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 21G-Protein 26G-Fat 4G-Carbs - 250g) || (2774kJ 34G-Protein 43G-Fat 6.6G-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 Cauliflower Mash

(1870kJ 29G-Protein 35G-Fat 3G-Carbs - 250g) || (2541kJ 37G-Protein 49G-Fat 4.2G-Carbs - 400g)

Australian Grass Fed Beef Mince, Brown Onion, Tomato Paste, Fresh Thyme Leaves, Ground Nutmeg, Onion and Garlic Free Vegetable Stock, Cauliflower, Cold Pressed Extra Virgin Olive Oil, Himalayan Rock Salt, Organic Ground Black Pepper, Butter

Roasted Pork Belly in Coconut Sauce and Warm Cauliflower Salad

(1410kJ 19G-Protein 28G-Fat 2G-Carbs - 250g) || (2254KJ 31G-Protein 45G-Fat 3.9G-Carbs - 400g)

Australian Grass Fed Pork Belly, Kosher Rock Salt, Cauliflower, Organic Pepitas, Fresh Mint, Butter, Coconut Cream, Xanthan Gum, Shrimp Paste, Himalayan Rock Salt, Organic Ground Black Pepper, Cold Pressed Extra Virgin Olive Oil

Keto Super Supreme Pizza

(1288kJ 15.9G-Protein 25.6G-Fat 4.2G-Carbs - 250g) || (2800kJ 44G-Protein 51G-Fat 5.4G-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

Tofu with sautéed Spinach, Mushroom, Capsicums and Pesto Sauce

(1460kJ 13G-Protein 30G-Fat 2G-Carbs - 250g) || (2188kJ 30G-Protein 43G-Fat 4G-Carbs - 400g)

Organic Tofu, Turmeric, Chopped Garlic, Himalayan Rock Salt, Organic Ground Black Pepper, Baby Spinach Leaves, Sliced Button Mushrooms, Red Capsicum, Butter, Fresh Basil & Parsley leaves, Cold Pressed Extra Virgin Olive Oil , Onion and Garlic Free Vegetable Stock

Buttered Mushrooms with Kale and cheesy Baked Cauliflower

(1120kJ 10G-Protein 23G-Fat 4G-Carbs - 250g) || (2410kJ 20.2G-Protein 29.9G-Fat 4.8G-Carbs - 400g)

Sliced Button Mushrooms, Butter, Cauliflower, Shredded Tasty Cheese, Shredded Mozzarella, Cheese, Kale, Himalayan Rock Salt, Organic Ground Black Pepper, Cold Pressed Extra Virgin Olive Oil

Teriyaki Tofu with Asian Greens, Green Beans and Onion

(1720kJ 16G-Protein 36G-Fat 2G-Carbs - 250g) || (2634kJ 42G-Protein 50G-Fat 5G-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

(1190kJ 4G-Protein 29G-Fat 2G-Carbs - 250g) || (1904kJ 6.4G-Protein 46.4G-Fat 3.2G-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

(1020kJ 11G-Protein 19G-Fat 5G-Carbs - 250g) || (1734kJ 18.7G-Protein 32.3G-Fat 7.5G-Carbs - 400g)

Sliced Button Mushrooms, 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

(1190kJ 6G-Protein 26G-Fat 5G-Carbs - 250g) || (2308kJ 30G-Protein 45G-Fat 6.8G-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 Cheesy Broccoli Rice

(1020kJ 9G-Protein 21G-Fat 3G-Carbs - 250g) || (2541kJ 38G-Protein 48G-Fat 5.4G-Carbs - 400g)

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

Stroganoff Mushrooms with Cheesy Baked Cauliflower

(1930kJ 28G-Protein 37G-Fat 2G-Carbs - 250g) || (3090kJ 46G-Protein 59G-Fat 2.5G-Carbs - 400g)

