



## 4 WEEK ROTATIONAL LOW CARB MENU

### *Week 1*

#### **MONDAY**

Spaghetti bolognaise served with zoodles, topped with parmesan and parsley

#### **TUESDAY**

Coconut chicken curry served with cauli-rice

#### **WEDNESDAY**

Honey & mustard tender chicken fillet served with vegetables

#### **THURSDAY**

Moroccan-style soft beef shin tagine served with cauli-rice

#### **FRIDAY**

Creamy pesto chicken served with zoodles topped with parmesan

### *Week 2*

#### **MONDAY**

Delicious chicken a la king served with cauli-rice

#### **TUESDAY**

Chicken curry served with cauli-rice

#### **WEDNESDAY**

Savoury mince, cauli-rice & vegetables

#### **THURSDAY**

Melt-in-your-mouth beef shin stew served with cauli-rice

#### **FRIDAY**

BBQ grilled tender chicken fillet served on butternut mash with vegetables

## Week 3

### MONDAY

Creamy tomato tender chicken fillet served with seasonal vegetables

### TUESDAY

Mama Kitchen's "Xhosa-style" chicken stew (bone-in) served with cauli-rice

### WEDNESDAY

Delicious beef bobotie served with cauli-rice

### THURSDAY

Chicken Korma served with cauli-rice

### FRIDAY

Beef burger patty on a bed of creamed spinach topped with cheese & mushrooms, served with vegetables

## Week 4

### MONDAY

Butter chicken served with cauli-rice

### TUESDAY

No pasta lasagne layered with aubergine, tomato & cheese, served with a fresh salad

### WEDNESDAY

Fragrant soft beef shin curry served with cauli-rice

### THURSDAY

Moroccan-style chicken stew with dried apricots & cauli-rice

### FRIDAY

Bunless Mexican chicken burger topped with tomato salsa, cheese & guacamole served with sweet potato fries

[info@homefooddeli.co.za](mailto:info@homefooddeli.co.za)

076 954 4405

072 712 1368

[www.homefooddeli.co.za](http://www.homefooddeli.co.za)