

# Weekly 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](mailto: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



# Custom Meals

*(pair up any of these protein meals with any carbs as listed below)*

**Lean Mince**

**Grilled Chicken Breast**

**Beef Meatballs**

**Chicken Meatballs**

**Grilled Hake**

**Free Range Beef Bangers & Mash**

**Chicken/ Beef Margherita/ Vegetarian**

**Skinny Pizza**

## Signature Meals

Chilli Con Carne & pickled salsa

Chicken Meatball Taco Bowl

Beef Kofta Bowls with Caramelised  
French Onion Sauce

Braised Chicken Ragu

Healthy Parmesan Chicken Casserole

Tuscan Garlic Chicken

Shredded Creamy Chicken Wraps

Beef Meatball Gyro Bowl

## Carbs/ Starch Selection

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

**Sweet Potato**

**Couscous/ Moroccan Couscous**

**Grilled Potato**

**Mashed Potato**

**Carrot rice Pilaf**

**Greek Spinach Savoury Rice**

**Brown Rice/**

**Plain White Basmati Rice**

**Wholewheat Pasta**

**Bulgur Wheat**

**Bulgur Wheat Pilaf**



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# Carb-free Meals

*(pair up any of these side vegetables with any protein dish as listed below)*

## Vegetables/ Sides

**Gem Squash Spinach Boats**

**Creamy Spinach**

**Honey Glazed Carrots**

**Creamy Carrots**

**Creamy Green Beans**

**Creamy Broccoli**

**Mixed Vegetables**

**Peas**

**Sweetcorn**

## Protein - Carb free meals

**Chilli Con Carne & pickled salsa**

**Chicken Meatball Taco Bowl**

**Beef Kofta Bowls with Caramelised**

**French Onion Sauce**

**Braised Chicken Ragu**

**Healthy Parmesan Chicken Casserole**

**Tuscan Garlic Chicken**

**Shredded Creamy Chicken Wraps**

**Beef Meatball Gyro Bowl**

## Vegan/ Vegetarian Meals

**Butternut, Bean, Vegetable bowl**

**Tomato Basil Potato Bake**

**Vegan Pies & Honey Glazed Carrots**

**Vegetarian Soya Schnitzel**

**Coconut Curry Chickpeas**

**Baby Marrow Fritters Bowl**

**Lentil Bolognaise**

**Butternut balls with pumpkin seeds**

**Falafels Vegan Bowl**

**Vegetarian lentil Meatloaf**

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## Standard Breakfasts

*(The Standard and build your own breakfasts do not form part of the complimentary breakfasts. They are separate breakfasts as per our breakfast, lunch, dinner meal delivery packages.)*

**Potato Egg Frittata (\*2 wedges)**

**Spinach & Feta Egg Muffins (\*2 muffins)**

**Lean Mince Burrito**

**Lean Mince Muffins (\*2 muffins)**

additional sides (select any 2)

**cocktail tomatoes**

**grilled mushrooms**

**baked beans**

**caramelized onions**

**grilled potato/ sweet potato**

## Build Your Own Breakfast

*(Only select a maximum of 4 different ingredient items from the list below when building your breakfast).*

**grilled potato/ sweet potato**

**pumpkin fritters**

**baked beans**

**ostrich patty**

**chicken sausages**

**lean mince**

**vegetarian sausages**

**cocktail tomatoes**

**grilled mushrooms**

**caramelized onions**

**chicken bacon**



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# Breakfasts

(\*only Pancakes and Smoothies form part of the free complimentary breakfast items as per our 2 week and 1 month meal delivery packages.)

## Pancakes

## Smoothies (Dairy/ Non Dairy)

## Smoothie Bowls (Dairy/ Non Dairy)

## Grab & Go Snacks & Breakfast Squares

# Stir Fry Sauces

(see separate stir fry sauce packages. Our Stir fry sauces come in 7 different flavours. See flavours below)

## Sweet Chilli

## Tropical

## Thai

## Lemon Sesame

## Honey

## Hoison Nut

## Maple Sesame

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.

Complimentary free mealplan & additional recipes, snacks list, carbs list with portion sizes/ macro allocations for all 2 week and 1 month Meal Delivery Package orders.

All our meals are macro based. Different portion sizes are allocated and customised for each individual based on their goals. ie. Weight loss, Weight maintenance or weight gain.