

GAINFUL



Chicken Fajita Bake

A generous portion of chicken fillet, fried with spicy peppers and served over rice

CAL: 614 PROTEIN: 51

Savoury Mince and Butternut Pie

A warm and hearty beef mince and lentil stew, topped with mashed butternut

CAL: 597 PROTEIN: 58

Mexican Burrito Bake

Spicy beef mince, black beans and peppers layered between fresh tortillas and topped with melted cheese

CAL: 827 PROTEIN: 51

Canneloni with Ragu filling

Pasta tubes filled with a rich beef and tomato sauce topped with cheese

CAL: 802 PROTEIN: 40

Greek Patitsio

The Greek take on a classic lasagne! Penne pasta and beef mince layered in between creamy cheese

CAL: 825 PROTEIN: 33

Beef Lasagne

A rich beefy tomato sauce in between pasta layers, with black beans and melted cheese

CAL: 690 PROTEIN: 60

Beef Curry

Thick pieces of beef, cooked to perfection in a mild curry sauce and served over rice

CAL: 650 PROTEIN: 75

Bobotie

Mild curry-spiced beef mince with lentils, topped with a chutney flavoured, custard topping

CAL: 506 PROTEIN: 38

Asian Style Ribs

Fall of the bone pork ribs served over creamy mashed potatoes

CAL: 750 PROTEIN: 65

Quiche

A medley of fresh vegetables with bacon, whisked eggs and cheese – oven baked to perfection

CAL: 834 PROTEIN: 40

Chicken & Butternut

A generous portion of chicken fillet pieces, served with butternut and a honey mustard sauce

CAL: 376 PROTEIN: 64

Chicken Cordon Bleu

Chicken fillet rolled up with Mozzarella Cheese and Ham, served over rice with a light white sauce

CAL: 1140 PROTEIN: 78

Chicken Parmigiana

Crumbed chicken fillet served on a bed of fresh linguine, layered with rich tomato sauce, ham slices and melted cheese

CAL: 1040 PROTEIN: 62

Roasted Chicken with Risotto and Caramelized Onions

Crispy chicken pieces tossed with creamy risotto and sweetened by caramelised onions

CAL: 640 PROTEIN: 64

Chicken with coconut Rice and Spinach

Baby spinach leaves tossed with soy sauce and basmati rice. Served with a generous portion of chicken fillet pieces

CAL: 540 PROTEIN: 48

Rosemary Roast Chicken

All time classic! Succulent chicken pieces, served with fresh vegetables and fluffy rice with a light gravy sauce

CAL: 490 PROTEIN: 40

Chicken with Basil Pesto Vegetables

Baby Marrows and Patty Pans oven-baked and tossed with homemade basil pesto, served with a generous portion of crispy chicken fillets

CAL: 340 PROTEIN: 66

Steak with Basil Pesto Vegetables

Juicy pieces of steak, served with oven-roasted baby marrows and patty pans that have been tossed in a homemade basil pesto

CAL: 450 PROTEIN: 70

Steak and Butternut

Hearty steak pieces served with oven-roasted butternut and a honey mustard sauce

CAL: 622 PROTEIN: 52

Chicken with oven roasted vegetables

A generous portion of chicken pieces, served with an aromatic oven-roasted blend of seasonal vegetables

CAL: 505 PROTEIN: 70

The DRI (Dietary Reference Intake) is 0,8g of protein per kilogram of body weight or 0,36g per pound. This amounts to 56g per day for the average sedentary man and 46g per day for the average sedentary woman.