



To order call **1800 532 001**

Delivery 2U

Spring/Summer 2020

ready to go!

As we age, we need to include PROTEIN throughout the the day.

Live Life Foods 2U nourishing meals cooked to order and delivered right to your door.

Live Life Foods combining our food knowledge with Nutrition Professionals Australia we are able to offer a food first approach to improved nutrition. Designed so you can track your protein intake with every meal.

Protein is a nutrient your body needs to grow and repair cells and to function properly. Protein is found in a wide range of food and it's important that you get enough protein in your diet through out every day.



JOHN CASEY
GENERAL MANAGER

Smart choices - Protein Guide for a healthy diet



Visit our website for our protein smart choices reference guide

		QTY
BEEF		
● 01 Beef braised wagu with cream, mushrooms, onions and polenta (GF)	<i>premium</i> \$10.90	<input type="text"/>
● 02 Beef blade steak with red wine sauce, potato mash & greens (GF)	\$ 8.90	<input type="text"/>
● 03 Beef steak, creamy mushroom sauce, roast potatoes, baby beans & peas	\$ 8.90	<input type="text"/>
● 04 Southern style pulled beef with wild rice, corn and salsa (GF)	\$ 8.90	<input type="text"/>
POULTRY		
● 05 Chicken schnitzel with sweet potato puree and greens	\$ 9.90	<input type="text"/>
● 06 Chicken red curry with jasmine rice and asian greens (GF)	\$ 8.90	<input type="text"/>
● 07 Roast chicken with parmesan cream sauce vegetables	\$ 8.90	<input type="text"/>
● 09 Roast duck with ginger soy and jasmine rice (GF)	<i>premium</i> \$ 10.90	<input type="text"/>
LAMB		
● 10 Lamb shank with minted onion sauce potato mash roast carrot & peas (GF)	<i>premium</i> \$ 10.90	<input type="text"/>
● 11 Lamb rogan josh w/ cauliflower pea masala and basmati rice (GF)	\$ 8.90	<input type="text"/>
PORK		
● 12 Pork scotch fillet with apple cream sauce red cabbage, roast potato (GF)	\$ 9.90	<input type="text"/>
● 13 Grilled pork sausages with fragrant onion gravy, mashed potato & peas	\$ 8.90	<input type="text"/>
FISH		
● 14 Barramundi with lemon sauce kale red quinoa and roast vegetables	<i>premium</i> \$10.90	<input type="text"/>
● 15 Grilled salmon with garlic cream broad beans & baked potato (GF)	<i>premium</i> \$10.90	<input type="text"/>
● 16 Prawns with sweet sauce and sour egg fried rice, baby corn and greens	<i>premium</i> \$10.90	<input type="text"/>
VEGETARIAN		
● 17 Pumpkin tortellini, tomato & eggplant ragu with toasted feta crumb	\$8.90	<input type="text"/>
● 18 Indian style curry with basmati rice (GF)	\$8.90	<input type="text"/>
● 19 Stir fried vegetables with noodles	\$8.90	<input type="text"/>
● 20 Mushroom & pine nut cheese ravioli	\$8.90	<input type="text"/>
● 22 Vegetable lasagne with spinach cream and parmesan cheese	\$8.90	<input type="text"/>

For some great FREE recipes and nutritional information facts
goto <https://www.facebook.com/livelifecook>



BREAKFAST / LIGHT MEAL - \$8.50

- **23** Egg white omlette with spinach, tomato & bacon (GF)
- **24** Cheese & chive omelette, beef chipolata, spinach & mushroom (GF)
- **25** Zucchini & goats cheese quiche with pork sausage, and spinach & roma tomatoes

QTY

SOUPS - \$3.90

- **28** Pumpkin & red lentil soup (GF)
- **29** Beef, mushroom & pearl barley soup
- **30** Chicken, vegetable & du puy lentil soup (GF)
- **31** Broccoli & kale (GF)

QTY

SANDWICHES - \$4.90

- 32** Ham, cheese & pickle
- 33** Egg & chive on rye
- 34** Chicken, cheese & mayonnaise
- 35** Roast beef cheese & relish

GLUTEN FREE SANDWICHES - \$4.90

- 36** Smoked ham & cheese on soy & linseed bread

DESSERT - \$3.90

- 40** Lemon tart
- 41** Blueberry & apple crumble with custard
- 42** Chocolate friand
- 43** Baked New York cheese cake
- 44** Banana bread

CROISSANT - \$4.90

- 37** Ham & cheese

WRAPS - \$5.50

- 38** Roasted vegetable with tomato
- 39** Chicken caesar

JUICE - \$2.90

- 45** Orange
- 46** Apple
- 47** Prune
- 48** Cranberry

*(GF) = Gluten Free. May contain traces of Gluten

Please refer to website for all nutritional information.**FOOD SAFETY / DELIVERY**

The meals arrive in an insulated box which maintains your food at safe temperature. The main meals arrive frozen and should be placed in the freezer immediately until needed.

NOT HOME?

You don't need to be home to receive your **Live Life Foods** home food delivery, as meals are boxed up in an insulated box and can be left in a safe location for up to 30 minutes. Your delivery will be left at the front door unless you have provided specific instructions especially for secure community.

DELIVERY OPTIONS

Regular Delivery - on the scheduled weekday we visit your suburb delivery time frames are a rough guide only and can vary due to order volume and traffic & weather conditions. We try to be open and transparent with our customers, which is why our delivery charges reflect the true cost of getting the food to you.

Flat delivery fee of \$12.50***Retirement Group Orders call for Discount Code****Customer Registration/Delivery Details**

NAME: _____ PHONE NUMBER: _____

ADDRESS: _____ UNIT: _____

VILLAGE: _____ E-MAIL: _____

*minimum \$55 order or additional fee may apply.

livelifefoods.com.au or call 1800 532 001