

# be balanced with flow

BALANCED MEAL PLANS DELIVERED  
TO YOUR DESK OR DOOR

5 Day Trial | 3 Meals 2 Snacks | AED 590  
7 Day Trial | 3 Meals 2 Snacks | AED 820  
22 Day Programme | 3 Meals 2 Snacks | AED 2570  
30 Day Programme | 3 Meals 2 Snacks | AED 3510

[CLICK HERE TO ORDER](#)

## MONDAY | 22ND

KCAL

- B** Scrambled With Tofu, Vegetables On Multigrain Toast 529
- S** Cold Brew Smoothie 184
- L** Roasted Chicken Breast With Seasonal Vegetables 253
- S** Juice (Lemon, Kiwi, Spinach, Stevia, Water) 194
- D** Turmeric Chickpeas Salad Tomato Pilaf, Chicken 421

## WEDNESDAY | 24TH

KCAL

- B** Poached Egg, Potato Rosti With Guacamole, Portobello Mushroom 144
- S** Smoothie (Banana Blind Date) 117
- L** Asian Style Stir Fried Beef With Fried Rice 551
- S** Seasonal Fruit Pot 114
- D** Coconut Red Rice Salad With Shrimp 511

## FRIDAY | 26TH

KCAL

- B** Mixed Vegetable Omelets With Baked Bean, Bacon 498
- S** Juice (Grapes, Strawberries, Blueberries, Maple Syrup, Water) 196
- L** Cajun Roasted Beef Steak With Roasted Vegetable 279
- S** Juice (Kale, Green Apple, Honey, Water) 342
- D** Levantish Salad With Grilled Chicken 241

## SUNDAY | 28TH

KCAL

- B** Açai Granola Yoghurt 235
- S** Protein Balls (Oat Peanut) 610
- L** Beef Kofta With Mandi Rice, Roasted Vegetable 398
- S** Juice (Orange, Carrot, Maple Syrup) 174
- D** Prawn Cobb Salad 271

## TUESDAY | 23RD

KCAL

- B** Foul Medames With Feta Cheese, Flat Bread 157
- S** Salted Mixed Nuts 433
- L** Fusilli Pasta Roasted Tomato, Basil 562
- S** Juice (Orange, Red Apple, Beetroot Powder) 143
- D** Kale Salad With Roasted Carrot, Beetroot 398

## THURSDAY | 25TH

KCAL

- B** Shakshuka With Fried Eggs, Labnah Olive, Flat Bread 412
- S** Protein Balls (Vegan Cookie Dough) 423
- L** Mushroom Ravioli With Chicken Creamy Cheese Sauce 327
- S** Juice (Orange, Mango) 160
- D** Pad Thai Salad With Beef Steak 318

## SATURDAY | 27TH

KCAL

- B** Vegan Sausage, Spinach And Kale, Cherry Tomato With Balsamic Glaze, Portabella Mushroom, Avocado 352
- S** Muesli Flap Jacks 553
- L** Fish Tikka With Majboos Rice, Herb Dressing 231
- S** Juice (Peach, Beetroot Powder, Strawberries, Honey, Water) 192
- D** Pearl Couscous Salad With Chicken 287

### ADDITIONAL INFORMATION

Please click link below to know more about below;  
Delivery time & schedule | Cancellation policy  
Packaging | Allergens | Food & Safety Hygiene

[CLICK HERE TO KNOW MORE](#)

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.

**B** Breakfast **S** Snack **L** Lunch **D** Dinner

FLOWDUBAI.COM | [f](#) | [@](#) | [@](#)FLOWDUBAI