



GO NATURAL's MARCH 2026 NEWSLETTER

SURVIVE and THRIVE

"True Health Begins with T_r_u_t_h"

Dear Go Natural Family and all the new subscribers 😊.

We sincerely hope you are well and wish you all the very best for 2026.

The body is the ultimate self-healing entity when all the ROOT CAUSES are removed.

Make SELF-HEALING your destiny and motto for 2026 and onwards. To achieve this, one needs to make some sound adjustments in wisdom. The modern convenience diet, lifestyle, and systems are loaded with unnatural, harmful variables that inhibit the body from self-healing and functioning optimally. Our TOP SELLER (sold more than 12 000 copies), 500-page book is loaded with wisdom, methods, and know-how to counter all those debilitating "DIS-EASE" causing variables.

You are the heartbeat of Go Natural, and together we continue to inspire hope, healing, and true health across South Africa and beyond.

Keep Grinding - In Life and In Health, we are just a phone call away if and when you need help or guidance.

As we always say to motivate the consumption of true food: **"We are what we eat – your food is your future, yesterday's food ends up as the new you, today."** As old cells continually get replaced with new ones, cells only last so long then needs replacement, termed as cell apoptosis.

This **t_r_u_t_h** continues to guide everything we teach and everything we do.

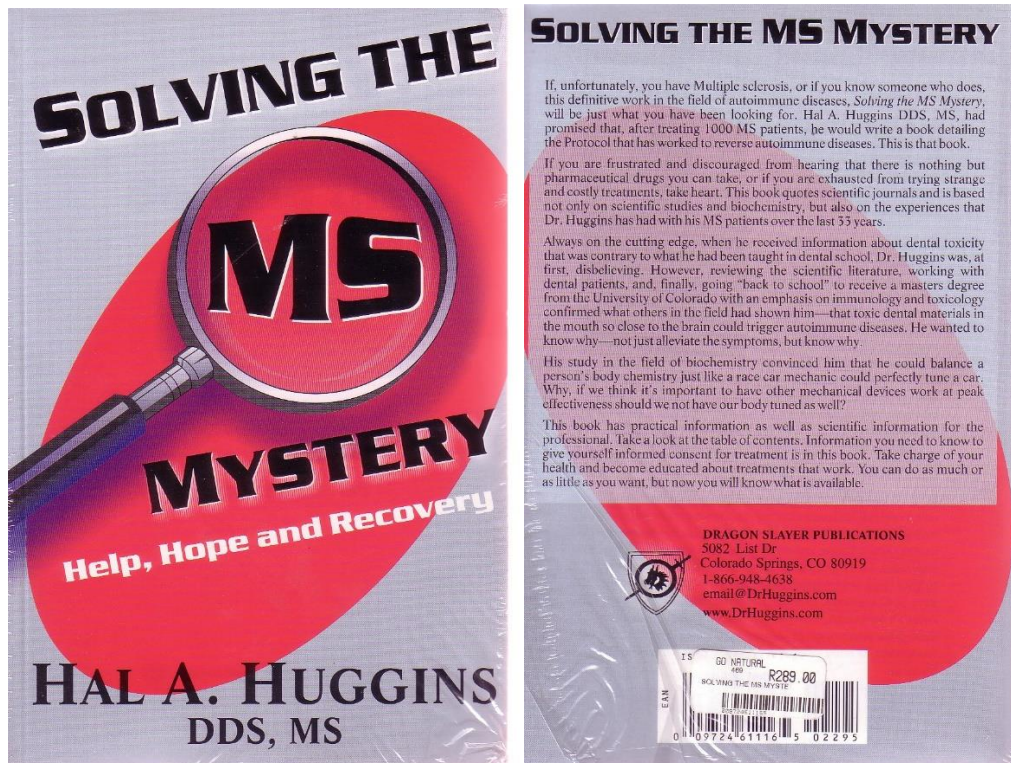
Every day, we see people reclaim their health with nothing more than God's provision, nature's wisdom, truthful knowledge, and the simple act of removing the poisons and obstacles that block the body's phenomenal healing design, created by the ALMIGHTY CREATOR.



EXTRAORDINARY GO NATURAL TESTIMONIES presenting Real-Life Case Studies in Healing.