Button Mushroom, Turmeric, Cauliflower, Shredded Tasty Cheese, Shredded Mozzarella Cheese, Kale, 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, 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 Garlic Fried Broccoli

(1710kJ 24G-Protein 33G-Fat 2G-Carbs - 250g) || (2693kJ 40G-Protein 53G-Fat 4G-Carbs - 400g)

Australian Free Range Chicken Thigh Fillet, Fresh Rosemary & Thyme Leaves, Butter, Broccoli, Tomato Puree, Roasted Capsicums, Cold Pressed Extra Virgin Olive Oil, Himalayan Rock Salt, Organic Ground Black Pepper, Onion and Garlic Free Vegetable Stock

Roast Pork with Mixed Roast Veggies & Red Wine Gravy

(1980kJ 29.6G-Protein 36G-Fat 2.8G-Carbs - 250g) || (3060kJ 48G-Protein 59G-Fat 4.8G-Carbs- 400g)

Australian Grass Fed Pork Belly, Leeks, Kent Pumpkin, Fennel, Home Made Gravy, Himalayan Rock Salt, Organic Ground Black Pepper, Cold Pressed Extra Virgin Olive Oil

Mixed Roast Veggies & Red Wine Gravy

(1180kJ 22.3G-Protein 29.3G-Fat 3G-Carbs - 250g) || (1965kJ 37.6G-Protein 54.3G-Fat 5.5G-Carbs- 400g)

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

Mixed Roast Veggies & Pepper Gravy

(1480kJ 21.6G-Protein 29G-Fat 2.8G-Carbs - 250g) || (2879kJ 39G-Protein 60G-Fat 6.8G-Carbs- 400g)

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

Konjac Noodles with Spinach, Mushroom with Capsicums & Pesto

(1460kJ 13G-Protein 30G-Fat 2G-Carbs - 250g) || (2188kJ 30G-Protein 43G-Fat 4G-Carbs- 400g)

Organic Tofu/Konjac, Turmeric, Chopped Garlic, Himalayan Rock Salt, Organic Ground Black Pepper, Baby Spinach Leaves, Sliced Button Mushrooms, Red Capsicum, Butter, Fresh Basil & Parsley leaves, Cold Pressed Extra Virgin Olive Oil , Onion and Garlic Free Vegetable Stock

Kelp Noodles with Mushroom Stroganoff

(1190kJ 22G-Protein 28G-Fat 3G-Carbs - 250g) || (2541kJ 38G-Protein 48G-Fat 5.4G-Carbs- 400g)

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

Kelp Noodles with Broccoli Rice & Four Cheese Sauce

(1190kJ 22G-Protein 28G-Fat 3G-Carbs - 250g) || (2541kJ 38G-Protein 48G-Fat 5.4G-Carbs - 400g)

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

Keto Lasagna with Ricotta Cheese

(2000kJ 31.5G-Protein 37.9G-Fat 3G-Carbs - 250g) || (2315kJ 35.9G-Protein 45.9G-Fat 3G-Carbs- 400g)

Australian Free Range Sliced Chicken, Free Range Eggs, Grass Fed Beef Mince, Italian Sausage, Mozzarella Cheese, Ricotta, Home Made Nap Sauce, Himalayan Rock Salt, Organic Ground Black Pepper, Cold Pressed Extra Virgin Olive Oil

Keto Tuna Cream Bake

(1689kJ 16G-Protein 27G-Fat 3.2G-Carbs - 250g) || (2534kJ 19G-Protein 28G-Fat 4.9G-Carbs - 400g)

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

Greek Salad with Olives and Feta

(1590kJ 21G-Protein 30.3G-Fat 4.7G-Carbs - 250g) || (2080kJ 31.5G-Protein 38.2G-Fat 5.2G-Carbs - 400g)

