

MENU

ALIFEPLUS



BREAKFAST

Creamy Australian Free Range scrambled eggs with sautéed Mushroom, Spinach and Tomatoes

Granola mix with Yogurt and Toasted Coconut

Australian Free Range Shakshuka Poached Eggs, Spiced Tomato and Pepper Sauce Served with Mushroom Potato and Spinach

Breakfast Salad of Mushroom, Tomato, Chorizo, Bacon, Spinach, Australian Free Range Boiled Eggs and Balsamic Vinaigrette

BlackBerry Bliss (NEW)

Berry and Yogurt Bowl with Toasted Almonds (NEW)

Ricotta Cheese and Berry Bowl with Toasted Coconut Flakes (NEW)

LUNCH & DINNER

Chorizo Bake and Pasta (Gluten-Free)

Bolognese Pasta (Gluten-Free)

Australian Grass Fed Beef strip Stroganoff with white Rice

Australian Free Range Grilled Chicken with Peri Peri Sauce and Roasted Sweet Potato

Pumpkin Soup with Middle Eastern Spiced Lamb Mince

Australian Grass-Fed Beef Bolognese with Potato Mash & Olives and Dried Tomatoes

Australian Grass Fed Roasted Pork Belly with Coconut Sauce serve with Roasted Sweet Potato and Warm Cauliflower Salad

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



MENU

ALIFEPLUS



LUNCH & DINNER CONTINUED

Pizza Super Supreme

Pepperoni & Sausage Pizza

Australian Free Range Satay Chicken with
Basmati Rice, Onions, Capsicums and Green Beans

Pizza Meatlovers

Quatro Fromagi Pizza with Four Cheese (NEW)

Australian Free Range Butter Chicken
with steamed white rice, Onions, and Capsicums

Australian Free Range Chicken Enchiladas,
Corn Kernels, Salsa and Sour Cream

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

Caramalised Onion Burger with Romain, Tomato,
Cheese Slice, Caramalised Onion and Aioli

Responsibly Fished White Fish Stir Fry
with Green Beans and White Rice

Australian Free Range Chicken Alfredo Pasta (Gluten-Free)

Australian Grass Fed Braised Lamb Stew

Creamy Dijon Chicken and Potato Mash

Asian Sesame Chicken Salad with Peanuts (NEW)

Australian Grass Fed BBQ Pulled Pork Coleslaw
and Roast Potato

Dill and Garlic Responsibly Fished Barramundi
with Roasted Potato and Green Beans

Vegan Burger, Bacon, Fried Egg and
Caramelised Onion with Aioli

Baked Chorizo with Spicy Salsa and Aioli (NEW)



MENU

ALIFEPLUS



LUNCH & DINNER CONTINUED

Chili Con Carne Rice Bowl

Australian Free Range Oven-Baked Chicken Wings
Sweet Chilli Rice

Australian Free Range Teriyaki Chicken with Rice,
Roast Pumpkin, Caramelized Onion and Spinach

Vitality Salad Roast Pumpkin and Quinoa Salad with Spinach,
Green Beans and Crumbled Feta Cheese

Puerto Rican Lemon Coconut Fish with Quinoa Salad,
Green Beans and Roast Potatoes

Braised Pork Neck in Oyster Sauce served with Roast Fennel,
Brussel Sprouts and Roast Potatoes

Australian Free Range Jerk Chicken Jamaican Style Served with
Green Beans, Sauteed Onion, and Sweet Potato

Mediterranean Roast Pumpkin Served with Halloumi Cheese,
and Dukkah Mayonnaise

Vegetable Lasagna with Napolitana Sauce and Pesto, Sundried
Tomato

Classic Egg and Mayo Salad with Mushroom, Lettuce,
Roast Potato and Chorizo

Spaghetti Meatball with Napolitana Sauce and Basil

Australian Free Range Chicken Rendang Curry With Broccoli,
Cashew and Basmati Rice

Cheeky Naked, Bacon, Lettuce, Vegan Burger Bowl

Roast Pork Belly, Cauliflower Mac n Cheese
with Salsa Picante (NEW)



MENU

ALIFEPLUS



LUNCH & DINNER (VEGETARIAN)

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

Tofu Kung Pao with Steam Rice and Fragrant Garlic

Tofu Kung Pao with Roast Potato and Brussel Sprouts

Greek Salad with Feta Cheese (NEW)

Mexican Chilli Relenos with Jalapeno
and Pickled Chillies (NEW)

Roast Vegetables with Hummus, Mushrooms
and Olives (NEW)



MENU

ALIFEPLUS



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 Australian Free Range 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

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 Seeds, Vanilla Extract

Australian Free Range Shakshuka Poached Eggs, Spiced Tomato and Pepper Sauce Served with Mushroom Potato and Spinach
(1220kJ 11.8G-Protein 20.4G-Fat 13G- Carbs - 250g) || (2140KJ 21.5G-Protein 37.2G-Fat 18.8G-Carbs - 400g)