If you ever need encouragement or a reminder of what's possible, simply visit our:

TESTIMONY PAGE: www.gonatural.co.za/testimonies or read Johan's 22-year recovery testimony from primary progressive multiple sclerosis in his book <https://gonatural.co.za/book-trailer/> or on our website <https://gonatural.co.za/about-us/>. There was no hope for him to recover until he removed all the root causes that poisoned him <https://www.youtube.com/watch?v=RhA6OgpMcKY&t=9s>.



You'll see real people recovering from conditions many believed "incurable."

That is the power of **T_R_U_T_H**, real food, clean living, and root-cause removal.

Our latest TESTIMONEY – a JOYFUL CELEBRATION OF LIFE after conquering severe chronic stomach pain for six gruelling years.

<https://gonatural.co.za/wp-content/uploads/Rachels-Youngest-Sons-Recovery-from-6-Years-of-Chronic-Stomach-Pain-Dec-2025-2.pdf>.

After all, it was all a severe parasite infestation; nobody identified it, but now he is free... So much to learn.

We remain committed to standing as a beacon of hope, truth, and natural health in a world drowning in deception, confusion, and misinformation.

2 X RE-EDUCATIONAL **EVENTS** TO CHOOSE FROM, scroll down.

<https://gonatural.co.za/calendar-bookings/>

14 MARCH 2026 – HEALTH REVIVAL SEMINAR @ VREDENHOF ORGANIC FARM

On this special day, come celebrate Johan's 22 – year of recovery from primary progressive MS and learn and equip yourself to survive and thrive.

The event includes a 1.5–hour riveting testimonial and summary of Johan's journey, book, and discoveries.

A 3-hour cooking demonstration, which includes traditional sourdough and the 3-in-1 Anti-Aging SUPER FOOD Chocolate recipes. See below the full invitation.



Make your booking here:
admin@gonatural.co.za
WhatsApp 066 275 5125
www.gonatural.co.za



Invitation

GO NATURAL'S HEALTH REVIVAL SEMINAR & WORKSHOP

Stepping out of the Matrix. Stop being a victim.

You're invited to join the founders and author of Go Natural for a lifesaving and changing, interactive day of learning, cooking and inspiration.

Learn from a survivor of an incurable disease Multiple Sclerosis (MS) that was clinically written off 22 years ago how to navigate through this modern SEA of DECEPTION.

Johan learned from experience, that you don't just get sick, but that you are slowly and systematically being made sick!

*You are welcome to
attend our seminar
to become
streetwise
regarding holistic
and sustainable
healthy living taking
you back 200 years
and beyond.*

**We have hope!!!
We have a plan!!!**



Date: Saturday, 14 Maart 2026
Time: 08:45 for 9:00 - 14:00
RSVP: 24hours before event
Venue: Go Natural, Vredenhof Organic Estate, Bredell Road, Firgrove, 7130.
Price: R700pp (Discount on 2 or more tickets - R650pp, bring a friend!)

**THE 3-HOUR WORKSHOP INCLUDES:
FOODS TO BE DEMONSTRATED AND PREPARED**

- 1.Sourdough bread - Traditional.
 - 2.Kefir - Fermented - Probiotic cocktail
- Included:

- 1.A Go Natural booklet with the recipes and for making notes.
- 2.Carrot Juice and testers of all the prepared food.
- 3.Your own sourdough starter.





Sourdough Workshop by Johan Jacobs

THE 2-HOUR SEMINAR INCLUDES:

PART 1 – JOHAN'S TESTIMONY & TEACHING EXPOSING THE TOTAL ONSLAUGHT and HOW TO NAVIGATE WEAPONIZED FOOD AND MODALITIES

1. How Johan survived advanced PRIMARY PROGRESSIVE MS, his 22nd year of recovery.
2. Introduction to the RATIONALE of why everybody should GO NATURAL.
3. The link between nutrition and physical degeneration.
4. Exposing modern "DIS-EASE" causing DECEPTIONS.
5. Exposing the archer-arrow principle of toxicology.
6. The hidden difference between a "dis-ease" and a condition.
7. The SOLUTION: GO NATURAL'S 10 Step Nutritional Program and Recovery Protocol.
8. How to unlock your INNER DOCTOR following an introduction to GO NATURAL'S recovery protocol.
9. Valuable advice about sidestepping hidden, modern health landmines.
10. Wisdom and knowledge on how to be pro-active and wise in this modern, toxic world.

PART 2 – GRAIN FOODS = STAPLE FOODS

Anthropological background of grain consumption.

