



# On the Menu

*This is a sample menu only*



The EasyFit Difference is: There are **No Menus!**

**You:** choose and customise your Range **We:** then create the individual meals weekly

This way we are able to recession-proof prices and ensure freshness of produce every week

*Affordable, hassle free convenience, variety and freshness for the busy perth mum, average joe or athlete*

## VeganFit

**6 pack: \$14 per meal (\$84 pw)**

**40 pack: \$11.50 per meal (\$460 pw)**

### Live a plant-based life

Whether you are vegetarian or vegan these meals are perfect to keep you full and satisfied. There are over 28 dishes in our Vegan range as well as seasonal specials.



#### Simple, yet super tasty!

- 20g of protein (avg)
- Only 250-400 calories

- Indian coconut potato curry
- Mushroom Stroganoff
- Veggie Moussaka
- Mediterranean vegetable pasta salad with sundried tomatoes
- Curried chickpea and mash
- Mac n cheese
- Fettuccine Alfredo



## KetoFit

**6 pack: \$15 per meal (\$90 pw)**

**40 pack: \$13 per meal (\$520 pw)**

### For a low-carb lifestyle

Each meal is loaded with fresh seasonal vegetables, healthy fats and good proteins.

#### Ideal for weightloss!

- Under 8gms carbs (net)
- Gluten free
- Only 250-350 calories per meal
- Beef Cheeseburger Chaffles
- Mexican pork low carb tortillas with sour cream and cheese
- Roach chicken with veggies and gravy
- Italian pork with cheese and veggies
- Chicken Stroganoff and veggies
- Mexican chicken with sour cream
- Mexican beef with sour cream
- Italian pork and cheesy ricotta veggies
- Italian beef Shepherd's pie and veggies
- Honey mustard chicken and veggies
- Indian curry with chicken and veggies



## EverydayFit

**6 pack: \$15 per meal (\$90 pw)**

**40 pack: \$13 per Meal (\$520 pw)**

### Feel great everyday – kids love it too!

Enjoy healthy carbs, fresh seasonal veggies and great proteins – all portion controlled

#### Convenience, variety and a better body!

- 100g fresh quality protein, 100g carbs and fresh veggies.
- Options for: Dairy & gluten free
- Only 250-450 Calories per meal portion size
- Roast chicken with mash and gravy
- Mexican chicken with spiced rice
- Italian pork with pasta and veggies
- Cheesy beef burger bake with mash
- Italian chicken with saucy pasta
- Indian spiced beef, veggies and rice
- Gluten free pork sausages with curried sauce and mash
- Honey mustard chicken and rice

## ADD ONS

### Breakfast

#### Convenient and healthy start to the day!

Start the day right with our amazing variety of keto friendly meals including breakfast wraps, omelettes, and of course eggs and bacon and veggies.

Only 135 -300 calories.

**When you start your day with protein – it may help to stop the snacking during the day!**

### Beef Jerky

#### Enjoy the spicy or original deep Texan feel

3 Marinated for 48 hours then slowly dehydrated to give that rich earthy flavour.

3 Only 237 calories per 100gms

*Freshly made Beef Jerky with no artificial ingredients, made by Jerky King.*

## BulkFit

**6 pack: \$17 per meal (\$102 pw)**

**40 pack: \$15 per Meal (\$600 pw)**

### Higher calorie meals

Ideal if you work long, strenuous hours, or want to build mass and regularly undergo gruelling workouts.

#### Energy to work & play hard!

- 450-700 calories
- 200g of quality protein,
- 200g of carbs,
- Great for parents who share with small children



### Snack-cups

#### Not as naughty as you think!

- ✓ Dairy free, sugar free and gluten free these treats are suited to anyone with a sweet tooth!
- ✓ Just over 100 calories each

*3 Pieces of Gluten Free, Dairy Free, Refined Sugar Free Snacks. Each week we prepare different options. These can include; Peanut Butter Cups, Caramel Cups, or Salted Pretzel & Chocolate Cups.*

