

"Look after your body, it's the only place you really have to live!"

www.body-dynamics.co.za

♥ Product deliveries to take place on Mondays, Wednesdays & Fridays weekly
{deliveries free of charge within a 5 km radius of Faerie Glen, additional delivery charge for distances more than this:
R 5.00 p/km}

♥ Please place your order at orders@body-dynamics.co.za

♥ Deliveries over R 400,00 for Free (deliveries can also be delivered by your BD Trainer for Free with your training sessions).

At Bodydynamics we are all about health & WELLNESS, and not just fitness. We believe in balanced living for longevity, and not excluding any major food groups. We also know the importance of a good, balanced diet for results.

We believe in still enjoying all your favourite foods, but in adding a healthy twist-adding the good stuff and taking out the bad stuff...

BUT we are also all about flavour and enjoying your food-healthy eating never has to taste bland again!

MENU | to order



Healthy Homemade Granola | Almond & Cranberries (made with honey & coconut oil)

10 servings | R 85,00

No added preservatives or sugars





Low-Carb Homemade Granola | Chocolate Flavour

Made with Almond Flour, Coconut
Flour, Coconut Flakes, Flax Seeds,
Raw Cocoa, Honey, Coconut Oil &
Almonds

10 servings | R 95,00

Overnight Oats | Refined Sugar Free
Chocolate Flavoured Oats soaked in
Greek Yogurt Overnight with Almond
Flakes

1 serving (230 ml) | R 28,00

Added whey protein | R 34,00



Espresso Ball Treats | Refined Sugar Free

Made with Almond Nut Butter, Illy Filter
Coffee, Honey, Chocolate Whey protein
Powder & Coconut Flour

R 35,00 | 4 Protein Balls

[Can also order 2 of each flavour]

Cookie Dough Vanilla Protein Balls |
Refined Sugar Free

Peanut Butter/Almond Nut Butter
options, vanilla whey protein powder
with dark chocolate chips

R 35,00 | 4 Protein Balls

[Can also order 2 of each flavour]





Waist Friendly Malva Pudding | Refined Sugar Free

Traditional treat without the consequences

1 serving |

R 35,00

Chocolate Brownies | 100% Vegan & waistline friendly

[Made with Xylitol-Syrup, Wholewheat Flour, Cocoa Powder, Flax Egg & Almond Nut Butter

2 Brownies | R 24.00



Lemon Poppyseed Bread | Refined Sugar Free

Made with Oats, Honey, Lemons, Eggs, Poppy Seeds & Greek Yoghurt

R 45,00

Snack Bars | Refined Sugar Free

The ideal healthy lunch box snack

Made with Oats, Honey, Almond Butter & Chopped Almonds –topped with dark choc

R 18,00





Peanut Butter Cups | Refined Sugar Free

Made with sugar free Peanut Butter, Honey, Coconut Oil & 85% Dark Chocolate – perfect as a guilt-free treat

R 20,00 for 2

Peanut Butter Rice Krispie Treats | Refined Sugar Free

Made with Brown Rice Cereal, Sugar Free Peanut Butter, Honey, vanilla extract & 85% Dark Chocolate – perfect as a guilt-free treat

R 20,00 for 2



COMBO DEALS | special offers

♥ Perfect for the whole family or couples

BREAKFAST ESSENTIALS LUNCH BOX ESSENTIALS WEEKEND ESSENTIALS



**1 homemade granola
2 overnight oats
R140,00**



**3 SNACK BARS
1 LEMON POPPYSEED LOAF
R90,00**



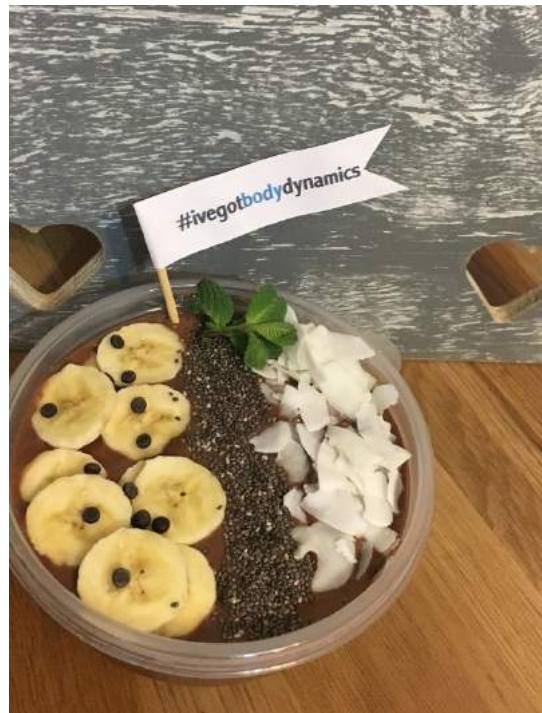
**4 vegan brownies
4 peanut butter cups
4 healthy malva's
4 vanilla protein balls
R 250,00**

WITHOUT THE SNEAKY ADDED SUGAR GUILT FREE GRAB & GO GUILT FREE INDULGENCE

Smoothie Bowls & Smoothie Stacks | Weekly Flavours

♥ Deliveries with your Training Session or Made to Order

♥ Enquire with us for Weekly Flavours Available



SMOOTHIE BOWLS

Different flavours weekly

| 350 ml

R 50,00

SMOOTHIE STACKS

Different flavours weekly

| 230 ml

R 35,00



PRODUCTS | to order

Gym/Yoga Tights | R 320,00-R 400,00

Contact us to see more/latest designs