1. Grain Anatomy and Wisdom

2. Wise Grain Practices

- Soaking
- Sprouting
- Fermentation
- Natural preservation and storage
- Fresh processing methods



Mark
YOUR
Calendar

www.gonatural.co.za
admin@gonatural.co.za
WhatsApp 066 275 5125

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GO NATURAL INFORMATION GROUP – 066 275 5125

🌱✨ We've created and invite you to the official Go Natural Group! ✨🌱

A friendly space for natural living and everyday wellness 🌿

Inside you'll find:

🌿 Wellness tips

🛒 Natural products

📖 Specials & updates

💚 Like-minded people

🍞 Fresh sourdough loaves baked daily - first come, first serve!

📅 Next Health Revival Seminar & Workshop: - 📅 14 March

🎫 Limited seats available - book now to secure your spot!

Simple, helpful, and made for real life 🌼

👉 Join us here:

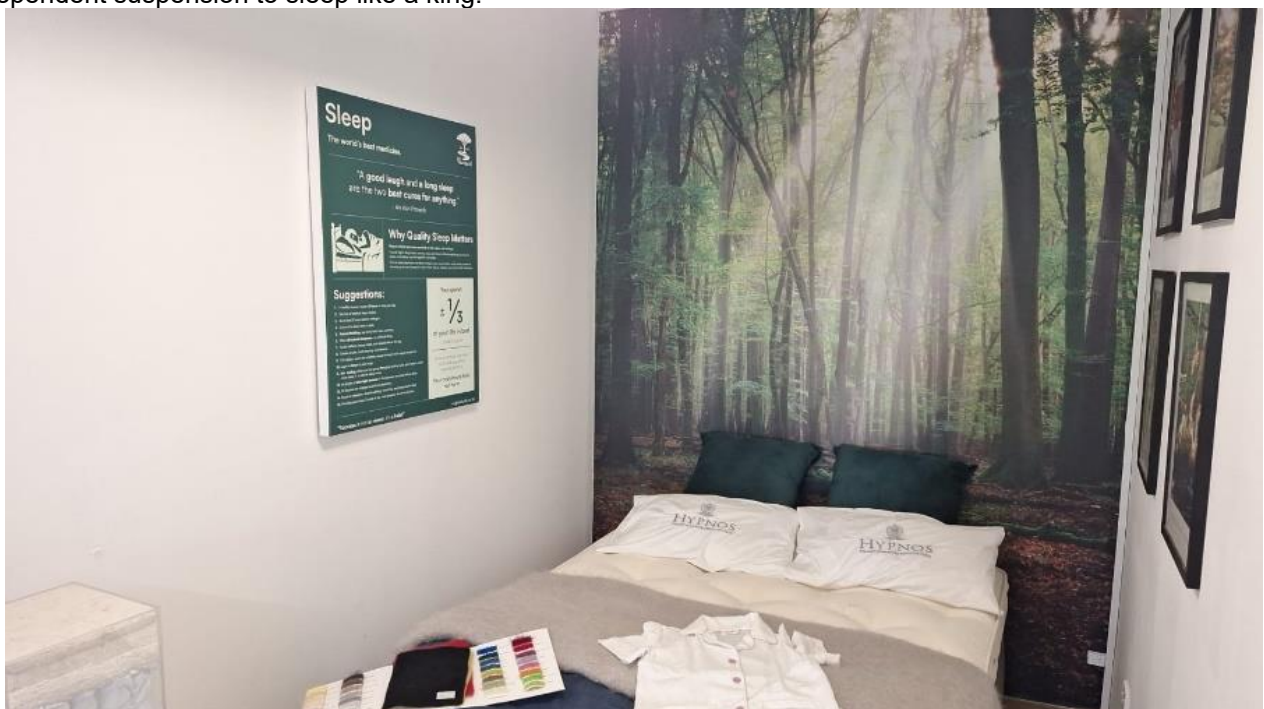
<https://chat.whatsapp.com/HGJK8KHgvykDuG62Crd8oS?mode=hqctcla>

Alternatively, send us a private message at this number to place your orders!

🌱 Let's grow healthier, together! 🌱💚

NEW PRODUCTS

1. Natural MATTRESSES – A non-toxic sleeping platform, no foam made of wool and cotton, all natural, no degassing. You are welcome to visit our SHOP to experience this phenomenal non-toxic sleeping platform with independent suspension to sleep like a king.



