



## Low GI Frozen Meals

### By NuYu Slimming & Wellness



All our meals are FRESHLY prepared and frozen at NuYu.

www.nuyu.co.za - Somerset West - 0218520204

Beef / Chicken / Vegetarian Meals <small>*(can add your own vegetables or salad)</small>	Sim B	QTY	Go-Mod	QTY
*Beef Stroganoff with fillet	R55		R65	
*Mince Bobotie	R33		R40	
*Beef Curry Mince	R33		R40	
*Paprika Chicken	R35		R45	
*Chinese Chicken	R33		R40	
*Thai Chicken Curry	R33		R40	
*Cajun Chicken	R33		R40	

Vegetable sides <small>(Add Protein)</small>	Sim B	Go-Mod
*Aubergine and Tomato Bake	R31	R40
*Vegetable Medley	R26	R33
*Cauliflower Rice	R26	R33
*Tomato & Celery Soup	R31	R40
*Ratatouille Vegetables	R26	R33

Complete Meals <small>(Vegetables &amp; Protein)</small>	Sim B	Go-Mod
*Meatballs with Tomato Relish	R40	R47
*Cheese & Veg Bake	R45	R47
*Aubergine Rolls	R45	R53
*Hearty Beef Soup	R47	R55
*Indian Tomato Chicken Soup	R40	R47
*Chicken, Broccoli Garden Soup	R40	R47
*Cajun Chicken with Cauliflower Rice	R40	R47

Name & Surname	
Cell Phone Number	
Email	
Date of Order	

Prices valid from 1st of March 2019 - 28th of Feb 2020

EMAIL ORDER to: [admin@nuyu.co.za](mailto:admin@nuyu.co.za)

\*\*Order may take up to 7-10 days to prepare, depending on availability



