

Banting Menu

1. Select the number of meals based on package chosen. You can only select a maximum of 5 different meals.
2. Download assessment form attached below this page.
3. Email your meal selection and your completed assessment form to "info@bodyevolutionsa.com".
4. A Body Evolution representative will contact you and process your order.
5. Delivery will be made within 2 days from date of payment.
6. Contact us on 011 078 6688 for enquiries.

We deliver NATIONWIDE anywhere within South Africa



Pair up any of these protein meals with any vegetables as listed below.

Our food menu changes WEEKLY & a new menu will be uploaded weekly.

You can choose any delivery day. We deliver WEEKLY from Monday to Friday - 9am to 5pm. Deliveries can be paused at any time (2 days notice).

We deliver meals WEEKLY and not all at once. This applies to all meal delivery packages.

x2 FREE Complimentary Breakfasts are served for 2 week or 1 month Meal Delivery Package orders.

Signature Meals

Bacon Wrapped Sausages

Beef Warrior Sausage Creamy Casserole

Baked Mozzarella Chicken/ Beef Meatballs

Bacon Wrapped Drumsticks

Lamb Chops with a heavy tomato based sauce

Lamb Casserole cooked in heavy creamy sauce

Slow Cooked Oxtail - with heavy cream

Lamb Ribs with tomato based sauce

Cheesy Tomato & Basil Chicken Pieces Bake

Vegetable Selection

(Pair up any protein dish in custom or signature menu with any of these carbs)

Creamy Green Beans

Creamy Carrots

Creamy Coconut Beetroot

Creamy Peas

Creamy Cabbage

Creamed Spinach & Tomatoes