2. EMF – TRIFIELD Measuring Instrument

Modern excessive EMF exposure negatively affects our bodies; to measure is to know, and then one can make all the wise adjustments.



CEMPROTEC esi 34 - Electrosmog Indicator – Made in Europe

Highest competence in high-end trifield measuring instruments since 2009! New 2024 model with significantly higher Sampling rate for best detection of 5G mobile transmitters!

Designed and manufactured in France, easy-to-use EMF indicator with good accuracy. Test your living and sleeping area for **high-frequency radiation** (microwaves from WLAN, mobile phone transmitters, etc.) **and low-frequency electric and magnetic fields**. Allows for a simple and solid assessment of your personal Electro smog exposure.

<https://gonatural.co.za/product/cemprotec-34/>

3. [The ROLLING STONES oat roller](#) is brought to you by THE STONE MILL company.



THE ROLLING STONES OAT ROLLER



THE FRESHLY ROLLED OATS REVOLUTION! FLAKE, EAT, ENJOY FOR THE SAME DAY EXPERIENCE

Grain seeds are alive until flaked/rolled/milled – why eat old rancid, inflammatory, toxic, and carcinogenic oats when you can enjoy fresh, same-day flaked goodness?

The Rolling Stones Oat Flaker ensures no oxidization or nutrient loss, giving you the healthiest, yummiest oats you've ever had! Start flaking today and unlock a world of flavour and expect that explosion on your tongue @ <https://youtu.be/jOqIZz5D3xc>

Price:
R4900 (VAT Incl)

MAKE YOUR OWN HOMEMADE

Oat Bars

Oat Clusters

Oat Biscuits

Granola

Oat Porridge

Oat Risotto

Oat Cake

Oat Energy
Bites

Enjoy a 5% discount on our stone mills & grain rollers when you pay via EFT!
Email info@gonatural.co.za

 www.gonatural.co.za
 066 275 5125

 Vredenhof Organic Estate,
Bredell Road, Firgrove, 7130.

Shop now: <https://gonatural.co.za/grain-rollers/2205-the-rolling-stones-oats-roller.html>

The Rolling Stones video - <https://youtu.be/jOqIZz5D3xc> .

GO NATURAL'S ADVICE

20 Years ago, Dr Hal Huggins, my toxicologist, AND BIOLOGICAL DENTIST who was instrumental in saving my life in Colorado Springs in the USA said to us; "If you want to stay healthy and strong ensure that the master daily cleansing agent that you ingest, your WATER is pure and it doesn't do the opposite, that of polluting your most precious body."

The Rationale for PURE WATER

[Pure WATER is the FOUNDATION of HEALTH!](#)

Distillation is the only way to guarantee purity. Make sure you are not exposed to weaponized water and fake purified water and/or systems. Buy now, we offer three reputable GO NATURAL distiller models, Go Natural Water Distiller, White with Glass Collector bottle (GCB). Some of our models have been functioning for more than 20 years. We carry all the parts and are also a distiller service centre for our models.

<https://www.facebook.com/share/p/1GSLjkgLt8/>

WARNING: Over the last 12 months, we've witnessed the residue that remains after every cycle in the boiler pots of our distillers, an excessive increase in the revolting residue, both in quantity, and the amplified toxic, chemical smell, and the colour that becomes darker. something consistently has changed.

The advertisement features a central image of a stainless steel Go Natural water distiller with a black lid and a black handle. Water is shown splashing out of the top of the distiller. The background is a light blue gradient. At the top left is the Go Natural logo, which includes a tree and the text 'ESTD 2008' and 'go natural'. The main headline reads 'Pure Water is the Foundation of Health.' Below this, a sub-headline states 'Water Distillation is a proven solution, filtration is an illusion because it is incapable of removing ionic toxins.' Surrounding the distiller are eight white callout boxes with blue text, each containing a benefit of distillation. At the bottom, the website 'www.gonatural.co.za' and the WhatsApp number '066 275 5125' are displayed.

Pure Water is the Foundation of Health.

Water Distillation is a proven solution, filtration is an illusion because it is incapable of removing ionic toxins.

Distillation is the only process that is 99.9% effective everytime.

Peace of mind purity guaranteed.

Works out cheaper in the long haul.

Helps to cleanse your body of toxins.

No heavy metals, flouride or toxins.

Distillation = Rain = Natural.

Portable, customers travel with them.

www.gonatural.co.za WhatsApp 066 275 5125

YOUR HOME STONE MILL!!!



