



4 WEEK ROTATIONAL LOW CARB MENU

Week 1

MONDAY

Chicken fillet curry served with cauli-rice & seasonal vegetables.

TUESDAY

Spicy grilled chicken fillet served with a Mediterranean quinoa, lentil & roast veggie salad.

WEDNESDAY

Sticky chicken with steamed broccoli & green beans, sesame seeds, spring onion & cashew nuts.

THURSDAY

“Melt-in-your-mouth” beef shin stew served with cauli-rice & seasonal vegetables.

FRIDAY

Bun-less chicken burger topped with cheddar & fried onions, served with sweet potato fries.

Week 2

MONDAY

Moroccan-style chicken Tagine served with cauli-rice & seasonal vegetables.

TUESDAY

“No pasta” beef lasagne layered with grilled aubergine & mozzarella served with seasonal vegetables.

WEDNESDAY

Coconut chicken curry served with cauli-rice & seasonal vegetables.

THURSDAY

Mama Kitchen’s “Xhosa-style” chicken stew served with cauli rice & seasonal vegetables.

FRIDAY

Spicy Chicken bowl with fresh greens, finely chopped cucumber, grated cheese & a tomato salsa.

Week 3

MONDAY

Traditional South African bobotie served with cauli- rice & seasonal vegetables.

TUESDAY

Medium-rare rump steak & fried egg served with creamed spinach & cinnamon roasted butternut.

WEDNESDAY

Fragrant, soft beef shin curry served with cauli-rice & seasonal vegetables.

THURSDAY

Chicken Korma served with cauli-rice & seasonal vegetables.

FRIDAY

Mexican mince bowl with fresh spinach, cheddar, pineapple salsa, sour cream & guacamole.

Week 4

MONDAY

Butter chicken served with cauli-rice & seasonal vegetables.

TUESDAY

Caprese chicken fillet with basil, balsamic roasted tomatoes & melted mozzarella, served with a freshly made salad.

WEDNESDAY

Slow-cooked beef brisket served with sweet potato mash & seasonal green vegetables.

THURSDAY

Moroccan-style beef Tagine with chickpeas served with cauli-rice & seasonal vegetables.

FRIDAY

Tuscan chicken fillet on creamed spinach with sun dried tomatoes, parmesan & fresh parsley, served with stir fried vegetables.

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