

HEALTHY WHEYS

HEALTHY MEALS DELIVERED TO YOU

MEAL 1

MONDAY	RICE DISH & THAI CHICKEN
TUESDAY	NOODLE DISH & JERK CHICKEN
WEDNESDAY	PASTA DISH & ITALIAN CHICKEN
THURSDAY	JACKET POTATO & MOROCCAN LAMB
FRIDAY	RICE DISH & SPICY BEEF
SATURDAY	NOODLE DISH & THAI CHICKEN
SUNDAY	PASTA DISH & CHINESE CHICKEN

MEAL 2

SALAD BOX & CHICKEN BREAST
VEGETABLE BOX & CHINESE CHICKEN
SALAD BOX & TUNA & SWEETCORN
VEGETABLE BOX & CHICKEN TIKKA
SALAD BOX & CHICKEN BREAST
VEGETABLE BOX & JERK CHICKEN
SALAD BOX & ITALIAN CHICKEN

WEIGHT LOSS SET MEAL

10 MEALS £35 | 14 MEALS £45

MONDAY - FRIDAY = 10 MEALS | SATURDAY - SUNDAY = 14 MEALS



MEAL 1

MON	RICE & CHICKEN BREAST
TUE	JKT POT & CHINESE CHICKEN
WED	PASTA & MOROCCAN LAMB
THU	NOODLES & CHILLI CHICKEN
FRI	JKT POT & MOROCCAN LAMB
SAT	PASTA & THAI CHICKEN
SUN	PASTA & TUNA SWEETCORN

MEAL 2

NOODLES & THAI CHICKEN
RICE & ITALIAN CHICKEN
NOODLES & SPICY BEEF
RICE & THAI CHICKEN
PASTA & JERK CHICKEN
NOODLES & ITALIAN CHICKEN
PASTA & CHICKEN BREAST

MEAL 3

PASTA & JERK CHICKEN
NOODLES & CHICKEN TIKKA
JKT POT & TUNA SWEETCORN
PASTA & ITALIAN CHICKEN
PASTA & CHINESE CHICKEN
RICE & SPICY BEEF
JKT POT & JERK CHICKEN

WEIGHT GAIN SET MEAL

15 MEALS £48 | 21 MEALS £65

MONDAY - FRIDAY = 15 MEALS | SATURDAY - SUNDAY = 21 MEALS



DELIVERIES

OUR MEALS ARE
FRESHLY PREPARED
AND DELIVERED
TO YOUR HOME
OR WORKPLACE

ANY MEALS
CAN BE
SUBSTITUTED

MONDAY-WEDNESDAY-FRIDAY
MORNINGS BETWEEN 9am -11am
SUNDAY-TUESDAY THURSDAY
EVENINGS BETWEEN 6pm-8pm
ETC: IF YOU BOOK A 10 MEAL PLAN
WE WOULD DELIVER:
MONDAY 4 MEALS FOR MON AND TUE
WEDNESDAY 4 MEALS FOR WED AND THUR
FRIDAY 2 MEALS FOR FRI

DELIVERIES ARE
INCLUDED IN THE
PRICE AND MAKES
SURE YOUR MEALS
ARE ALWAYS
**DELIVERED
FRESH**

TO ORDER - WWW.HEALTHYWHEYS.CO.UK

OR PHONE / TEXT - 07547 987386

MESSAGE US ON  healthywheys  healthywheys

TAKE TO WORK/ LUNCH SET MEAL PLAN

LOW
CALORIES

MONDAY	CHICKEN BREAST SALAD
TUESDAY	ITALIAN CHICKEN SALAD
WEDNESDAY	CHINESE CHICKEN SALAD
THURSDAY	TUNA MIX SALAD
FRIDAY	JAMAICAN JERK SALAD



£20

TAKE TO WORK/ LUNCH SET MEAL PLAN

MEDIUM
CALORIES

MONDAY	CHICKEN TIKKA RICE VEGETABLES
TUESDAY	MOROCCAN LAMB NOODLES
WEDNESDAY	ITALIAN CHICKEN PASTA
THURSDAY	TUNA MIX JACKET POTATO
FRIDAY	SPICY BEEF NOODLES



