



Grounded Fitness

Cnr. Reier & Finch Street
 Atlasville, Boksburg, Gauteng
 Telephone Number: +27 (0) 84 029 1227

Please forward all orders to: armand@groundedfitness.co.za

Name:

Telephone Number:

E-Mail Address:







DESCRIPTIONS

(MINIMUM ORDER 2 PER LINE ITEM - ALL ITEMS)

| BREAKFAST OPTIONS | | | | R |
|---|----------------------|----|----------------------|----|
| 3 x Beef or Pork Bangers plus 2 x Veg. Rosti (Veg. Potato & Egg Patty) with Cheese | | | | 50 |
| Flapjacks: Egg White \ Rolled Oats \ Cinnamon & Honey (6 per pack) | | | | 44 |
| LOW \ NO CARB OPTION | HALF PORTION (±250g) | R | FULL PORTION (±400g) | R |
| Beef & Veg. Lasagne (Layers of Baby Marrow <u>NO</u> Pasta) | | 46 | | 60 |
| **Beef & Veg Stir Fry | | 46 | | 60 |
| **Chicken & Veg. Stir Fry | | 46 | | 60 |
| Coconut Crumbed Chicken Strips \ Sweet Potato Mash \ Green Beans | | 46 | | 60 |
| Spicy Coconut Chicken & Veg. Curry | | 46 | | 60 |
| Chilli Con Carne (Mince & Red Kidney Beans) Sweet Potato \ Spinach | | 46 | | 60 |
| Lamb Chops \ Veg. Stir Fry \ Pumpkin Mash | N/A | | | 86 |
| Juicy Pork Fillet & Veg. Stir Fry (With a Touch of Chilli & Coconut Milk) | | 54 | | 70 |
| LOW GI \ BALANCED | HALF PORTION (±250g) | R | FULL PORTION (±400g) | R |
| Baked Chicken Pasta \ Mushroom \ Cheese & Herbs | | 46 | | 60 |
| **Beef & Veg. Stir Fry \ Basmati Rice | | 46 | | 60 |
| Chicken & Veg. Stir Fry \ Basmati Rice | | 46 | | 60 |
| Beef Cottage Pie | | 46 | | 60 |
| Beef Curry & Barley | | 46 | | 60 |
| Beef Lasagne | | 46 | | 60 |
| **Beef Mince (Lean) \ Sweet Potato \ Cauli Rice | | 46 | | 60 |
| Chicken & Veg. a La King \ Lentil Rice | | 46 | | 60 |
| Chicken Breast filled with Spinach & Feta served with Rice and Gravy | | 46 | | 60 |
| **Chicken Breast Fillet Strips \ Basmati Rice \ Veg. | | 46 | | 60 |
| Spicy Coconut Chicken Curry & Barley | | 46 | | 60 |
| Chicken Trinchado \ Pumpkin Mash \ Roasted Mixed Veg | | 46 | | 60 |
| Hake \ Butternut Mash \ Green Veg. (Spinach or Broccoli) | | 54 | | 70 |
| Italian Beef & Mozz Meatballs (Napolitana sauce) \ Basmati Rice \ Veg. | | 46 | | 60 |
| **Lean Beef Strips \ Sweet Potato \ Peas & Corn | | 46 | | 60 |
| **Lean Ostrich Goulash \ Sweet Potato \ Broccoli | | 54 | | 70 |
| Spaghetti (Beef) Bolognese | | 46 | | 60 |
| JUICY CHEAT MEALS | | | FULL PORTION (±400g) | R |
| German Cheese Grillers & Saucy Potato Wedges | | | | 60 |
| Mac 'n 3 Cheese with Bacon | | | | 60 |
| Loaded Chilli Cheese & Bacon Fries (Saucy and Cheezy) | | | | 60 |
| Jambalaya – Our Cajun Rice, Chicken, Chorizo, Onions, Peppers & Spicy Paprika Cream | | | | 60 |

| KIDDIES MENU | | SMALL PORTION (±200g) | R | | |
|---|--|-----------------------|----|----------------------|----|
| Chicken a la King & Rice | | | 34 | | |
| Crumbed Chicken Strips / Saucy Potato Wedges & Cheese | | | 34 | | |
| Fish Fingers / Mash / Gravy / Peas | | | 34 | | |
| German Bockwurst Sausages / Saucy Wedges / Corn & Peas | | | 34 | | |
| Kiddies Lasagne | | | 34 | | |
| Mac & Cheese | | | 34 | | |
| Spaghetti & Meatballs | | | 34 | | |
| STRICTLY BANTING & KETO MEALS | | PORTION (±330-380g) | R | | |
| Beef & Veg. Curry / Choice of Sweet Potato Mash or Pumpkin Mash or Cauli-Rice | | | 60 | | |
| Beef Lasagne – Prime Beef Mince layered with Zucchini and Banting Béchamel | | | 60 | | |
| Beef, Veg., Coconut & Chilli Stew / Braised Cabbage or Cauli-Rice / Spinach | | | 60 | | |
| Cauliflower, Broccoli, Chicken or Chorizo Sausage & Cheese Bake | | | 60 | | |
| Chicken, Bacon & Veg. Stir Fry / Pumpkin Mash | | | 60 | | |
| Coconut Crumbed Chicken Strips (Honey Lemon Drizzle) / Spinach / Pumpkin | | | 60 | | |
| German Bockwurst & Veg. Stir Fry / Pumpkin Mash | | | 60 | | |
| Mexican Chilli Con Carne (Green Beans) / Cauli-Rice | | | 60 | | |
| Mild Chicken Livers / Onions / Zucchini / Cauli-Rice | | | 60 | | |
| VEGETARIAN | | HALF PORTION (±250g) | R | FULL PORTION (±400g) | R |
| Cashew Nut /Chickpea /Lentil & Bean Curry with Brown Rice | | | 46 | | 60 |
| Chickpea Lentil \ Veg. & Cheese Baked Pasta | | | 46 | | 60 |
| Lentil & Veg. Curry with a choice of Pasta or Basmati Rice | | | 46 | | 60 |
| Vegan Curry with Brown Rice & Lentils | | | 46 | | 60 |
| Vegan Hot Pot with Barley | | | 46 | | 60 |
| Vegetable Stir Fry with Couscous | | | 46 | | 60 |
| Add Cashew Nuts to any Vegetarian Meal | | | 15 | | 25 |

COMMENTS : Please specify below any special requirements

-  All Meals are cooked to order.
-  No added sugars, preservatives or enhancers are used in any meals. Only permitted herbs and spices are used in Banting meals.
-  Best quality and freshest ingredients are used in all meals.
-  Meals are prepared using a mix of Olive Oil, Coconut & Palm Oil. Thickening agents used for Banting meals are Xanthan Gum and Psyllium Husk.
-   **Represents Gluten and Lactose Free.

TERMS & CONDITIONS

**PAYMENT TERMS: PAYMENT ON CONFIRMATION OF ORDER
(NOT ON COLLECTION OR DELIVERY)**

ORDERING DAYS

PLEASE ALLOW 3-5 FULL BUSINESS DAYS FOR COMPLETION

BANK ACCOUNT DETAILS FOR PAYMENT

**GM FITNESS (PTY) LTD
FIRST NATIONAL BANK
BUSINESS CHEQUE ACCOUNT
ACCOUNT NUMBER: 62535562731
BRANCH CODE: 253442**

ORDERS CAN BE HANDED IN DIRECTLY AT armand@groundedfitness.co.za