overnight oats breakfast jars

1. Peanut Butter, Chocolate & Banana
2. Toasted Coconut & Chia Seeds
3. Chocolate & Strawberries
4. Classic Cinnamon & Honey

Price: R60 per jar

**extra R10 for Protein Powder*

1 litre jars

WEEK 1 & 3

Monday

Grilled Chicken, Butternut & Brown Rice Salad

Tuesday

Beef Napolitana Pasta Salad with Greens

Wednesday

Pulled Chicken & Coleslaw

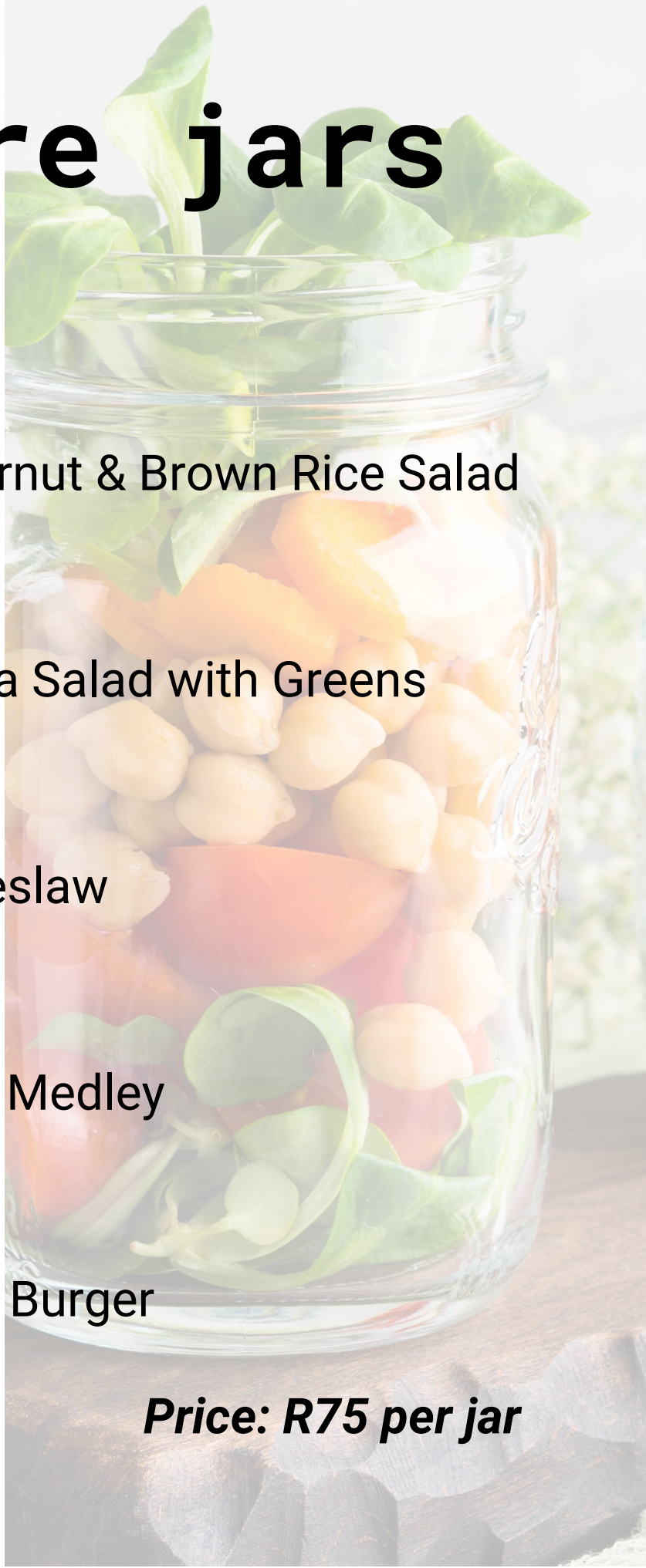
Thursday

Steak Strips & Potato Medley

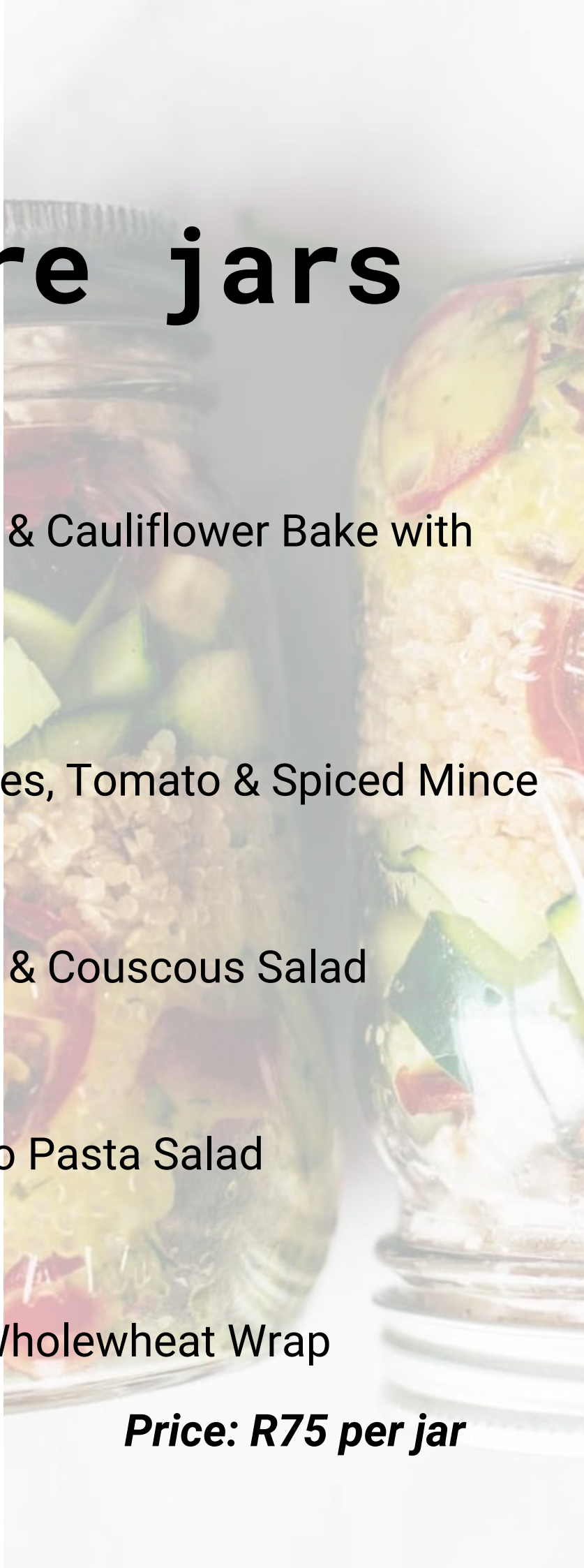
Friday

Beef/Chicken/Veggie Burger

Price: R75 per jar



1 litre jars



WEEK 2 & 4

Monday

Grilled Chicken, Broccoli & Cauliflower Bake with Cheese

Tuesday

Spiralled Zucchini Noodles, Tomato & Spiced Mince

Wednesday

Curried Tomato Chicken & Couscous Salad

Thursday

Bacon, Lettuce & Tomato Pasta Salad

Friday

Chipotle Chicken/Beef Wholewheat Wrap

Price: R75 per jar

1 litre snack jars

Sweet Potato/Carrot/Beetroot Jar

R65-00

Dark Chocolate Covered Chickpeas

R125-00

Low Carb Health Brownies

R150-00

Health Granola Mix

R95-00