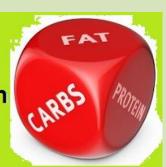


DIET IN A BOX

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:

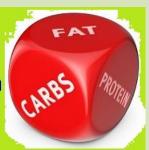
Single 7 day box = R450

Single 7 day box with beverages = R499



DIET IN A BOX

All-In-One Weightloss Program 7 Breakfasts/7 Lunches/7 Dinners



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

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)

*** 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.

^{*}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

DIET IN A BOX Upgrade options



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



Product		Upgrade price per unit
PIZZA POCKETS	Piping hot pizza	per unit
	pockets in	
	under 5 minutes.	
	Ingredients: Almonds,	
	Macadamia nuts,	
	sunflower seeds, oats,	
	gluten, sesame seeds,	
	erythritol, xylitol, salt,	
	stevia, yeast, cheese,	
	tomato paste, herbs,	
4000	garlic, onion, cream,	
	tomato, Flavours –	
	ham or steak or	
	chicken or chilli, or	
	feta/spinach	
	Less than 5g carbs	
	per pizza pocket	

PIZZA POCKET FLAVOURS		
Cheese + tomato	Replace any of	+R18
Spicy cheese + tomato	the standard	+R18
Steak	lunch meals in	+R23
Chicken	Diet in a box	+R23
Ham		+R23
Feta + spinach		+R23
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TOASTER BREAKFAST	Piping hot breakfast	
	in under 5 minutes. Ingredients: eggs Toast - Almonds, Macadamia nuts, sunflower seeds, oats, gluten, sesame seeds, erythritol, xylitol, salt, stevia, yeast, cream, Less than 5g carbs per breakfast	
BREAKFAST OPTIONS		
Eggs on toast	Replace any of	+R18
Eggs, low carb toast,	the standard	
tomato, fried onion	breakfast meals	. 522
Sunrise breakfast	in Diet in a box	+R22
Eggs, bacon, low carb toast,		
tomato, fried onion		, D20
Boerewors breakfast		+R38
Eggs, boerewors, bacon, low carb toast, tomato, fried onion		
carb toast, tomato, med omon		

Full English breakfast		
Eggs, pork sausage, bacon,		+R40
mushrooms, low carb toast,		11(10
tomato, fried onion, baked		
beans		
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TOASTER ROASTS	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	
ROAST OPTIONS		
Roast Chicken with stuffing and		+R34
seasonal low carb vegetables	Replace any of	
Roast Beef with seasonal low	the standard	+R49
carb vegetables	lunch meals in	
Roast Pork with seasonal low	Diet in a box	+R49
carb vegetables		
Roast Lamb with seasonal low		+R64
carb vegetables		
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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

DESSERTSChocolate Brownie
Waffle
Baked malva pudding

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

+R35

+R25

+R29