



# be balanced with flow

lifestyle meal plans delivered to your desk or door

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<b>Monday</b> 8th	Breakfast	Acai & Blueberry Yoghurt Granola
	Snack	Smoothie Of The Day
	Lunch	Prawn Coconut Laksa With Egg Noodles, Chili & Lime
	Snack	House Spiced Nuts
	Dinner	Pad Thai Salad
<b>Tuesday</b> 9th	Breakfast	House Granola Clusters With Fresh Berries, Oat Milk & Date Yoghurt
	Snack	Banana Blind Date Smoothie
	Lunch	Teriyaki Beef Stirfry With Egg Noodles
	Snack	Juice Of The Day
	Dinner	Freekeh & Roasted Eggplant Salad With Pomegranate, Kumquats & Roasted Pistachios
<b>Wednesday</b> 10th	Breakfast	Flow Keto Breakfast, California Avocado, Scrambled Eggs, Smoked Salmon, Halloumi Cheese, Heirloom Tomatoes & Sauteed Spinach
	Snack	Smoothie Of The Day
	Lunch	Beef Lasagna
	Snack	Date & Orange Protein Balls
	Dinner	Red Quinoa & Goat Cheese Salad With Apple Cider Dressing
<b>Thursday</b> 11th	Breakfast	Strawberry Chia Pudding
	Snack	Maple Muesli Flapjack
	Lunch	Chicken Thai Coconut With Rice
	Snack	Juice Of The Day
	Dinner	Turmeric Chickpea Salad & Tomato Pilaf
<b>Friday</b> 12th	Breakfast	Blue My Berry Oats With Oat Milk
	Snack	Smoothie Of The Day
	Lunch	Spinach & Ricotta Stuffed Ravioli In A Romanesco Sauce
	Snack	Juice Of The Day
	Dinner	Roasted Pumpkin, Wild Rice, Mung Bean Salad With Shrimp
<b>Saturday</b> 13th	Breakfast	Guacamole On Toast & Fried Eggs
	Snack	Lemon & Bee Pollen Bliss Balls
	Lunch	Chinese Five Spice Lamb Wrap
	Snack	Juice Of The Day
	Dinner	Chicken Biryani With Raitha
<b>Sunday</b> 14th	Breakfast	Spinach & Feta Cheese Omelette
	Snack	Smoothie Of The Day
	Lunch	Grilled Lemon Pepper Slide
	Snack	Juice Of The Day
	Dinner	Flow Buddha Bowl

## 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.