



90+  
mins  
Foodball 











## MEAL PREP SAMPLE

<u>MEALS</u>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>BREAKFAST</u>	Banana 50g Serving	Strawberry 50g Serving	Vanilla 50g Serving	Banana 50g Serving	Strawberry 50g Serving	Vanilla 50g Serving	Any Flavor 50g Serving
<u>LUNCH</u>	Soy Mince 50g serving	Pasta & Mince 50g serving	Beef Stroganoff 50g serving	Steak & Onion 50g serving	Chicken Casserole 50g serving	Any Flavor 50g Serving	Super Soup 25g serving
<u>DINNER</u>	Steak & Onion 50g serving	Chicken Casserole 50g serving	Soy Mince 50g serving	Pasta & Mince 50g serving	Beef Stroganoff 50g serving	Any Flavor 50g Serving	Super Soup 25g serving
<u>JUICE</u>	Orange 100g for 2L	Apple 100g for 2L	Pine-Nut 100g for 2L	Orange 100g for 2L	Apple 100g for 2L	Pine-Nut 100g for 2L	Any Flavor 100g for 2L

Please see the nutritional information for all of our products below.



# 90mins+

## Soy Mince



### Ingredients

Textured vegetable protein, Maize flour, Pre-gelatinized cereal, Salt, Vegetable fat, Sucrose, Hydrolysed vegetable protein, Herbs and spices, M.S.G., Yeast extract Food colouring, Citric acid, Stabilizer, Vitamins and minerals.

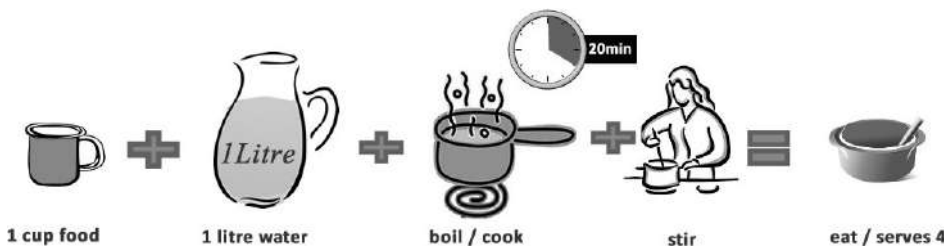
### Preparation

Add 1 cup of Soy Mince to 1 litre of water.  
Bring to the boil while stirring.  
Allow to simmer for 15-20 minutes before serving.

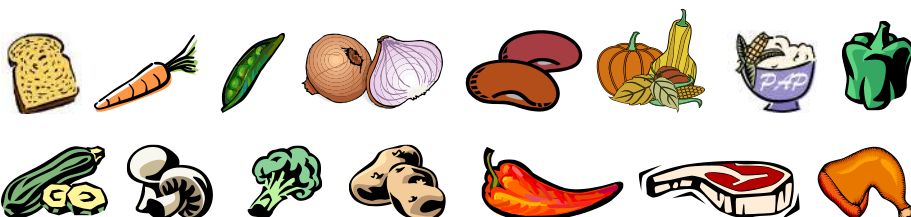
### Zulu:

X 1 inkomishi / izinkomishi Soy Mince + 1 litre amanzi + bila + shukuma = dla

Nutrition	Per	100g
Moisture	7.2	g
Energy	1533.00	kJ
Protein	23.70	g
Fat	7.60	g
Carbohydrate	48.50	g
Fibre	1.7	g
Ash	11.4	g
Calcium	120	mg
Iron	4.7	mg
Magnesium	162	mg
Phosphorus	335	mg
Potassium	905	mg
Zinc	2.8	mg
Vitamin A	1030	RE
Thiamine	7.1	mg
Riboflavin	3.6	mg
Nicotinamide	16.4	mg
Ascorbic acid	40.00	mg



**Soy Mince** is a fully balanced meal. If you would like to bulk the meal up, you can add any of the following for further nutrition. Always check flavour to match bulking up food. Soy Mince +



**Packaging :** 1Kg, 5Kg and 10Kg

**Flavours:** Beef, Curry, Chicken, Minestrone, Oxtail, Tomato-Peri





# 90mins+

## Pasta & Mince



### Ingredients

Texturized vegetable protein, Noodles, Whey, Vegetable fat, Maize flour, Corn-starch, Dehydrated vegetables, Salt, Hydrolysed vegetable protein, Bread flour, Sugar, M.S.G., Herbs and spices, Permitted flavouring and colouring, Yeast extract, Citric acid, Vitamins and minerals.

### Preparation

Add 1 cup of Pasta & Mince to 1 litre of water. Bring to the boil while stirring. Allow to simmer for 15-20 minutes before serving.

### Zulu:

X 1 inkomishi / izinkomishi Pasta & Mince + 1 litre amanzi + bila + shukuma = dla



**Pasta & Mince** is a fully balanced meal. If you would like to bulk the meal up, you can add any of the following for further nutrition. Always check flavour to match bulking up food. Pasta & Mince +



Nutrition	Per	100g
Moisture	6.5	g
Energy	1545	kJ
Protein	18	g
Fat	7.6	g
Carbohydrate	55	g
Fibre	1.1	g
Ash	10	g
Calcium	119	mg
Phosphorus	249	mg
Iron	3.5	mg
Magnesium	89	mg
Copper	0.5	mg
Zinc	1.9	mg
Vitamin A	915	RE
Thiamine	6.3	mg
Riboflavin	3.2	mg
Nicotinamide	15	mg
Ascorbic acid	35	mg

**Packaging :** 1Kg, 5Kg and 10Kg



# 90mins+ Chicken Casserole



## Ingredients

Pasta (wheat flour), texturized vegetable protein (soya), wheat flour, vegetable fat, salt, maize starch, sugar, whey powder (milk), hydrolysed vegetable protein, onion, monosodium glutamate (E621), yeast extracts, herbs & spices, flavours, flavour enhancer (E631, E627).

