

# WORKOUT

# MEALS



- 2 X LEAN BEEF MINCE & GEM SQUASH
- 2 X GRILLED CHICKEN & BROCCOLI
- 2 X BAKED HAKE & ROASTED VEGGIES
- 2 X GRILLED RUMP STEAK & GREEN VEGGIES
- 2 X LEAN BEEF MINCE & CAULI-MASH
- 2 X CHICKEN FILLET STEW & ROASTED VEGGIES

**R600** PER KIT

ADD CARBS?

DELIVERED FROZEN ONCE OFF PER WEEK



**Chef Daniel**  
**083 797 2073**

  
**CATERCHEF**

**F&B Arne**  
**084 400 9841**