A home Stone Mill your family's Staple Food solution



WHOLE GRAIN IS AND WAS NATURE'S STAPLE FOOD SOLUTION FOR MILLENIA

Ancestral Staples from Organic, Non-GMO Grains

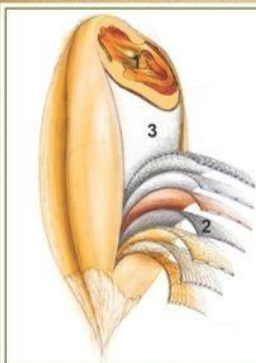
In times past, everyday staples such as bread, pasta, pizza, porridge, rusks and more were made from organic, non-GMO grains that were always freshly milled, often just moments before use, using a stone mill. This produced whole, clean, fresh flour—free from chemical preservatives and additives. With skilled hands and simple, wholesome ingredients, these grains were crafted into nourishing staple foods. The people of old never faced the listed health challenges we are experiencing today.

QUESTION:
So what went wrong?

"WHEAT THE KING OF GRAIN!"

Of all grains, wheat's composition is the most complete and balanced."

-Encyclopedia of Foods and their Healing Power, Education and Health Library Volume 2 (Page 306-311).



Whole Grain	Stone-milled		Refined White Flour
	Home	Commercial	
1. GERM: - Vitamins	✓	✗	✗
- Minerals	✓	✗	✗
- Amino Acids	✓	✗	✗
- Essential Fatty Acids	✓	✗	✗
- Enzymes	✓	✗	✗
- Antioxidants	✓	✗	✗
2. BRAN: - Fibre	✓	✓	✗
- B-Complex Vitamins	✓	✓	✗
- Antioxidants	✓	✓	✗
3. ENDOSPERM: - Carbohydrates	✓	✓	✓
Nutritional value retained after milling	100% Full grain kernel	20% Germ removed	10% Germ & Bran removed

ANSWER:
"The whiter the bread, the sooner you're dead!" Thanks to the modern roll milling process that strips away the germ & bran.

Modern health challenges since the consumption of refined, ultra processed grain products:

- Constipation and gut diseases
- Wheat and gluten intolerances
- Weight gain and obesity
- Type 2 Diabetes
- Tooth decay and osteoporosis
- Nutrient deficiency
- Poor vitality and immunity

All linked to nutritional injuries!

From grain to flour to staple food.
All in one day!
Taste the freshness.
Invest in your health! Get your stone mill today.

EAT WHOLE - LIVE WHOLE & FLOURISH

Incorporating traditional whole grain foods into your daily diet is one of the cheapest, simplest, and most powerful staple food solutions you can choose.

Embrace nutrition the way God and nature intended -whole, hearty, and healing.

WhatsApp 066 275 5125
Somerset West, WC, 7130
www.gonatural.co.za



A STONE MILL is your home's STAPLE FOOD SOLUTION, to help you to STEP OUT of the matrix of weaponised grain related staple food varieties, like, bread, pizza, pasta, rusks, porridge, etc. Yea, the modern "food" system offers you all these highly refined, harmful, food like substrates that are grossly nutrient deficient, that will cause a lot of nutritional injuries (overweight, diabetes, obesity osteoporosis, tooth decay, a compromised immune system and many more) over time. This subject is well-researched and documented in our GO NATURAL book.

This short article, present the why, what and how plus the "7 X REASONS to OWN your OWN HOME STONE MILL":

<https://gonatural.co.za/wp-content/uploads/2024/03/7-Reasons-For-Owning-a-Home-Stone-Mill-Dec-2021.pdf>
<https://www.facebook.com/share/p/147eJRT3Ek/>

WHY JUICE?



WHY JUICE?

The modern refined food chain causes most people to be nutrient deficient.
Juicing is the most natural, fastest, and cost-effective way to get nutrients at cellular level.

- Boost** the immune system with loads of antioxidants.
- Regain** and boost your health and vitality.
- Detox** your cells.
- Greenstar Juicer Twin Gear**
- Purify** your blood
- Accelerate** your bodies natural healing process.
- Balance** your PH.
- Spike** your energy levels.
- Hydrate** your body.
- Cold press - slow juicer.**

Juice from a TWIN GEAR juicer is ± 100% more nutrient-dense than juice made with conventional juicers, the fact is the twin gears crush open every cell of the juicing substrate. Unlike the other technologies, you benefit from nutrients from the harder parts, not only juice from softer easy-to-extract nutrient-poor parts.

www.gonatural.co.za **WhatsApp 066 275 5125**

BOOST, Alkalise, and Reprogram your body!