Australian Free Range Eggs, Baby Spinach Leaves, Sliced Button Mushrooms, Tomato Puree, Potato, Onion, Garlic, Coriander, Cumin Seeds, Cumin Powder, Cold Pressed Extra Virgin Olive Oil

Breakfast Salad of Mushroom, Tomato, Chorizo, Bacon, Spinach, Australian 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)

Australian Free Range Eggs, Baby Spinach Leaves, Sliced Button Mushrooms, Tomato Puree, Potato, Onion, Garlic, Coriander, Cumin Seeds, Cumin Powder, Cold-Pressed Extra Virgin Olive Oil

BlackBerry Bliss

(1300Kj 8.4-Protein 28.5g-Fat 4.4g-Carbs - 110g)

Softened Cream Cheese, Berry Puree, Cream, Erythritol, Lemon Juice, Vanilla Essence, Nuts, Frozen Berries

Berry and Yogurt Bowl with Toasted Almonds

(2050Kj 13.9-Protein 44.9g-Fat 6.8g-Carbs - 200g)

Natural Yogurt, Cream Cheese, Berry Sauce, Frozen Berry, Toasted Almonds

Ricotta Cheese and Berry Bowl with Toasted Coconut Flakes

(2050Kj 13.9-Protein 44.9g-Fat 6.8g-Carbs - 200g)

Ricotta Cheese, Cream Cheese, Berry Sauce, Frozen Berry, Toasted Coconut Flakes



Australian Grass Fed 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, Garlic, Rice, Tomato Paste, Dijon Mustard, Sweet Paprika, Shredded Tasty Cheese, parmesan cheese, Cold Pressed Extra Virgin Olive Oil, Himalayan Rock Salt, Organic Ground Black Pepper, cream.

Pizza Super Supreme

(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 Mince, Australian Free Range Eggs, Mushroom, Almond Meal, Shredded Tasty Cheese, Cherry Tomato, Tomato Paste, Capsicum, Mozzarella, Fresh Basil, Himalayan Rock Salt, Organic Ground Black Pepper, Cold Pressed Extra Virgin Olive Oil

Quatro Fromagi Pizza with Four Cheese

(4370-kJ 50.9G-Protein 91G-Fat 2.8G-Carbs - 250g) || (4350-kJ 50.9G-Protein 90.1G-Fat 3G-Carbs - 400g)

Parmesan Cheese, Provolone Cheese, Mozzarella Cheese, Blue Cheese, Garlic, Parsley, Butter, Coconut Flour, Almond Flour, Cheese, Australian Free Range Eggs, Baking Powder, Cold Pressed Virgin Olive Oil

Cheeky Naked, Bacon, Lettuce, Vegan Burger Bowl

(2720Kj 28.3g-Protein 57g-Fat 8.4g-Carbs - 250g) || (4080Kj 50.9g-Protein 80.9g-Fat 13.7g-Carbs - 400g)

Vegan Patty, Romaine Lettuce, Onion, Pickles, Himalayan Rock Salt, Organic Ground Black Pepper, 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, Green Beans, Cherry tomato, Butternut Pumpkin, Butter, Onion and Garlic Free Vegetable Stock Himalayan Rock Salt, Organic Ground Black Pepper, Cold-Pressed Extra Virgin Olive Oil

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)

Sauteed Mushroom, Himalayan Rock Salt, Organic Ground Black Pepper, Pumpkin, Green Beans, Cherry Tomato, 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

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

Australian Free Range 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, Sweet Potato, Broccoli, Fresh Red Chilli, Lemon Juice, Pure Cream, Paprika, Garlic, Coriander, Onion Powder, Himalayan Rock Salt, Organic Ground Black Pepper

Roast Pork Belly, 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

Responsibly Fished 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, Ginger, Coriander, Himalayan Rock Salt, Organic Ground Black Pepper,

Australian 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

Pumpkin Soup with Middle Eastern Spiced 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

Australian Grass Fed 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

**Australian Grass Fed Roasted Pork Belly with 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, Kosher Rock Salt, Sweet Potato, Cauliflower, Walnuts, Organic Pepitas, Fresh Mint, Butter, Coconut Cream, Xanthan Gum, Red and Green Capsicum, Oregano, Rosemary/Thyme, Coriander, Paprika, Himalayan Rock Salt, Organic Ground Black Pepper, Cold Pressed Extra Virgin Olive Oil

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

Australian Free Range 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

Pizza Meatlovers

(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

Australian Free Range Butter Chicken with steamed white rice, Onions and Capsicums

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

Australian Free Range Chicken, Tomato, Rice, 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 Chicken Enchiladas, Corn Kernels, Salsa and Sour Cream

