

PARADISE MEAL PREP

• EAT BETTER, FEEL BETTER •

PREPPING FRESH MEALS DAILY, WE OFFER HEALTHY, CLEAN AND MEASURED FOOD TO SUIT YOUR INDIVIDUAL GOAL WHETHER IT'S WEIGHT LOSS, PERFORMANCE OR PURE CONVENIENCE OF A HEALTHY MEAL IN THE FRIDGE!

FOR YOU, THIS MEANS NO SHOPPING, NO COOKING, NO CLEANING!

SIMPLY COME IN, CHOOSE YOUR PLAN, ORDER AND PICK UP THE NEXT DAY.



LEAN UP MEAL PLAN

LEAN UP 1	LEAN UP 2	LEAN UP 3	LEAN UP 4	LEAN UP 5
Best used as a snack meal	Approximately; Female: 40-55kg	Approximately; Female: 55-65kg Male: Below 70kg	Approximately; Female: 65-75kg Male: 70-80kg	Approximately; Female: 75-80kg Male: 80-90kg+
Approximately; Protein: 7 g Carbs: 9 g (Starch/Fibrous Veg 0/100%) Fat: 1.5 g	Approximately; Protein: 14 g Carbs: 9 g (Starch/Fibrous Veg 0/100%) Fat: 3 g	Approximately; Protein: 21 g Carbs: 18 g (Starch/Fibrous Veg 0/100%) Fat: 4.5 g	Approximately; Protein: 28 g Carbs: 18 g (Starch/Fibrous Veg 0/100%) Fat: 6 g	Approximately; Protein: 35 g Carbs: 18 g (Starch/Fibrous Veg 0/100%) Fat: 7.5 g

PERFORMANCE 1	PERFORMANCE 2	PERFORMANCE 3	PERFORMANCE 4	PERFORMANCE 5
Best used as a snack meal	Approximately; Female: 40-55kg	Approximately; Female: 55-65kg Male: Below 70kg	Approximately; Female: 65-75kg Male: 70-80kg	Approximately; Female: 75-80kg Male: 80-90kg+
Approximately; Protein: 7 g Carbs: 9 g (Starch50%/Fibrous Veg 50%) Fat: 1.5 g	Approximately; Protein: 14 g Carbs: 18 g (Starch75%/Fibrous Veg 25%) Fat: 3 g	Approximately; Protein: 21 g Carbs: 27 g (Starch/Fibrous Veg 75/25%) Fat: 4.5 g	Approximately; Protein: 28 g Carbs: 36 g (Starch/Fibrous Veg 75/25%) Fat: 6 g	Approximately; Protein: 35 g Carbs: 45 g (Starch/Fibrous Veg 75/25%) Fat: 7.5 g

LEAN UP MEAL PLAN COSTING							
PLAN					5 MEALS COST	10 MEALS COST	15 MEALS COST
LEAN UP 1	Best used as a snack meal	Protein: 7 g	Carbs: 9 g Starch 0% Fibrous 100%	Fat: 1.5 g	RP 211,912.00	RP 439,708.00	RP 659,505.00
LEAN UP 2	Approximately; Female: 40-55kg	Protein: 14 g	Carbs: 9 g Starch 0% Fibrous 100%	Fat: 3 g	RP 311,850.00	RP 623,584.00	RP 935,435.00
LEAN UP 3	Approximately; Female: 55-65kg Male: Below 70kg	Protein: 21 g	Carbs: 9g Starch 0% Fibrous 100%	Fat: 4.5 g	RP 537,884.00	RP 1,075,767.00	RP 1,613,651.00
LEAN UP 4	Approximately; Female: 65-75kg Male: 70-80kg	Protein: 28 g	Carbs: 18 g Starch 0% Fibrous 100%	Fat: 6 g	RP 636,174.00	RP 1,333,563.00	RP 1,908,522.00
LEAN UP 5	Approximately; Female: 75-80kg Male: 80-90kg+	Protein: 35 g	Carbs: 18 g Starch 0% Fibrous 100%	Fat: 7.5 g	RP 728,112.00	RP 1,456,224.00	RP 2,184,336.00



PERFORMANCE MEAL PLAN



PERFORMANCE MEAL PLAN COSTING							
PLAN					5 MEALS COST	10 MEALS COST	15 MEALS COST
PERFORMANCE 1	Best used as a snack meal	Protein: 7 g	Carbs: 9 g Starch50% Veg Fibrous 50%	Fat: 1.5 g	RP 195,195.00	RP 390,390.00	RP 658,350.00
PERFORMANCE 2	Approximately; Female: 40-55kg	Protein: 14 g	Carbs: 18 g Starch75% Veg Fibrous 25%	Fat: 3 g	RP 384,038.00	RP 768,075.00	RP 1,152,113.00
PERFORMANCE 3	Approximately; Female: 55-65kg Male: Below 70kg	Protein: 21 g	Carbs: 27 g Starch75% Veg Fibrous 25%	Fat: 4.5 g	RP 560,868.00	RP 1,121,736.00	RP 1,682,604.00
PERFORMANCE 4	Approximately; Female: 65-75kg Male: 70-80kg	Protein: 28 g	Carbs: 36 g Starch 75% Veg Fibrous 25%	Fat: 6 g	RP 731,346.00	RP 1,462,692.00	RP 2,194,038.00
PERFORMANCE 5	Approximately; Female: 75-80kg Male: 80-90kg+	Protein: 35 g	Carbs: 45 g Starch 75% Veg Fibrous 25%	Fat: 7.5 g	RP 895,587.00	RP 1,733,424.00	RP 2,686,761.00