£20

LOW
CALORIES

EVENING MEAL SET MEAL PLAN



£20

MONDAY	THAI CHICKEN & VEGETABLES
TUESDAY	ITALIAN CHICKEN AND VEG
WEDNESDAY	SPICY BEEF & VEGETABLES
THURSDAY	CHICKEN BREAST & VEG
FRIDAY	CHICKEN TIKKA & VEGETABLES

MEDIUM
CALORIES

EVENING MEAL SET MEAL PLAN



£20

MONDAY	MOROCCAN LAMB NOODLES
TUESDAY	CHINESE CHICKEN RICE & VEG
WEDNESDAY	SPICY BEEF JACKET POTATO
THURSDAY	THAI CHICKEN PASTA
FRIDAY	ITALIAN CHICKEN NOODLES

TO ORDER VISIT - WWW.HEALTHYWHEYS.CO.UK OR PHONE / TEXT - 07547 987386

CASH ON DELIVERY

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JUST

6

MINUTES IN THE
MICROWAVE

FROZEN MEAL PREP

DELICIOUS HIGH PROTEIN
LOW SALT / SUGAR MEALSLONG
FROZEN
SHELF
LIFE

PULLED BEEF SUNDAY DINNER



Succulent pulled beef with potatoes, veg and a rich gravy, all ready in just 6 minutes.

CHICKEN CHORIZO PAELLA



Marinated Chicken breast pieces, smoky Spanish Chorizo, rice & authentic vegetables.

CHICKEN KATSU CURRY



Tender chicken in a crispy panko breadcrumb with fluffy Low GI rice and an authentic & silky sauce.

CHEEKY PIRI PIRI CHICKEN



We've marinated tender pieces of Chicken breast and paired with zingy LOW GI spicy rice.

CHICKEN KORMA



Succulent diced chicken breast marinated in a rich, mild and creamy coconut based sauce.

CARIBBEAN JERK CHICKEN



Carib flavour our jerk chicken, rice and peas POG is smoky and aromatic, with a hint of coconut.

CHICKEN CURRY



Made from an authentic blend of 15 herbs & spices this is a beautiful chicken dish.

PASTA BOLOGNESE



A rich meaty beef & chorizo pork ragu with low sugar Durum wheat semolina fusilli & herbs.

THAI GREEN CHICKEN



Featuring a mixture of green beans and red peppers and a refreshing, citrus tinged sauce.

SATAY CHICKEN



Rich peanut butter sauce and a mix of green beans, peppers & coriander as well a chicken breast.

BEEF CURRY



Tender beef in a traditionally spiced, Chinese style curry sauce with rice and vegetables.

4 BEAN MEXICAN CHILLI



Protein packed fibrous beans (red kidney, haricot, butter beans & chick peas) chilli recipe.

CRISPY BUFFALO CHICKEN



Tender chicken breast pieces in a crispy panko crumb and smothered in a sticky hot sauce!

CHILLI BLACK BEAN



Chinese style dishes from your meal plan, our Chilli Black Bean pots are packed full of flavour.

2 MEALS FOR £10

6 MEALS FOR £22.50

10 MEALS FOR £35

DELICIOUS FROZEN MEALS

MEALS CAN BE MICROWAVED FROM FROZEN
ONCE DEFROSTED LAST 3 DAYS REFRIGERATEDTO ORDER VISIT - WWW.HEALTHYWHEYS.CO.UK
OR PHONE / TEXT - 07547 987386

FOLLOW AND LIKE US



healthywheys



healthywheys

PROTEIN SHAKES DELIVERED TO YOU

TASTY LOW FAT, LOW CARBS, HIGH PROTEIN SHAKES

FLAVOURS AVAILABLE

CHOCOLATE PEANUT BUTTER

BANANA CREAM

BLUEBERRY MUFFIN

CARROT CAKE

CINNAMON DONUT

COCONUT CREAM

LEMON CHEESECAKE

SALTED CARAMEL

STRAWBERRY CREAM

VANILLA CREAM

WHITE CHOCOLATE

DOUBLE CHOCOLATE



OUR PROTEIN SHAKES
ARE DELIVERED
AS FOLLOWS

2 FOR £10.00
INCLUDES ONE
OFF DELIVERY

5 FOR £20.00
INCLUDES TWO
DELIVERIES
(FOR FRESHNESS)



LOW CARB HIGH PROTEIN BARS

4 FOR
£10

10 FOR
£20



BANOFFEE PIE



WHITE CHOCOLATE
CRISP



KEY LIME PIE



RASPBERRY
LEMON CHEESECAKE



SALTED CARAMEL



MILK CHOCOLATE
COCONUT



PEANUT BUTTER

MEAL DEAL

PROTEIN SHAKE

£10 (24hr NOTICE REQUIRED)