(1820Kj 19.9-Protein 31.9-Fat 15.8-Carbs - 250g) || (2980Kj 33-Protein 52.6-Fat 25.2-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, Corn Kernels, Coriander, Himalayan Rock Salt, Organic Ground Black Pepper, Cold-Pressed Extra Virgin Olive Oil,

Australian 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, 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

Baked Chorizo with Spicy Salsa and Aioli

(2440-kJ 19.8G-Protein 51.8G-Fat 8.1G-Carbs - 250g) || (3850-kJ 31.7G-Protein 81G-Fat 13.1G-Carbs - 400g)

Chorizo, Brussel Sprouts, Pumpkin, Salsa, Onion, Tomato, Lemon Juice, Chipotle Chillies, Jalapeno, Coriander, Aioli, Garlic, Himalayan Rock Salt, Extra Virgin Olive Oil

Caramalised Onion Burger with Romain, Tomato, Cheese Slice, Caramalised Onion 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 Free Range 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, Gluten-Free Pasta, Sliced Button Mushrooms, Broccoli, Bacon, Fresh Parsley leaves, Butter, Garlic, Heavy Cream, Parmesan Cheese, Nutmeg, Onion, Himalayan Rock Salt, Organic Ground Black Pepper, Cold Pressed Extra Virgin Olive Oil

Braised Pork Neck in Oyster Sauce served with Roast Fennel, Brussel Sprouts and Roast Potatoes
(2350Kj 23g-Protein 49.3g-Fat 6.4g-Carbs - 250g) || (3680Kj 38.7g-Protein 75.5g-Fat 10.8g-Carbs - 400g)
Australian Grass Fed Pork Neck, Oyster Sauce, Roast Fennel, Brussel Sprouts, Apple Sauce, Spinach, Roast Potatoes,
Cold Pressed Extra Virgin Olive Oil

Australian Grass Fed Braised Lamb Stew
(1950kJ 21.5Protein 34.1Fat 16.1Carbs - 250g) || (2860kJ 31.9G-Protein 49.3G-Fat 25.1G-Carbs - 400g)
Australian Grass Fed Lamb, Potato, Pea, Fresh Parsley, Onion, Garlic, Tomato Puree and Paste, Rosemary, Bay Leaves, Parsley,
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, Curry Powder, Himalayan Rock Salt, Organic Ground Black Pepper

Australian Grass Fed 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 Responsibly Fished Barramundi with Roasted Potato and Green Beans
(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, Sweet Paprika, Himalayan
Rock Salt, Organic Ground Black Pepper, Cold Pressed Extra Virgin Olive Oil

Vegan Burger, Bacon, Fried Egg and Caramelised Onion with Aioli
(2270Kj 26.5g-Protein 45.8g-Fat 7.6g-Carbs - 250g) || (2200Kj 25.4g-Protein 44.4g-Fat 7.8g-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

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, sour cream, Feta Cheese, Fresh Parsley, Brown Onion, Garlic, Paprika,
Cumin Powder, Cayenne Pepper, Fresh Tomatoes, Tomato Paste, Chipotle Chilli, Himalayan Rock Salt, Organic Ground Black Pepper

Australian Free Range 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, Garlic Powder, Frank's Red Hot Chilli Sauce, Butter, Himalayan Rock Salt,
Organic Ground Black Pepper

Australian Free Range 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, 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

Vitality Salad Roast Pumpkin and Quinoa Salad with Spinach, Green Beans and Crumbled Feta Cheese
(924kJ 14.2G-Protein 11.6G-Fat 12.4G-Carbs - 250g) || (1390kJ 19G-Protein 17.9G-Fat 19.6G-Carbs - 400g)
Quinoa, 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

Puerto Rican Lemon Coconut Fish with Quinoa Salad, Green Beans and Roast Potatoes
(1500kJ 29.2G-Protein 19.9G-Fat 12.8G-Carbs - 250g) || (2440kJ 47G-Protein 32.8G-Fat 20.9G-Carbs - 400g)
Fresh Queensland Barramundi, Quinoa Salad, Baby Spinach, Potatoes, Sunflower Seeds, Fresh Squeeze Lemon, Coconut cream, Red Capsicum,
Fetta Cheese, Garlic, Cranberry, Red Chilli Flakes, Basil, Himalayan Rock Salt, Organic Ground Black Pepper, Cold Pressed Extra Virgin Olive Oil

Australian Free Range Jerk Chicken Jamaican Style Served with Green Beans, Sauteed Onion, and Sweet Potato
(1690kJ 18.7G-Protein 31.1G-Fat 11G-Carbs - 250g) || (2900kJ 31.6G-Protein 53.7G-Fat 18.4G-Carbs - 400g)
Australian Free Range Chicken, Sweet Potato, Green Beans, Onion, Scallion, Fresh Parsley, Garlic, Gluten-Free Soy Sauce,
All Spice, Dried Thyme

