

KETO 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

Cheesy Ground Beef Casserole
Creamy Lamb Casserole
Beef Ribs with sticky sauce
Creamy Lemon Garlic Chicken
Creamy Coconut Curry Chicken
Lamb Pinwheel Kebabs
Creamy Chicken Piccata
Creamy Chicken Bits in Gem Squash
Creamy Garlic Butter Chicken/ Beef Meatballs
Slow Cooked Oxtail
Rosemary Garlic Leg of Lamb
Creamy Beef Stroganoff
Lamb Chops with Mustard Sauce
Lamb Ribs with creamy sauce

Vegetable Selection

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

Creamy Green Beans
Creamy Cabbage
Coconut Sweet Chilli Beetroot
Creamy Carrots
Creamed Spinach
Creamy Cauliflower & Broccoli Mix
Creamy Mixed Vegetables
Creamy Broccoli
Creamy Peas
Gem Squash & Creamy Cabbage Boats