<https://www.youtube.com/watch?v=Y2ZjmJFvsR4>

BACKGROUND

Because of our fast-paced modern lifestyles, it has become nearly impossible to ingest enough raw vegetables (containing their antioxidants, Phyto-chemicals, living minerals, enzymes, vitamins and more) to be optimally nourished. On top of that reality, many people today are also overexposed to unnatural and abnormal amounts of pollution, stress, time constraints, toxins, [trick and cheat foods](#) that cause the masses to experience malnourishment and toxicity.

Juicer selection

Not every juicer produces the same desired results.

You are welcome to contact us for the best advice.

2 X SUGGESTIONS:

1. GREEN STAR TWIN GEAR juicer

<https://gonatural.co.za/product/green-star-5000-elite-juicer-2/> how they operate.

2. ANGEL JUICERS



[10 Angel juicer 3D \(youtube.com\)](#) – SUPERIOR QUALITY AND MATERIALS AN ENGINEERING WONDER

You are welcome to WHATSAPP or contact us should you be interested at 066 275 5125.

Available only on special instructions where we need an 80% deposit to confirm the order.

We still import the Angel Juicer, but since the pandemic everything has changed, and we do not carry stock, however, we still bring it in one by one on demand. We remain loyal to our customers and are importing spare parts and still servicing our customers, by repairing faulty units, and the supply of consumables, like seals, etc.

Lead time: ± 3 weeks from payment.

<https://www.facebook.com/share/p/19BuirPTPS/>

DO YOU NEED HELP OR ADVICE??

START YOUR RECOVERY JOURNEY —BOOK A CONSULTATION

Johan's Healing Journey: From "Dis-ease" to Recovery

After conquering Primary Progressive Multiple Sclerosis (PPMS), a condition once thought to be irreversible, Johan discovered something powerful:

"Sickness is no accident".

Every "dis-ease" has root causes. When these are identified and removed, the body can begin to heal itself—naturally. Johan's recovery journey led him to life-saving knowledge that he now shares with others. Make sure to order your book TODAY!

What You'll Gain from a Consultation:

- Insight into the root causes of "dis-ease"
- Practical, empowering advice tailored to your health journey
- Referrals to trusted health and medical specialists
- Firsthand knowledge from someone who's walked the road to healing

Discover the miracle of the body's built-in ability to restore itself.

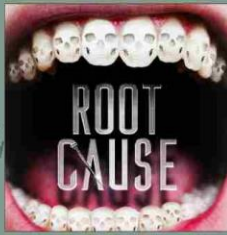
Your healing journey can start today.



LET'S TALK!

WISDOM GAINED FROM OUR RECOVERY JOURNEY

• Why it is essential to get a detailed jaw scan



Hidden jaw infections, root canal-treated teeth, and mercury(amalgam) fillings are some of the most underestimated threats to long-term health.

These dental issues can silently release toxins and bacteria into the bloodstream, leading to chronic inflammation, neurological injuries, and serious "dis-ease" conditions throughout the body.

If you're serious about uncovering the root causes of your health challenges, don't ignore your jaw. A proper scan and dental evaluation could reveal the missing link in your healing journey.

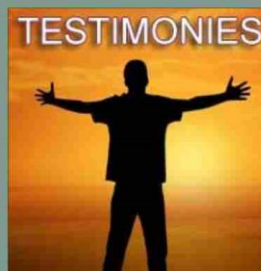
• Say no to preserved foods—say yes to real nourishment

Once you remove processed foods from your diet, your body will begin to thrive. You'll notice clearer skin, increased energy, sharper focus, and a renewed sense of well-being, just a few of the many benefits that come from fueling your body with real, whole foods.

• Feeling stuck? Let this be your gentle nudge forward.

Check out our website to read real stories from people who have overcome "dis-ease" by removing root causes and adopting the right nutrition.

Their journeys are powerful, and we're sure you'll find them inspiring!



066 275 5125



admin@gonatural.co.za



www.gonatural.co.za



Go Natural, Vredenhof Organic Estate, Bredell Road, Firgrove, 7130.