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

Vegetable Lasagna with Napolitana Sauce and Pesto, Sundried Tomato

(1670Kj 17.4gProtein 22gFat 28.7gCarbs - 250g) || (3180Kj 32.3gProtein 47.7gFat 44.2gCarbs - 400g)

Lasagna Sheets, Zucchini, Mushroom, Capsicum, Onion, Sundried Tomato, Baby Spinach Leaves, Basil, Mozzarella Cheese, Home Made Napolitana Sauce, Himalayan Rock Salt, Organic Ground Black Pepper, Cold-Pressed Extra Virgin Olive Oil

Greek Salad with Feta Cheese

(1480-kJ 12.5G-Protein 30.8G-Fat 4.4G-Carbs - 250g) || (2370-kJ 20G-Protein 49.4G-Fat 7G-Carbs - 400g)

Cucumber, Cherry Tomato, Olives, Feta Cheese, Onion, Spinach, Lemon Dressing, Cold Pressed Virgin Olive Oil

Bangers and Potato Mash with Caramelised Onion, Gravy and Peas

(1700Kj 18.2gProtein 27.5gFat 18.6gCarbs - 250g) || (2730Kj 28.8gProtein 44.1gFat 31.3gCarbs - 400g)

Australian Sausage, Potato, Green Peas, Onion, Home Made Gravy, Cold-Pressed Extra Virgin Olive Oil, Himalayan Rock Salt, Organic Ground Black Pepper

Tofu Kung Pao with Steam Rice and Fragrant Garlic

(1500Kj 16.4gProtein 13.2gFat 39.4gCarbs - 250g) || (2340Kj 25.8gProtein 21.1gFat 60gCarbs - 400g)

Organic Tofu, Kung Pao Sauce, White Rice, Capsicum, Garlic, Himalayan Rock Salt, Organic Ground Black Pepper, Cold Pressed Extra Virgin Olive Oil

Tofu Kung Pao with Roast Potato and Brussel Sprouts

(1060Kj 17.1gProtein 13.4gFat 11gCarbs - 250g) || (1800Kj 27.8gProtein 23.9gFat 18gCarbs - 400g)

Organic Tofu, Roast Potato, Spinach, Brussel Sprout, White Rice, Capsicum, Kung Pao Sauce, Himalayan Rock Salt, Organic Ground Black Pepper, Cold-Pressed Extra Virgin Olive Oil

Classic Egg and Mayo Salad with Mushroom, Lettuce, Roast Potato and Chorizo

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

Organic Tofu, Roast Potato, Spinach, Brussel Sprout, White Rice, Capsicum, Kung Pao Sauce, Himalayan Rock Salt, Organic Ground Black Pepper, Cold-Pressed Extra Virgin Olive Oil

Spaghetti Meatball with Napolitana Sauce and Basil

(2940Kj 18.4gProtein 59.6gFat 23.5gCarbs - 250g) || (3650Kj 28.2gProtein 79.5gFat 10.8gCarbs - 400g)

Organic Tofu, Roast Potato, Spinach, Brussel Sprout, White Rice, Capsicum, Kung Pao Sauce, Himalayan Rock Salt, Organic Ground Black Pepper, Cold-Pressed Extra Virgin Olive Oil

Australian Free Range Chicken Rendang Curry With Broccoli, Cashew and Basmati Rice

(2270Kj 30gProtein 39.5g Fat 15.5gCarbs - 250g) || (4080Kj 48gProtein 74.8gFat 25.4gCarbs - 400g)

Australian Free Range Chicken, Rendang Curry Paste, Basmati Rice, Broccoli, Cashew, Coconut Oil, Coconut Cream, Thick Cream, ish Sauce, Himalayan Rock Salt, Cold Pressed Extra Virgin Olive Oil

Asian Sesame Chicken Salad with Peanuts

(2050-kJ 19.7G-Protein 42G-Fat 5.2G-Carbs - 250g) || (3270-kJ 32.2G-Protein 66.5G-Fat 8.8G-Carbs - 400g)

Australian Grass Fed Diced Chicken, Cherry Tomato, Jalapeno, Chopped Coriander Stems, Peanuts, Fried Garlic, Spinach, Teriyaki Sauce, Chilli Sauce, 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

Mexican Chilli Relenos with Jalapeno and Pickled Chillies

(2660-kJ 22.5G-Protein 55.7G-Fat 8.9G-Carbs - 250g) || (4330-kJ 36.5G-Protein 90.4G-Fat 14.4G-Carbs - 400g)

Pablano Chillies, Cheese, Jalapeno, Arugula, Sour Cream, Pickled Chillies, Salsa, Cauli Mac N' Cheese

MENU

ALIFEPLUS



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.