PLEASE CHOOSE YOUR MEAL
FROM ANY FRESH OR FROZEN
MEAL PLAN AND CHOOSE
YOUR PROTEIN SHAKE AND
BAR FROM ABOVE



MEAL



PROTEIN BAR



FOR ALL DEALS ON THIS PAGE, PLEASE CONTACT 07547 987386 ONLY

IF YOU ARE A PT/GYM AND WOULD LIKE A FREE LISTING
ON OUR WEBSITE PLEASE VISIT www.healthywheys.co.uk
TO SELL YOUR UNWANTED GYM EQUIPMENT
PLEASE VISIT www.healthywheys.co.uk

DESIGN & PRINT BY



BLACKPANDA
DESIGNS




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HEALTHY WHEYS

DELICIOUS FRESH READY MEALS

WRAPS	RICE	NOODLES	PASTA
<p>218 kcal 26 Protein 34 Carbs</p>  <p>ADD ANY OF OUR MIXES BELOW</p> <p>CHICKEN BREAST THAI CHICKEN JERK CHICKEN CHINESE CHICKEN ITALIAN CHICKEN CHICKEN TIKKA MORROCCON LAMB SPICY BEEF TUNA & SWEETCORN</p>	<p>668 kcal 32 Protein 150 Carbs</p>  <p>ADD ANY OF OUR MIXES BELOW</p> <p>CHICKEN BREAST THAI CHICKEN JERK CHICKEN CHINESE CHICKEN ITALIAN CHICKEN CHICKEN TIKKA MORROCCON LAMB SPICY BEEF TUNA & SWEETCORN</p>	<p>415 kcal 31 Protein 85 Carbs</p>  <p>ADD ANY OF OUR MIXES BELOW</p> <p>CHICKEN BREAST THAI CHICKEN JERK CHICKEN CHINESE CHICKEN ITALIAN CHICKEN CHICKEN TIKKA MORROCCON LAMB SPICY BEEF TUNA & SWEETCORN</p>	<p>404 kcal 33 Protein 75 Carbs</p>  <p>ADD ANY OF OUR MIXES BELOW</p> <p>CHICKEN BREAST THAI CHICKEN JERK CHICKEN CHINESE CHICKEN ITALIAN CHICKEN CHICKEN TIKKA MORROCCON LAMB SPICY BEEF TUNA & SWEETCORN</p>

VEG	SALADS	JACKETS
<p>131 kcal 26 Protein 16 Carbs</p>  <p>ADD ANY OF OUR MIXES BELOW</p> <p>CHICKEN BREAST THAI CHICKEN JERK CHICKEN CHINESE CHICKEN ITALIAN CHICKEN CHICKEN TIKKA MORROCCON LAMB SPICY BEEF TUNA & SWEETCORN</p>	<p>100 kcal 24 Protein 8 Carbs</p>  <p>ADD ANY OF OUR MIXES BELOW</p> <p>CHICKEN BREAST THAI CHICKEN JERK CHICKEN CHINESE CHICKEN ITALIAN CHICKEN CHICKEN TIKKA MORROCCON LAMB SPICY BEEF TUNA & SWEETCORN</p>	<p>329 kcal 28 Protein 68 Carbs</p>  <p>ADD ANY OF OUR MIXES BELOW</p> <p>CHICKEN BREAST THAI CHICKEN JERK CHICKEN CHINESE CHICKEN ITALIAN CHICKEN CHICKEN TIKKA MORROCCON LAMB SPICY BEEF TUNA & SWEETCORN</p>

6 FOR
£22.50

10 FOR
£35

14 FOR
£45

OUR MEALS TAILORED FOR WEIGHT LOSS,
WEIGH GAIN, BUILD MUSCLE AND WELLBEING

www.healthywhey.co.uk
07547 987386

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