

PRICES, including VAT

Name: _____

Date: _____

Biscuits	Unit price	ORDER	TOTAL
Low GI Apricot munchies	R 32.50		R 0.00
Low GI Crunchies	R 32.50		R 0.00
Low GI Ginger biscuits	R 32.50		R 0.00
Low GI Peanut butter biscuits	R 32.50		R 0.00
Low Carb Frozen Meals	Unit price	ORDER	TOTAL
Cauli-cottage pie	R 51.00		R 0.00
Zucchini bolognaise	R 52.50		R 0.00
LOW CARB with ROAST VEG	Unit price	ORDER	TOTAL
Fishcakes	R 45.50		R 0.00
Meatballs	R 50.00		R 0.00
Tangy chicken	R 48.50		R 0.00
LOW CARB with STIRFRY VEG	Unit price	ORDER	TOTAL
Chicken strips with Pesto	R 52.50		R 0.00
Hake fillet	R 55.50		R 0.00
Lentils	R 43.50		R 0.00
Soups		ORDER	TOTAL
Butternut	R 39.00		R 0.00
Creamy chicken & mushroom	R 41.50		R 0.00
Green Pea soup	R 40.00		R 0.00
Tomato soup	R 41.50		R 0.00
EASY range		ORDER	TOTAL
Chicken strips (6 pkts)	R 93.00		R 0.00
Chicken strips with pesto (6 pkts)	R 117.00		R 0.00
Meatballs (6 pkts)	R 120.00		R 0.00
Tangy chicken (6 pkts)	R 96.00		R 0.00
Vegetable - Roast veg (6pkts)	R 120.00		R 0.00

Delivery R



Delivery address: