



Nutrition Meal PLAN

Healthy Lifestyle

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY BREAKFAST Maize - Power **Boost Porridge -Boost Porridge -**Boost Porridge -Boost Porridge -**Boost Porridge -Boost Porridge -Boost Porridge -**50g & add 100ml 50g & add 100ml water (no sugar needed) - Variable Flavours Flavours Flavours Flavours Flavours Flavours Flavours MORNING SNACK Medium Size Fruit - seasonal local (optional) LUNCH **Canned Pilchards** Pasta & Mince -Mince & Maize -**High Protein Soup** Chicken Casserole Mince & Maize -**High Protein Soup** 50g add 250ml - 50g add 250ml - 50g add 250ml in tomato - 45g 50 g add 250ml - 50g add 250ml 50 g add 250ml water Flavours to water Flavours to water Flavours to **Fortified Super** water water water be varied White Maize - 30g be varied be varied Flavours to be Flavours to be varied varied **Fortified Super Fortified Super** White Maize-30g White Maize-30g Seasonal Veg -20g Seasonal Veg - 20g Seasonal Veg -20g Seasonal Veg - 20g Seasonal Veg - 20g Seasonal Veg -20g Seasonal Veg - 20g local local local local local local local JUICE Powdered luice -Powdered Juice -Powdered Juice -Powdered Juice -Powdered Juice -**Powdered Juice** -Powdered Juice fortified & vitamin C enriched orange juice - 10g & 125ml water water water water water water water

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Maize - Power	Maize - Power	Maize - Power	Maize - Power	Maize - Power	Maize - Power	Maize - Power
	Boost Porridge - 50g	Boost Porridge - 50g	Boost Porridge - 50g	Boost Porridge - 50g	Boost Porridge - 50g	Boost Porridge - 50g	Boost Porridge - 50g
	& add 100ml water	& add 100ml water	& add 100ml water	& add 100ml water	& add 100ml water	& add 100ml water	& add 100ml water
	(no sugar needed) -	(no sugar needed) -	(no sugar needed) -	(no sugar needed) -	(no sugar needed) -	(no sugar needed) -	(no sugar needed) -
	Variable Flavours	Variable Flavours	Variable Flavours	Variable Flavours	Variable Flavours	Variable Flavours	Variable Flavours
MORNING SNACK	Medium Size Fruit -	Medium Size Fruit -	Medium Size Fruit -	Medium Size Fruit -	Medium Size Fruit -	Medium Size Fruit -	Medium Size Fruit -
(optional)	seasonal local	seasonal local	seasonal local	seasonal local	seasonal local	seasonal local	seasonal local
LUNCH	Pasta & Mince - 50g add 250ml water Flavours to be varied	Canned Pilchards in tomato - 45g Fortified Super White Maize - 30g	Mince & Maize - 50 g add 250ml water Flavours to be varied Fortified Super White Maize-30g	High Protein Soup - 50g add 250ml water Flavours to be varied	Chicken Casserole - 50g add 250ml water	Mince & Maize - 50 g add 250ml water Flavours to be varied Fortified Super White Maize-30g	High Protein Soup - 50g add 250ml water Flavours to be varied
	Seasonal Veg -20g	Seasonal Veg -20g	Seasonal Veg -20g	Seasonal Veg -20g	Seasonal Veg -20g	Seasonal Veg -20g	Seasonal Veg -20g
	local	local	local	local	local	local	local
DINNER	Beef Stroganoff Noodles - 50g add 250ml water	Chicken Casserole - 50g add 250ml water	High Protein Soup - 50g add 250ml water Flavours to be varied	Steak & Onion Pasta - 50g add 250ml water	Mince & Maize - 50 g add 250ml water Flavours to be varied Fortified Super White Maize-30g	High Protein Soup - 50g add 250ml water Flavours to be varied	Steak & Onion Pasta - 50g add 250ml water
	Seasonal Veg -20g	Seasonal Veg -20g	Seasonal Veg -20g	Seasonal Veg -20g	Seasonal Veg -20g	Seasonal Veg -20g	Seasonal Veg -20g
	local	local	local	local	local	local	local
JUICE	Powdered Juice -	Powdered Juice -	Powdered Juice -	Powdered Juice -	Powdered Juice -	Powdered Juice -	Powdered Juice -
	fortified & vitamin C	fortified & vitamin C	fortified & vitamin C	fortified & vitamin C	fortified & vitamin C	fortified & vitamin C	fortified & vitamin C
	enriched orange	enriched orange	enriched orange	enriched orange	enriched orange	enriched orange	enriched orange
	juice - 10g & 125ml	juice - 10g & 125ml	juice - 10g & 125ml	juice - 10g & 125ml	juice - 10g & 125ml	juice - 10g & 125ml	juice - 10g & 125ml
	water	water	water	water	water	water	water

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Maize - Power	Maize - Power	Maize - Power	Maize - Power	Maize - Power	Maize - Power	Maize - Power
	Boost Porridge - 50g	Boost Porridge - 50g	Boost Porridge - 50g	Boost Porridge - 50g	Boost Porridge - 50g	Boost Porridge - 50g	Boost Porridge - 50g
	& add 100ml water	& add 100ml water	& add 100ml water	& add 100ml water	& add 100ml water	& add 100ml water	& add 100ml water
	(no sugar needed) -	(no sugar needed) -	(no sugar needed) -	(no sugar needed) -	(no sugar needed) -	(no sugar needed) -	(no sugar needed) -
	Variable Flavours	Variable Flavours	Variable Flavours	Variable Flavours	Variable Flavours	Variable Flavours	Variable Flavours
MORNING SNACK	Medium Size Fruit -	Medium Size Fruit -	Medium Size Fruit -	Medium Size Fruit -	Medium Size Fruit -	Medium Size Fruit -	Medium Size Fruit -
	seasonal local	seasonal local	seasonal local	seasonal local	seasonal local	seasonal local	seasonal local
LUNCH	Pasta & Mince - 50g add 250ml water Flavours to be varied	Canned Pilchards in tomato - 45g Fortified Super White Maize - 30g	Mince & Maize - 50 g add 250ml water Flavours to be varied Fortified Super White Maize-30g	High Protein Soup - 50g add 250ml water Flavours to be varied	Chicken Casserole - 50g add 250ml water	Mince & Maize - 50 g add 250ml water Flavours to be varied Fortified Super White Maize-30g	High Protein Soup - 50g add 250ml water Flavours to be varied
	Seasonal Veg -20g	Seasonal Veg -20g	Seasonal Veg -20g	Seasonal Veg -20g	Seasonal Veg -20g	Seasonal Veg -20g	Seasonal Veg -20g
	local	local	local	local	local	local	local
AFTERNOON SNACK	Powdered Juice -	Powdered Juice -	Powdered Juice -	Powdered Juice -	Powdered Juice -	Powdered Juice -	Powdered Juice -
	fortified & vitamin C	fortified & vitamin C	fortified & vitamin C	fortified & vitamin C	fortified & vitamin C	fortified & vitamin C	fortified & vitamin C
	enriched orange	enriched orange	enriched orange	enriched orange	enriched orange	enriched orange	enriched orange
	juice - 10g & 125ml	juice - 10g & 125ml	juice - 10g & 125ml	juice - 10g & 125ml	juice - 10g & 125ml	juice - 10g & 125ml	juice - 10g & 125ml
	water	water	water	water	water	water	water
DINNER	Beef Stroganoff Noodles - 50g add 250ml water	Chicken Casserole - 50g add 250ml water	High Protein Soup - 50g add 250ml water Flavours to be varied	Steak & Onion Pasta - 50g add 250ml water	Mince & Maize - 50 g add 250ml water Flavours to be varied Fortified Super White Maize-30g	High Protein Soup - 50g add 250ml water Flavours to be varied	Steak & Onion Pasta - 50g add 250ml water
	Seasonal Veg -20g	Seasonal Veg -20g	Seasonal Veg -20g	Seasonal Veg -20g	Seasonal Veg -20g	Seasonal Veg -20g	Seasonal Veg -20g
	local	local	local	local	local	local	local

2 MEALS A DAY							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Maize - Power Boost Porridge - 50g & add 100ml water (no sugar needed) - Variable Flavours	Maize - Power Boost Porridge - 50g & add 100ml water (no sugar needed) - Variable Flavours	Maize - Power Boost Porridge - 50g & add 100ml water (no sugar needed) - Variable Flavours	Maize - Power Boost Porridge - 50g & add 100ml water (no sugar needed) - Variable Flavours	Maize - Power Boost Porridge - 50g & add 100ml water (no sugar needed) - Variable Flavours		
LUNCH	Pasta & Mince - 50g add 250ml water Flavours to be varied	Canned Pilchards in tomato - 45g Fortified Super White Maize - 30g	Mince & Maize - 50 g add 250ml water Flavours to be varied Fortified Super White Maize-30g	High Protein Soup - 50g add 250ml water Flavours to be varied	Chicken Casserole - 50g add 250ml water		
	Seasonal Veg -20g local	Seasonal Veg -20g local	Seasonal Veg -20g local	Seasonal Veg -20g local	Seasonal Veg -20g local		
JUICE	Powdered Juice - fortified & vitamin C enriched orange juice - 10g & 125ml water	Powdered Juice - fortified & vitamin C enriched orange juice - 10g & 125ml water	Powdered Juice - fortified & vitamin C enriched orange juice - 10g & 125ml water	Powdered Juice - fortified & vitamin C enriched orange juice - 10g & 125ml water	Powdered Juice - fortified & vitamin C enriched orange juice - 10g & 125ml water	Powdered Juice - fortified & vitamin C enriched orange juice - 10g & 125ml water	Powdered Juice - fortified & vitamin C enriched orange juice - 10g & 125ml water

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Maize - Power Boost Porridge - 50g & add 100ml water (no sugar needed) - Variable Flavours	Maize - Power Boost Porridge - 50g & add 100ml water (no sugar needed) - Variable Flavours	Maize - Power Boost Porridge - 50g & add 100ml water (no sugar needed) - Variable Flavours	Maize - Power Boost Porridge - 50g & add 100ml water (no sugar needed) - Variable Flavours	Maize - Power Boost Porridge - 50g & add 100ml water (no sugar needed) - Variable Flavours	Maize - Power Boost Porridge - 50g & add 100ml water (no sugar needed) - Variable Flavours	Maize - Power Boost Porridge - 50g & add 100ml water (no sugar needed) - Variable Flavours
LUNCH	Pasta & Mince - 50g add 250ml water Flavours to be varied	Canned Pilchards in tomato - 45g Fortified Super White Maize - 30g	Mince & Maize - 50 g add 250ml water Flavours to be varied	High Protein Soup - 50g add 250ml water Flavours to be varied	Chicken Casserole - 50g add 250ml water	Mince & Maize - 50 g add 250ml water Flavours to be varied	High Protein Soup - 50g add 250ml water Flavours to be varied
			Fortified Super White Maize-30g			Fortified Super White Maize-30g	
	Seasonal Veg -20g local						
DINNER	Beef Stroganoff Noodles - 50g add 250ml water	Chicken Casserole - 50g add 250ml water	High Protein Soup - 50g add 250ml water Flavours to be varied	Steak & Onion Pasta - 50g add 250ml water	Mince & Maize - 50 g add 250ml water Flavours to be varied	High Protein Soup - 50g add 250ml water Flavours to be varied	Steak & Onion Pasta - 50g add 250ml water
					Fortified Super White Maize-30g		
	Seasonal Veg -20g local						
JUICE	Powdered Juice - fortified & vitamin C enriched orange juice - 10g & 125ml water	Powdered Juice - fortified & vitamin C enriched orange juice - 10g & 125ml water	Powdered Juice - fortified & vitamin C enriched orange juice - 10g & 125ml water	Powdered Juice - fortified & vitamin C enriched orange juice - 10g & 125ml water	Powdered Juice - fortified & vitamin C enriched orange juice - 10g & 125ml water	Powdered Juice - fortified & vitamin C enriched orange juice - 10g & 125ml water	Powdered Juice - fortified & vitamir C enriched orange juice - 10g & 125ml water

MEAL PREP SAM	٨PLE						
<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
JUICE	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.







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.