## Preparation

Add 1 cup of Chicken Casserole to 1 litre of water.  
Bring to the boil while stirring.  
Allow to simmer for 15-20 minutes before serving.

## Zulu:

X 1 inkomishi / izinkomishi Chicken Casserole+ 1 litre amanzi + bila + shukuma = dla



**Chicken Casserole** is a fully balanced meal. If you would like to bulk the meal up, you can add any of the following for further nutrition. Always check flavour to match bulking up food. Chicken Casserole +



Nutrition Per 100g	
Energy	1567 kJ
Protein	20.7 g
Fat	7.8 g
Carbohydrate	53.2 g
Dietary fibre	1.2 g
Ash	9.5 g
Vitamin A	3600 IU
Ascorbic acid	39 mg
Nicotinamide	15 mg
Riboflavin	3.5 mg
Thiamin	7.0 mg
Calcium	110 mg
Phosphorus	260 mg
Iron	3.5 mg
Magnesium	100 mg

**Packaging :** 1Kg, 5Kg and 10Kg



# 90mins+

## Super Soup (High Protein)



### Ingredients

Maize flour, Pre-cooked Soya, Salt, Pre-gelatinized cereal, Textured vegetable protein, Sucrose, Vegetable fat, Hydrolysed vegetable protein, Food colouring, Herbs and spices, Yeast extract, Citric acid, M.S.G., Stabilizer, Vitamins and minerals

### Preparation

Add 1/2 a cup of Super Soup to 1 litre of water.  
Bring to the boil while stirring.  
Allow to simmer for 15-20 minutes before serving.

### Zulu:

X 1 inkomishi / izinkomishi Super Soup + 1 litre amanzi + bila + shukuma = dla



**Super Soup** is a fully balanced meal. If you would like to bulk the meal up, you can add any of the following for further nutrition. Always check flavour to match bulking up food. Super Soup +



Nutrition	Per	100g
Moisture	7.86	g
Energy	1400.00	kJ
Protein	16.50	g
Fat	9.60	g
Carbohydrate	48.00	g
Fibre	1.6	g
Ash	16.1	g
Calcium	130	mg
Iron	3.6	mg
Magnesium	127	mg
Phosphorus	275	mg
Potassium	602	mg
Zinc	1.58	mg
Vitamin A	1005	RE
Thiamine	3.47	mg
Riboflavin	3.68	mg
Nicotinamide	21.30	mg
Folic acid	52	mg
Pantothenic acid	0.82	mg
Biotin	21.4	mg
Ascorbic acid	40.00	mg
Vitamin E	9.0	IU

**Packaging :** 1Kg, 5Kg and 10Kg

**Flavours:** Beef, Curry, Chicken, Minestrone, Oxtail, Tomato-Peri



# 90mins+

## Maize Power Boost



### Ingredients

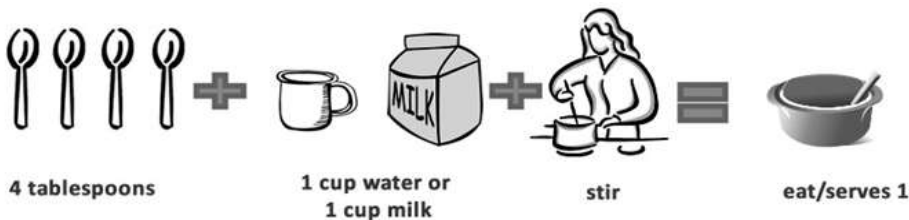
Pre-gelatinized maize, Pre-cooked Soya flour, Sucrose, Elemental minerals (Tri-calcium phosphate, Sodium chloride, Zinc oxide, Sodium selenite,) Citric acid, Nature identical flavouring, Stabilizer, Vitamins (Vitamin A acetate, Ascorbic acid, Nicotinamide,  $\alpha$ -tocopherol, Pantothenic acid, Pyridoxine HCl, Riboflavin, Thiamine HCl, Folic acid, Biotin, Cholecalciferol, Cyanocobalamin).

### Preparation

X 4 tablespoons Power Boost + 1 cup water or milk + stir = eat.

### Zulu:

x 4 (table) isipunu / izipunu Power Boost + 1 inkomishi amanzi / ubisi + shukuma = dla



**Maize Power Boost Porridge** is a fully balanced meal. If you would like to bulk the meal up, you can add any of the following for further nutrition. Always check flavour to match bulking up food. Maize Power Boost Porridge +



**Flavours:** Vanilla, Strawberry and Banana

Nutrition	Per	100g
Moisture	6.70	g
Energy	1610	kJ
Protein	14.5	g
Fat	7.0	g
Carbohydrate	68.6	g
Fibre	1.8	g
Ash	2.7	g
Calcium	245	mg
Phosphorus	345	mg
Iodine	150	mg
Magnesium	130	mg
Copper	0.4	mg
Zinc	9.8	mg
Selenium	57	mg
Vitamin A	500	RE
Vitamin C	30	mg
Vitamin D <sub>3</sub>	2.5	mg
Vitamin E	10.0	TE
Thiamine	1.19	mg
Riboflavin	0.9	mg
Pyridoxine	1.3	mg
Vitamin B <sub>12</sub>	0.5	mg
Nicotinamide	9.5	mg
Pantothenic acid	3.6	mg
Folic acid	0.10	mg
Biotin	68	mg

**Packaging :** 1Kg, 5Kg and 10Kg