

TRIMION AFRICA™

Meal Prep System™

Premium Nutrition Structure™

- Breakfast examples: boiled eggs, oats, Greek yoghurt, berries and black coffee.
- Lunch examples: chicken rice bowls, lean wraps, steak and vegetables.
- Dinner examples: salmon, steak, vegetables and controlled carbohydrates.
- Hydration structure: consistent water intake across the day.
- Protein-first meal positioning with controlled portions.

CATEGORY	DETAIL
Framework	Meal Prep System™
Brand	TRIMION AFRICA™
Positioning	Premium Lifestyle & Discipline System™
WhatsApp	061 118 5978

Fine Print: This framework is intended for general wellness, discipline, lifestyle and educational purposes only. It does not replace professional medical, nutritional, psychological or fitness guidance. Results vary based on consistency, health status, nutrition, sleep, recovery and individual response. Always seek qualified professional advice where appropriate.