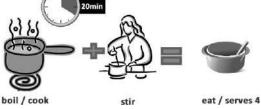
Zulu:

1 cup food

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







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 +



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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

Packaging: 1Kg, 5Kg and 10Kg

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









Per

6.5

1545

18

7.6

55

1.1

10

119

249

3.5

89

0.5

1.9

915

6.3

3.2

15

35

100g

g

kJ

g

g

g

g

g

mg

mg

mg

mg

mg

mg

RE

mg

mg

mg

mg

Nutrition

Moisture

Energy

Protein

Carbohydrate

Fat

Fibre

Ash

Iron

Calcium

Phosphorus

Magnesium

Copper

Vitamin A

Thiamine

Riboflavin

Nicotinamide

Ascorbic acid

Zinc

Ingred	ients
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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

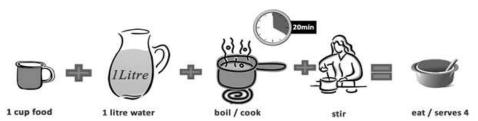
Add 1 cup of Pasta & Mince to 1 litre of water.

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

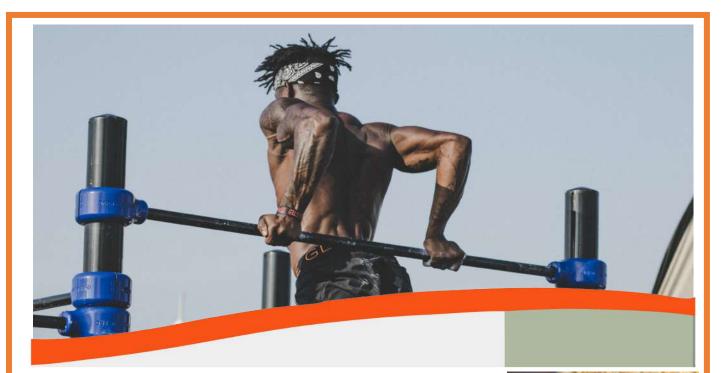


Pasta & Mince is a fully balanced meal. If you would like to bulk the meal up, you can add any of the following for further nutrition. Always check flavour to match bulking up food. Pasta & Mince +



Packaging: 1Kg, 5Kg and 10Kg

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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

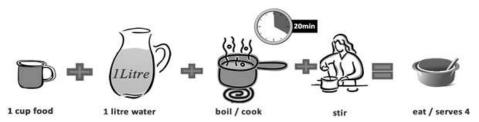
Add 1 cup of Chicken Casserole to 1 litre of water.

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

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Super Soup (High Protein)



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

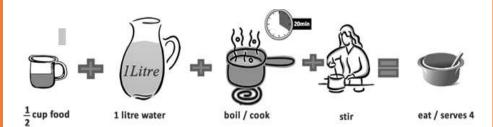
Add 1/2 a cup of Super Soup to 1 litre of water.

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 +



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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









Per

6.70

1610

14.5

7.0

68.6

1.8

2.7

245

345

150

130

0.4

9.8

57

500

30

2.5

10.0

1.19

0.9

1.3

0.5

9.5

3.6

0.10

68

100g

g

kJ

g

g

g

g

g

mg

mg

mg

mg

mg

mg

mg

RE

mg

mg

TE

mg

mg

mg

mg

mg

mg

mg

mg

Nutrition

Moisture

Energy

Protein

Carbohydrate

Fat

Fibre

Ash

Calcium

lodine

Phosphorus

Riboflavin

Pyridoxine

Vitamin B₁₂

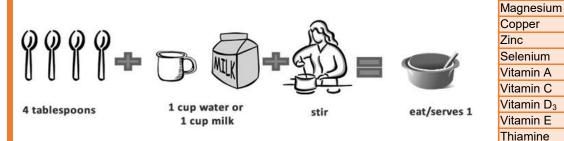
Ingredients

Pre-gelatinized maize ,Pre-cooked Soya flour, Sucrose, Elemental minerals (Tricalcium phosphate, Sodium chloride, Zinc oxide, Sodium selenite,) Citric acid, Nature identical flavouring, Stabilizer, Vitamins (Vitamin A acetate, Ascorbic acid, Nicotinamide, a-tocopherol, Pantothenic acid, Pyridoxine HCI, Riboflavin, Thiamine HCI, 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 +





Packaging: 1Kg, 5Kg and 10Kg

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