

Health

LIFT

life in full toning

making it easy to succeed

We specialise in meals
for active healthy
INDIVIDUALS
who are always on
the move...

Eating plans available:

- General healthy living
- Lean muscle
- Ladies vital
- Mass gains - intermediate and serious
- Zero carb

Now Available

- Family Meals.
- Various Packages Available

Introducing!!

LIFT Catering services & Platters
For the healthier alternative to your function
catering requirements. Now operating in your
area

Who can join the LIFT movement towards healthier living.

Absolutely anyone who want's to live a healthier lifestyle not just those in training but from scholars, moms & dads to professionals & beginners as well as the hardcore gym animal, we provide a meal plan for absolutely everyone. Now you too can live a healthy ever after.

Already following a diet?

Already on a diet, no problem give it to us, we can cost it and provide it for you, especially for those competing & in cross fit.

Why use LIFT nutrition...The Facts...

- We save you time.
- We save you money, by cutting out unnecessary spending, traveling etc.
- We lighten your stress load.
- It's affordable.
- WE TAKE CARE OF YOUR HEALTH.

We also offer assistants with training manuals
body assessments & training!

Just remember to collect your daily meals.
Various collection points already available.

What's new!!

- Family meals.
- Office catering.
- Platters
(New & Hot, the healthy tasty alternatives)
- Group packages & discounts on all programs.

Payments, terms & conditions.

- See agreements on T's & C's.
- No long term contracts.
- Payments, weekly or monthly in advance.

Specializing in meal options for the healthier individual always on the move...

Popular Platters...

SANDWICH PLATTERS

Available in: White and whole wheat brown, Low GI Health & Rye and assorted cocktail rolls filled with a variety of health fillings and dressings, also available in vegetarian..

GRILLED COCKTAIL KEBAB PLATTERS

Beef, Chicken, Fish & Vegetarian Cocktail Skewers

SAVOURY & MEAT PLATTERS

Springrolls, Samosas, Meat balls, Chicken Strips & Fish Strips

BREAKFAST PLATTERS

Muffins, Filled Coisants, Scones with Cheese & Jam, Fresh Fruit

(Platter serves 10 persons, pricing subject to change, order 48hrs in advance)

Family meals...& Office lunch time menu's...

Weekly menu's on offer...Please contact to receive info & pricing on this service.

Some Meals

Spagetti Bolognaise
Lasagne's

Beef/Chicken Curry & Rice
Chicken Ala King

Stroganoff
Stir Fry's

To name but a few, our menu's change weekly and payments are made in advance in order to facilitate catering.

These meals are all prepared the healthy nutritional way.

We only use fresh produce daily.

LIFT Nutrition services for healthier living and training.....

Eating plans available:

Lean Muscle

Ladies Vital

Mass gains - intermediate and serious

Zero Carb

General healthy living

We cover from the Vaal Triangle to Pretoria.

For any queries please feel free to contact us:



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