Australian Grass Fed Lamb, Romaine Lettuce, Cucumber, Cherry Tomato, Feta Cheese, Greek Yogurt, Garlic, Ginger, Dried Oregano, Fresh Lemon Juice, Red Wine Vinegar, Himalayan Rock Salt, Organic Ground Black Pepper, Cold Pressed Extra Virgin Olive Oil

Thai Red Chicken Curry with Fresh Basil, Broccoli

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

Australian Free Range Chicken, Broccoli, Coconut Milk, Red Curry, Basil, Shallot, Lemon Grass, Galangal, Shrimp Paste, Chilli, Kaffir Lime, Organic Ground Black Pepper, Cold Pressed Extra Virgin Olive Oil

Chicken Lasagne with Bechamel and Ricotta

(1390kJ 21.3G-Protein 27.9G-Fat 1G-Carbs - 250g) || (1890kJ 27.3G-Protein 37.9G-Fat 3G-Carbs - 400g)

Australian Free Range Sliced Chicken, Free Range Eggs, Australian Free Range Chicken Mince, Mozzarella Cheese, Ricotta, Home Made Bechamel Sauce, Himalayan Rock Salt, Organic Ground Black Pepper, Cold Pressed Extra Virgin Olive Oil

Keto Pepperoni & Sausage Pizza

(1168kJ 16.1G-Protein 25G-Fat 2.2G-Carbs - 250g) || (1952kJ 19.1G-Protein 29G-Fat 2.9G-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 Onions, Capsicums and Green Beans

(1520kJ 18.1G-Protein 26G-Fat 3G-Carbs - 250g) || (2320kJ 18.1G-Protein 26G-Fat 3G-Carbs - 400g)

Australian Free Range Chicken, Snow Peas, Green Beans, Red Capsicum, Peanuts, Turmeric, Brown Onion, Curry Power, Coconut Cream, Coriander, Chili, Cumin, Organic Ground Black Pepper, Cold Pressed Extra Virgin Olive Oil

Keto Meatlovers Pizza

(1328kJ 18.1G-Protein 25G-Fat 1.9G-Carbs - 250g) || (2155kJ 22.1G-Protein 29G-Fat 2.3G-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 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)

Australian Free Range Chicken, Tomato, Broccoli, Brown Onions, Butter, Cumin Seeds, Garam Masala, Yogurt, Full Cream, Rice, Cashew, Extra Virgin Olive Oil, Himalayan Pink Salt

Pan Seared Salmon with Broccoli & Tartare Sauce

(1545kJ 16.9G-Protein 18G-Fat 2.8G-Carbs - 250g) || (1910kJ 22.7G-Protein 27G-Fat 3.1G-Carbs - 400g)

Fresh Tasmanian Salmon, Broccoli, Cauliflower, Butter, Tartare Sauce, Himalayan Rock Salt, Organic Ground Black Pepper, Cold Pressed Extra Virgin Olive Oil

Keto Chicken Enchiladas with Cream Sauce

(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, Garlic Cloves, Tomato, Brown Onion, Chilli Flakes, Taco Seasoning, Enchilada Sauce, Cayenne, Oregano, Coriander, Cauliflower, Himalayan Rock Salt, Organic Ground Black Pepper, Cold Pressed Extra Virgin Olive Oil

Chicken Thigh Fillet with Chilli Coconut Sauce

(1660kJ 22.2G-Protein 31.8G-Fat 3.1G-Carbs - 250g) || (2254kJ 31G-Protein 45G-Fat 3.9G-Carbs - 400g)

Australian Free Range Chicken, 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

(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, Roasted Onions, Garlic Cloves, Minced Ginger, Rogan Josh Paste, Coriander, Chilli Powder, Garam Masala, Himalayan Rock Salt, Organic Ground Black Pepper, Cold Pressed Extra Virgin Olive Oil

Keto Chicken Fajita Bowl

(1840kJ 22.6G-Protein 37.4G-Fat 3.2G-Carbs - 250g) || (2350kJ 32.1G-Protein 46.4G-Fat 3.7G-Carbs - 400g)

