

Everyday ingredients to make healthy living easy and affordable for everyone

# LIVING WELL

PRICES VALID 24 JANUARY - 8 FEBRUARY 2022

*made easy*

Make dinner light 'n bright with our nourishing vegetable noodles. Keep it simple with tuna and egg, or go fancy with mackerel and Tasty Stem Broccoli.



## WE'VE GOT YOU COVERED

- ✓ LIVE FIT
- ✓ FREE RANGE
- ✓ LIVE PLANT BASED
- ✓ LIVE ORGANIC
- ✓ SNACK WELL

# Pick n Pay



Available at Supermarkets, Hypermarkets, PicknPay.com and Pick n Pay asap!

# FREE

*as a bird*

By choosing our free-range chicken and eggs, you're supporting local farmers and ethical farming practices. You'll also be getting the most succulent chicken – no antibiotics, growth stimulants or hormones.



Turn chicken breasts into a good-for-you Mediterranean Feast. Grill chicken with spices (try cumin, coriander and paprika), serve with sides like a grain salad, plain yoghurt or hummus, and add pickled red onions for zing.



**89<sup>99</sup>**

PnP Free Range Fresh Chicken Skinless Filleted Breast 5s Per kg



**79<sup>99</sup>**

PnP Free Range Fresh Chicken 4 Drumsticks and 4 Thighs Per kg



**79<sup>99</sup>**

PnP Free Range Fresh Chicken Thighs 4s Per kg



**59<sup>99</sup>**

PnP Free Range Fresh Whole Chicken in Tray Per kg



**39<sup>99</sup>**

PnP Free Range Large Eggs 18s



# Go with the GRAIN

Eating well starts with a healthy pantry. Try our fibre-rich staples like chickpeas, beans and lentils or the more uncommon ancient grains like spelt and bulgur wheat.

Good-for-you 3-bean salad



Tomato pesto and tuna wholewheat pasta



Green bulgur wheat grain bowl



Scan this QR code with your phone's camera to GET THESE EASY DINNER RECIPES.



2 FOR R22

WHEN YOU SWIPE

PnP Lentils 400g



2 FOR R32

WHEN YOU SWIPE

PnP Lentil Bobotie, Indian Bean Curry or Lentil & Bean Bolognese 410g



ANY 3 R40

WHEN YOU SWIPE

PnP Red Kidney Beans or Chickpeas 400g



25<sup>99</sup>

PnP Bulgur Wheat 500g



22<sup>99</sup>

PnP Coconut Chips Chocolate 50g

# Midweek meals, MADE HEALTHY

Whether you choose chicken, tofu or beans as protein for a midweek meal, we've got a healthy dinner for every diet and every family.



43<sup>99</sup>

WHEN YOU SWIPE



PnP Tofu Assorted 200g Each



22<sup>99</sup>

PnP Toasted Coconut Chips 50g



26<sup>99</sup>

PnP Asian Leaf Salad 150g



33<sup>99</sup>

PnP Carrot Noodles 250g



BUY 2 SAVE

20%

PnP Multiseed with Chia Tortillas 5s



Make your own tacos with our multigrain seeded tortillas. Simply hang tortillas between the grid of the oven rack and bake at 180°C for 8-10 minutes to create crisp shells.

Choose wholegrain and wholewheat options for a healthy, balanced diet with much-needed fibre.



# Work hard SNACK SMART

These snacks will give you the fuel you need to stay fuller for longer and an energy boost when you need it most.

Baked kale chips - crunchy snacks packed with good fats.

Our chickpea bites are high in fibre and protein.

Choose from chicken and baby marrow, corn and chickpea or beetroot bites.

Pick n Pay



25<sup>99</sup>

WHEN YOU SWIPE Scan to shop

PnP Livewell Smooth Peanut Butter 400g



29<sup>99</sup>

PnP Beetroot Bites 200g



20<sup>99</sup>

PnP Snack Well Nut Butter Bombs Assorted 40g Each



17<sup>99</sup>

PnP Snack Well Vanilla & Almond Protein Bar 40g



13<sup>99</sup>

PnP Snack Well Oat Bar Assorted 40g Each



14<sup>99</sup>

PnP Snack Well Almond Fruit Nut Bar Assorted 40g Each



# Plant based PANTRY

Choosing plant based doesn't require a complete change of lifestyle. Even just one or two plant based meals is better for you *and* the environment.



