



DIET IN A BOX

All-In-One Weightloss Program

7 Breakfasts/7 Lunches/7 Dinners

Planet Lowcarb Diet in a box

Complete Weightloss Program

Low Carb / High Fat / Moderate Protein

- 21 Meals per box
- Condiments, sauces and dressings included
- Hot and cold beverages upgrade (optional)

Standard Box option from just R450 per week

Contents per box:

- Complete guideline, instructions and recipes
- Low carb bread for toast and sandwiches
 - Superfood breakfast porridge
- Superfood meal replacement smoothie
 - Low carb pies
 - Low carb pizza
 - Low carb lasagna
 - Low carb burger
- Low carb condiments, dressings, sauces and jam
 - Optional beverages

Pricing:

Single 7 day box = R450

Single 7 day box with beverages = R499



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DAY	BREAKFAST	LUNCH	DINNER
1	Low carb toast With toppings of your choice *	Low carb Sandwich with toppings and fillings of your choice **	Low carb Pie with optional side salad ***
2	Low carb breakfast porridge	Low carb Pie with optional side salad ***	Low carb pizza**** with optional side salad ***
3	Low carb toast With toppings of your choice *	Low carb smoothie	Low carb burger
4	Low carb breakfast porridge	Low carb Sandwich with toppings and fillings of your choice **	Low carb pizza**** with optional side salad ***
5	Low carb toast With toppings of your choice *	Low carb smoothie	Low carb Pie with optional side salad ***
6	Low carb breakfast porridge	Low carb Pie with optional side salad ***	Low carb pizza**** with optional side salad ***
7	Low carb toast With toppings of your choice *	Low carb smoothie	Low carb lasagne with optional side salad ***

Every box includes: Low carb sauces, Low carb salad dressings, Low carb cheese spread, Low carb jam, Low carb almond spread

Optional beverage options: Your choice of flavoured ice tea cordial(lemon, passion fruit) or ginger beer cordial + Your choice of hot chocolate mix, coffee mix or rooibos tea mix (all beverages are sugar free, low carb and sweetened with xylitol and stevia)

***Toast toppings:** Butter, Grated cheese, Eggs(scrambled, fried, poached or boiled), Low carb jam Bacon, Minute steak, Chicken breast, Haddock, savoury mince

**** Sandwich fillings and toppings:** Chicken + Low carb mayo, boiled egg + Low carb mayo, tuna + Low carb mayo, roast beef or pork, gherkins and english mustard, cheese, ham, cheese + tomato, bacon + egg/cheese

***** Optional salads :** See attached salad recipes

****** Optional extra pizza toppings:** Chicken, steak, bacon, biltong, mushrooms, asparagus, peppers, onion, garlic, chilli, olives, salami, ham, savoury mince,

Optional beverages: (to mix, just add hot or cold water) – flavoured ice tea cordial, flavoured ginger beer cordial, hot chocolate mix, rooibos tea mix, coffee mix.

DIET IN A BOX

Upgrade options





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Now you have the option to customise and upgrade your standard Diet in a box with our new, convenient toaster meal options



TOASTER MEALS
FAST, TASTY, CONVENIENT

Product		Upgrade price per unit
<p>PIZZA POCKETS</p>  	<p>Piping hot pizza pockets in under 5 minutes.</p> <p>Ingredients: Almonds, Macadamia nuts, sunflower seeds, oats, gluten, sesame seeds, erythritol, xylitol, salt, stevia, yeast, cheese, tomato paste, herbs, garlic, onion, cream, tomato, Flavours – ham or steak or chicken or chilli, or feta/spinach</p> <p>Less than 5g carbs per pizza pocket</p>	

<p>PIZZA POCKET FLAVOURS</p> <p>Cheese + tomato</p> <p>Spicy cheese + tomato</p> <p>Steak</p> <p>Chicken</p> <p>Ham</p> <p>Feta + spinach</p>	<p>Replace any of the standard lunch meals in Diet in a box</p>	<p>+R18</p> <p>+R18</p> <p>+R23</p> <p>+R23</p> <p>+R23</p> <p>+R23</p>
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<p>TOASTER BREAKFAST</p> 	<p>Piping hot breakfast in under 5 minutes.</p> <p>Ingredients: eggs Toast - Almonds, Macadamia nuts, sunflower seeds, oats, gluten, sesame seeds, erythritol, xylitol, salt, stevia, yeast, cream, Less than 5g carbs per breakfast</p>	<p>////////////////////</p>
<p>BREAKFAST OPTIONS</p> <p>Eggs on toast Eggs, low carb toast, tomato, fried onion</p> <p>Sunrise breakfast Eggs, bacon, low carb toast, tomato, fried onion</p> <p>Boerewors breakfast Eggs, boerewors, bacon, low carb toast, tomato, fried onion</p>	<p>Replace any of the standard breakfast meals in Diet in a box</p>	<p>+R18</p> <p>+R22</p> <p>+R38</p>

<p>Full English breakfast Eggs, pork sausage, bacon, mushrooms, low carb toast, tomato, fried onion, baked beans</p>		<p>+R40</p>
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<p>TOASTER ROASTS</p>  	<p>Piping hot roasts with seasonal low carb vegetables in under 5 minutes. Ingredients: Roast beef or pork or lamb or chicken (stuffing-eggs, onion, almonds, Macadamia nuts, sunflower seeds, oats, gluten, herbs, spices, sesame seeds, erythritol, xylitol, salt, stevia, yeast), cream, sweet potato/pumpkin mash, onion, garlic, chilli, salt, pepper, spices, herbs, cheese vegetables Less than 10g carbs per meal</p>	
<p>ROAST OPTIONS Roast Chicken with stuffing and seasonal low carb vegetables Roast Beef with seasonal low carb vegetables Roast Pork with seasonal low carb vegetables Roast Lamb with seasonal low carb vegetables</p>	<p>Replace any of the standard lunch meals in Diet in a box</p>	<p>+R34 +R49 +R49 +R64</p>
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TOASTER DESSERTS



Piping hot baked
desserts in under
5 minutes.

Ingredients: Almonds,
Macadamia nuts,
sunflower seeds, oats,
gluten, sesame seeds,
erythritol, xylitol, salt,
stevia, baking
powder, cream,
butter, 80% dark
chocolate, cocoa,
pecan nuts

**Less than 5g carbs
per dessert**

DESSERTS

Chocolate Brownie
Waffle
Baked malva pudding

**Add any of the
following
desserts to your
Diet in a box**

+R35

+R25

+R29