Australian Free Range Chicken, Romaine Lettuce, Cherry Tomato, Avocado, Cilantro, Yellow Onion, Green Bell Pepper, Butter, Tex-Mex Seasoning, Mexican Cheese, Sour Cream, Himalayan Rock Salt, Organic Ground Black Pepper, Cold Pressed Extra Virgin Olive Oil

Keto Chorizo Mac and Cheese Bake

(1680kJ 19G-Protein 27.5G-Fat 3.1G-Carbs - 250g) || (2180kJ 22G-Protein 29.5G-Fat 4.9G-Carbs - 400g)

Premium Chorizo, Pure Cream, Cauliflower, Cheddar & Monterey Jack Cheese, Ground Mustard, Himalayan Rock Salt, Organic Ground Black Pepper, Cold Pressed Extra Virgin Olive Oil

Bacon and Beef Burger Bowl

(1660kJ 25.7G-Protein 30.3G-Fat 4.4G-Carbs - 250g) || (2790kJ 42G-Protein 53.5G-Fat 4.2G-Carbs - 400g)

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

Keto White Fish Stir Fry with Green Beans and Garlic

(1710kJ 23.7G-Protein 32.6G-Fat 4.1G-Carbs - 250g) || (2340kJ 31.8G-Protein 45G-Fat 5.9G-Carbs - 400g)

Seasonal White Fish, Green Beans, Fennel, Chopped Garlic, Shallots, Gluten Free Soy Sauce, White Vinegar, Himalayan Rock Salt, Organic Ground Black Pepper, Cold Pressed Extra Virgin Olive Oil

Lemon Chicken with Brussel Sprouts

(1460kJ 20.5G-Protein 27.9G-Fat 3G-Carbs - 250g) || (2090kJ 30.6G-Protein 39.5G-Fat 4.1G-Carbs - 400g)

Australian Free Range Chicken, Green Beans/ Brussel Sprout, Gluten Free Soy Sauce, White Vinegar, Lemon Juice & Zest, Garlic, Himalayan Rock Salt, Organic Ground Black Pepper, Cold Pressed Extra Virgin Olive Oil

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 Breast, 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

Slow Cook Roast Pork Shoulder with Honey Mustard Sauce and Seasonal Green

(1400KJ 23.3G-Protein 24.5G-Fat 3.5G-Carbs - 250g) || (2490KJ 38.3G-Protein 44.7G-Fat 6.8G-Carbs - 400g)

Australian Grass Fed Pork, Roast Brussel Sprouts, Green Beans, Broccoli, 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

Cheeky naked Caramelised onion Burger with Secret BBQ Sauce

(1400KJ 23.3G-Protein 24.5G-Fat 3.5G-Carbs - 250g) || (2490KJ 38.3G-Protein 44.7G-Fat 6.8G-Carbs - 400g)

Australian Grass Fed Beef mince, Slice Cheese, Onion, Romaine Lettuce, Pickle, Bacon, Apple Cider Vinegar, Red Wine Vinegar, Low-card Brown Sugar, Garlic, Dried Thyme, Ground Chipotle Pepper, Worcestershire Sauce, Butter, Himalayan Rock Salt, Organic Ground Black Pepper, Cold Pressed Extra Virgin Olive Oil

Kung Pao Brussels Sprouts (VEGETARIAN)

(1220KJ 6.5G-Protein 25.9G-Fat 4.9G-Carbs - 250g) || (1910KJ 9.4G-Protein 41.2G-Fat 7.1G-Carbs - 400g)

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

Hearty Keto Beef Stew with Seasonal Vegetables

(1970kJ 23G-Protein 39.5G-Fat 3.4G-Carbs - 250g) || (3410kJ 36.6G-Protein 62.9G-Fat 5.5G-Carbs - 400g)

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

Braised Keto Lamb Shank with Seasonal Vegetables

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