- 1. Denny's Mushroom Biltong 25g **15.99**
- 2. Happy Culture Kombucha, Sparkling Green Tea and Kefir Assorted 330ml **BUY ANY 2 GET 1 FREE**
- 3. Herbivore Chocolate Coconut Mylk 330ml **29.99**
- 4. PnP Livewell Lentil Bobotie 400g **BUY ANY 2 FOR R32**
- 5. PnP Livewell Soya Milk 1 Litre **19.99**
- 6. PnP Livewell Almond and Cocoa Baked Oat Bars **39.99**
- 7. Nescafé Almond Latté Assorted 90/96g Each **47.99**
- 8. Herbivore Vegan Honi 300g **33.99**
- 9. PnP Livewell Curried Tofu **43.99**
- 10. GÜDNESS Plant Based Cold Cuts Assorted 100g Each **26.99**
- 11. Herbivore Hazelnut Chocolate Cheesecake 100g **29.99**
- 12. Herbivore Cashewghurt Strawberry 100g **21.99**
- 13. Gaia & i Belgian Chocolate Frozen Dessert Assorted 500ml Each **72.99**
- 14. Yokos Cashew Yoghurt 500g **79.99**
- 15. Violife Dairy-Free Cheese Slices Assorted 200g Each **43.99**
- 16. PnP Livewell Beetroot Hummus **29.99**
- 17. PnP Livewell Vegetable Crisps Assorted 100g Each **28.99**
- 18. PnP Livewell Cranberry & Almond Fruit Nut Bar 30g **14.99**
- 19. PnP Livewell Beetroot Bites 200g **29.99**
- 20. Herbivore Plant-Based Bangers 320g **69.99**
- 21. Denny's Shitake Mushroom Crisps 25g **19.99**

Rich, flavour-packed spiced chara masala curry with crispy rotis.

All our plant based products are vegan-friendly. A plant based diet is not only good for your health, but also a sustainable choice for our planet.

Buddha steamer bowls that are bursting with colour and loaded with crunch.

Pick n Pay  
**LIVE PLANT BASED**

# DINNER'S

Ready-meals don't have to be unhealthy - grab a variety of plant based 'take-outs' for dinner in minutes. *done*



ANY 2 SAVE  
**R10**

PnP Deli and Meze Assorted 120-200g



**49<sup>99</sup>**

PnP Mixed Grain Buddha Bowl 390g



**47<sup>99</sup>**

PnP Lentil and Vegetable Cottage Pie 350g



**99<sup>99</sup>**

PnP Lentil & Vegetable Cottage Pie 800g



**74<sup>99</sup>**

PnP Basil Pesto Veggie Pizza 410g

# FROZEN FRESH

*is best*

Our frozen meals are bursting with goodness. Make sure your freezer is filled with these deliciously healthy bites.



Just because it's not fresh doesn't mean it's not good for you. Find us in the freezer!

MADE LOCAL, made with love

Founded by Dr. Tracey Nelwamondo, Malie's ice cream is vegan-friendly and packed with indigenous ingredients.



54<sup>99</sup>

PnP Frozen Falafels 400g Each



54<sup>99</sup>

PnP Frozen Spinach & Chickpea Burgers 378g Each



19<sup>99</sup>

Malie's Dairy-Free Frozen Dessert Assorted 125ml Each

Promotion valid at Pick n Pay Supermarkets and Hypermarkets in Gauteng, Free State, North West, Mpumalanga, Limpopo and Northern Cape. Excluding Upington, Peterville and Express Stores. Local restrictions on the sale of liquor may apply. Buy-aid cards not accepted at the following stores: Vanderhof, Northmead, Rosettenville, Elspark, Hoedspruit, Dobsonville and Sharon Park. Promotional stocks are limited. Prices include VAT, where applicable. Smart Shopper terms and conditions apply. No traders. E&DE. Selected products may not be available at all stores. Selected products have been styled for photography. Visit [www.picknpay.co.za](http://www.picknpay.co.za), or call 0860 30 30 30. Cellphone rates apply.

Beat the queues and shop online at [www.picknpay.co.za](http://www.picknpay.co.za). Some deals may not be available online.

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Also available at  
**Pick n Pay**  
**asap!**  
Groceries, delivered. Easy.