"Each patient carries his own doctor inside him. We are at our best when we give the doctor who resides within a chance to go to work." – Albert Schweitzer



If you need help? Spoil and motivate yourself by discovering all our testimonies <https://gonatural.co.za/testimonies/> received over the years since we started this GO NATURAL movement and our natural-healing protocol.

If you know someone who may be struggling with health-related issues (even severe conditions like; Cancer, Diabetes, MS, Dementia, Fibromyalgia, ADHD, Rheumatoid arthritis, autoimmune diseases, etc. we have helped)? Do yourself a favour, and experience the self-healing capability of your marvellous body, once all the ROOT CAUSES are removed by reading these beautiful and profound [TESTIMONIES](#).

These testimonies have proven that our bodies were engineered to win, heal, and improve. We need to do our part to create the right environment for healing and homeostasis. Today, more than ever, you need to have the wisdom and discernment to decide what you will allow your body to ingest and also what practices and procedures you will allow to be done on/to your body.

Our natural and common-sense principles in our book offer you freedom from the shackles of "dis-ease", rather than most conventional treatments with pharmaceutical and chemical medicine, while the **root causes** remain unaddressed.

Should you be interested, this is what you can expect from an advisory consultation with Johan, <https://gonatural.co.za/consultations/>.



join our go natural whatsapp broadcast

follow these easy steps to
receive whatsapp updates
from go natural

step 1 - save 066 275 5125 to
your contacts

step 2 - send your name and
surname to the saved number
with the keyword "broadcast"
that's it; you're done!

welcome to our
go natural family!

we only send out one
whatsapp update per week
www.gonatural.co.za

GO NATURAL'S Health Revival – Seminars and Workshops

Be a CHANGE AGENT and make a DIFFERENCE!

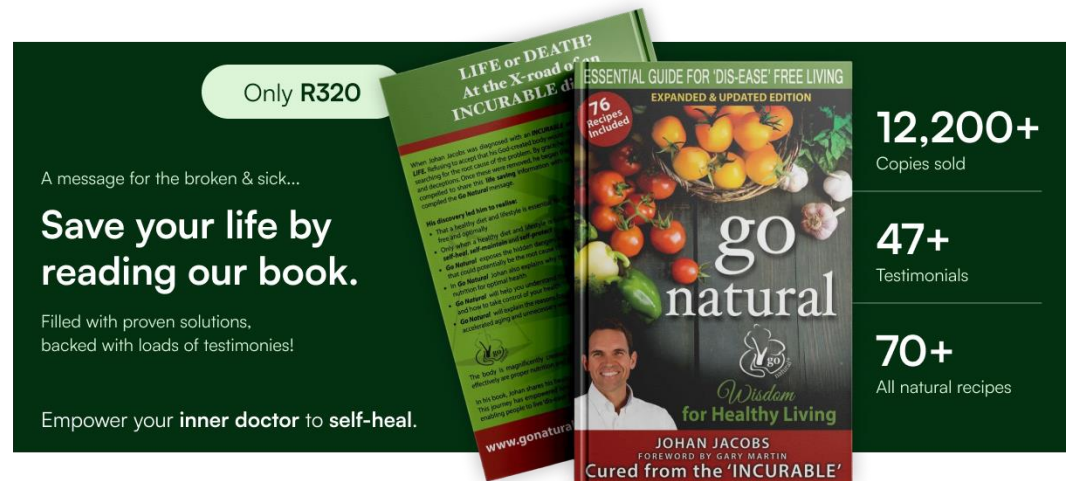
Arrange a **GO NATURAL'S HEALTH REVIVAL seminar near you.**

INVITE us, as we travel across our beloved country, to testify and spread our **GO NATURAL – Health Revival** message. Email Johan at johan@gonatural.co.za to arrange your seminar for 2026.

GO NATURAL'S SOCIAL MEDIA CAMPAIGN ☺

Please like us on FACEBOOK <https://www.facebook.com/gonaturalsouthafrica> to help us spread the good news of long-term sustainable health.

GO NATURAL'S best LIFE-SAVING product!
The GIFT that never Stops GIVING....



Price: R320 each.

Our 514-page [GO NATURAL BOOK](#) has helped thousands of readers to thrive amidst the “hidden” TOTAL ONSLAUGHT. Our GO NATURAL book exposes the ROOT CAUSES concocted to make one sick and “dis-eased” and in parallel, our book offers proven SOLUTIONS to thrive even as we live in this broken and dangerous modern environment. You are welcome to familiarize yourself with our proven track record on our [TESTIMONY](#) page.

