



# 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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<b>Monday</b> 29th	Breakfast	Flow Vegan Breakfast
	Snack	Smoothie Of The Day
	Lunch	Herb Flaked Quinoa Crusted Salmon With Mediterranean Grilled Vegetables & Basil Pistachio Gremolata
	Snack	Juice Of The Day
	Dinner	Mediterranean Millet & Roasted Sweet Potato Salad With Goats Cheese & Ginger Dressing
<b>Tuesday</b> 30th	Breakfast	Chia Pudding With Mixed Berry Compote
	Snack	Oat & Peanut Protein Balls
	Lunch	Beef Lasagna
	Snack	Juice Of The Day
	Dinner	Turkish Gavurdagi
<b>Wednesday</b> 1st	Breakfast	Avocado Toast With Fried Eggs
	Snack	Smoothie Of The Day
	Lunch	Thai Chicken Green Curry With Vegetable & Basmati Rice
	Snack	Muesli Flapjack
	Dinner	Pad Thai Salad
<b>Thursday</b> 2nd	Breakfast	Smoked Salmon & Scrambled Eggs..... Oh And Avocado
	Snack	Flow Salted Nuts
	Lunch	Chicken Ala King With Brown Rice
	Snack	Juice Of The Day
	Dinner	Turmeric Chickpea Salad & Tomato Pilaf
<b>Friday</b> 3rd	Breakfast	Homemade Peanut Butter On Toasted Secret Seeded Toast With Banana & Cacao Nibs
	Snack	Smoothie Of The Day
	Lunch	Butter Chicken With Basmati Rice
	Snack	Lemon Chia Protein Ball
	Dinner	Greek Kale, Avocado & Feta Salad With Parmesan Dressing
<b>Saturday</b> 4th	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	Seabass Machboos
	Snack	Juice Of The Day
	Dinner	Greek Kale, Avocado & Feta Salad With Parmesan Dressing
<b>Sunday</b> 5th	Breakfast	Flow Big Breakfast
	Snack	Smoothie Of The Day
	Lunch	Truffle Steak Bloomer
	Snack	Juice Of The Day
	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.