



flow

a state of mind

be balanced with flow

lifestyle meal plans delivered to your desk or door

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22 day plan | 3 Meals 2 Snacks | AED 2399

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Monday 22nd	Breakfast	Acai & Blueberry Yoghurt Granola
	Snack	Berry Nutty Fruit Mix With Wild Goji Berries
	Lunch	Chicken Chasseur With Red Rice
	Snack	House Spiced Nuts
	Dinner	Roasted Squash, Mung Bean & Wild Rice
Tuesday 23rd	Breakfast	House Granola Clusters With Fresh Berries, Oat Milk & Date Yoghurt
	Snack	Smoothie Of The Day
	Lunch	Creamy Flaked Salmon & Asparagus Pasta
	Snack	Protein Balls
	Dinner	Horiatiki Salad With Chicken
Wednesday 24th	Breakfast	Flow Keto Breakfast, California Avocado, Scrambled Eggs, Smoked Salmon, Halloumi Cheese, Heirloom Tomatoes & Sauteed Spinach
	Snack	Date & Orange Protein Balls
	Lunch	Mexican Steak With Rice & Bean, Chunky Tomato Corn Salsa
	Snack	Juice Of The Day
	Dinner	Pad Thai Salad With Shrimp
Thursday 25th	Breakfast	Strawberry Chia pudding
	Snack	Maple Muesli Flapjack
	Lunch	Penne Arrabiatta
	Snack	Juice Of The Day
	Dinner	Kale Salad With Roasted Carrot & Beetroot
Friday 26th	Breakfast	Blue My Berry Oats With Oat Milk
	Snack	Smoothie Of The Day
	Lunch	Chicken Pad Thai With Rice Noodles
	Snack	Juice Of The Day
	Dinner	Roasted Crushed Potato Salad With Thyme Roasted Carrots, Green Beans & Cranberry Dressing
Saturday 27th	Breakfast	Toasted House Muesli Mix With Fresh Strawberries, Toasted Almonds, Chia Seeds & Fresh Low Fat Milk
	Snack	Berry Nutty Fruit Mix With Wild Goji Berries
	Lunch	Greek Kale, Avocado & Feta Salad With Parmesan Dressing
	Snack	Banana Blind Date Smoothie
	Dinner	Chicken Thai Coconut With Brown Rice
Sunday 28th	Breakfast	Flow Big Breakfast
	Snack	Minted Pineapple
	Lunch	Truffle Steak Bloomer
	Snack	Fruit Salad Pot
	Dinner	Chicken Biryani With Raita

Delivery Times And Delivery

All Deliveries Of The Meal Plans Will Be Made Between 6am And 8am. The Food Will Be Delivered At Your Doorstep In Cooler Bags. Our Driver Will Not Ring The Bell Unless You Instruct Us To Do So

Whatsapp 0552244568 Or Email Restaurants@jumeirah.com

Our Driver Will Send A Picture With The Delivery To Your Registered Whatsapp Number.

In Case There Are Any Changes To The Delivery Location Or Meal Plan, Kindly Inform Us At Least 48 Hours In Advance To Manage Your Request Accordingly.

Cancellation/Refund

You Have The Right To Cancel The Meal Plan. To Obtain The Refund The Cancellation Must Be Made By Email Or Whatsapp Within The First 72 Hours Of Receiving The First Meal Delivery. Meals Already Delivered Up To Time Of Cancellation Will Be Deducted From The Initial Payment.

Any Cancellations Or Last-minute Freeze With Notice Of Less Than 72 Hours, Will Be Counted As A Valid Delivery.

Allergies

As We Work In An Open Kitchen, We Cannot Guarantee That Our Food Will Be Allergen Free. However, We Work Closely With Our Team Of Food And Safety Officers To Ensure All Precautions Are Made To Ensure That The Risk Of Cross Contamination Is Kept To A Minimum. Feel Free To Contact Us On Whatsapp Or Email For More Information Or Inquiries.

Packaging

All Our Meals Are Delivered In Plastic Free Disposable Packaging.

Let's Save The World Together!

Meal Plans Will Be Placed At Your Doorstep In A Cooler Bag. Kindly Ensure To Place The Cooler Bag From The Day Prior Outside Your Door Every Evening So We Can Replace It With A New Bag Of Goodness For Your Next Day.

Food Safety And Hygiene

Regarding Food Safety And Hygiene, The Food Is Prepared Fresh, Chilled, And Then Transported.

In Case You Have Any Concerns Or Feedback During The Span Of Your Meal Plan, Please Do Not Hesitate To Contact Us On Whatsapp At 0552000536.