GO NATURAL BOOK SPECIAL

❖ OPTION 1

If you buy six and more books you receive a whopping 40% discount. Below is the online order link.

<https://gonatural.co.za/books-media/964-go-natural-wisdom-for-healthy-living-6-x-books-special-0920202020202.html>

❖ OPTION 2

If you buy a box of 24 books or more you qualify for a 50% discount per book, half price. Email us at admin@gonatural.co.za to receive this option. We will then send you a sales order for an EFT.

Our call to action.

Help humanity, SPREAD our BOOK, every house should have access to this life-saving information.

SUGGESTION – Use, our book as a birthday present for all our loved ones for this year.

Imagine - A GIFT with a lifesaving and changing PURPOSE. ☺

NOTE - We have an [ONLINE SHOP](#) where we sell our book, methods, and products, which we deliver all across our beloved country.

We HOPE and PRAY that you will embark with us on this GO NATURAL journey, you will never regret it.
FREE 30-page PORTION of our GO NATURAL BOOK.

Final words

You are always welcome to contact us for more information or advice regarding healthy living. We are privileged to have helped many people accomplish their goals to live healthy lives. Here are some of our testimonies - <https://gonatural.co.za/testimonies/>.

I encourage you to never give up; ALWAYS push forward and remember that your body is designed to win and heal. Always give your body what it was originally designed to have: true food and a clean environment. Remember, "SUCCESS IS NOT AN EVENT, IT IS A HABIT."

Blessed regards

Johan, Alicia and the GO NATURAL team

DISCLAIMER

"This newsletter does not provide medical advice. It is intended for informational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment. Never ignore professional medical advice in seeking treatment because of something you have read in this newsletter or on the Go Natural website. If you think you may have a medical emergency, immediately call your doctor".

How to CONTACT Us & Meat to Order

Our Meat Price List to follow on the next page.

Remember, we supply pasture-reared clean meat from the KOUP district in the Karoo.

We also stock freshly frozen, vacuum-packed ethical meat products, i.e., beef, lamb and chicken.

MILK

We also sell fresh raw milk, delivered weekly, place your order every Monday morning early by sending a WhatsApp to our Go Natural WhatsApp phone 066 275 5125 or email admin@gonatural.co.za.

Lower down find our meat product list. Contact Alicia at alicia@gonatural.co.za or 082 297 9700 to order.

FIND OUR MEAT PRICE LIST ON THE NEXT PAGE 📄



MEAT EVERY THURSDAY ORDER TUESDAYS

ALICIA 082 297 9700

info@gonatural.co.za

Date: Tuesday, March 3, 2026

Type of meat	Price/kg
Lamb A1, A2 (Whole or half lamb) (from Koup)	R 164
Loose LAMB chops	R 190
Lamb Leg (whole/tjops)	R 240
Lamb rib chops or rack of lamb	R 260
Loin lamb chops or Rib chops	R 260
Lamb liver per kg	R 80
Leg of lamb deboned	R 245
Lamb Shoulder (tjops or whole)	R 235
Lamb Neck (tjops or whole)	R 165
Lamb stew/Potjiekos	R 180
Lamb Shanks/Skenkels (whole/ tjops)	R 185
Lamb Skilpadjies (liver & fat)	R 110
Lamb mince	R 235
Lamb Goulash NEW!!!!	R 235
Lamb Sosaties	R 230
Sheep sausage	R 200
Sheep mince	R 185
BEEF shin or stew specify please	R 130
Beef Marrow Bones	R 55
Beef sausage (MSG free)	R 165
Beef mince	R 145
Beef goulash	R 155
Beef Patties 1kg	R 130
Matured steaks:	
Fillet's Steak	R 430
T-Bone	R 200
Sirloin	R 260
Rump Steak	R 260
Kudu Sausage 1kg	R 150
Other	
Beef Tongue	R 150
Beef Cheese Sausage 500g	R 120
Beef Biltong 1kg	R 480
Beef Salami 1kg	R 220
Beef droëwors	R 400
ORGANIC CHICKEN FILLETS PER KG	R 170
ORGANIC CHICKEN WHOLE PER KG	R 125

PAYMENT OPTIONS: CASH OR EFT - SMS CONFIRMATION THANK YOU

Bank Details:

A. Jacobs, FNB, Account No.: 62395323125 Branch: 250655

Ref: Your Name

Prices may go up or down due to market

