



# Flow

a state of mind

## be balanced with flow

lifestyle meal plans delivered to your desk or door

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<b>Monday</b> 13th	Breakfast Snack Lunch Snack Dinner	Acai & Blueberry Yoghurt Granola House Spiced Nuts Beef Lasagna Juice Of The Day Roasted Beetroot & Kale Salad With Chicken
<b>Tuesday</b> 14th	Breakfast Snack Lunch Snack Dinner	House Granola Clusters With Fresh Berries, Oat Milk & Date Yoghurt Smoothie Of The Day Citrus Glazed Grilled Salmon With Broccoli, Roasted Beetroot & Fennel Shallot Puree Juice Of The Day Freekeh & Roasted Eggplant Salad With Pomegranate, Kumquats & Roasted Pistachios
<b>Wednesday</b> 15th	Breakfast Snack Lunch Snack Dinner	Flow Keto Breakfast, California Avocado, Scrambled Eggs, Smoked Salmon, Halloumi Cheese, Heirloom Tomatoes & Sauteed Spinach Smoothie Of The Day Sweet & Sour Chicken With Egg Fried Rice Date & Orange Protein Balls Red Quinoa & Goat Cheese Salad With Apple Cider Dressing
<b>Thursday</b> 16th	Breakfast Snack Lunch Snack Dinner	Mixed Berries Chia Pudding Maple Muesli Flapjack Flow Bolognese With Fusilli Pasta & Shaved Parmesan Juice Of The Day Turmeric Chickpea Salad & Tomato Pilaf With Prawns
<b>Friday</b> 17th	Breakfast Snack Lunch Snack Dinner	Blue My Berry Oats With Oat Milk Smoothie Of The Day Porcini Mushroom Stuffed Ravioli In Romesco Sauce Juice Of The Day Coconut Red Rice Salad With Chicken
<b>Saturday</b> 18th	Breakfast Snack Lunch Snack Dinner	Guacamole On Toast & Fried Eggs Juice Of The Day Chinese Five Spice Lamb Wrap Smoothie Of The Day Chicken Biryani With Raitha
<b>Sunday</b> 19th	Breakfast Snack Lunch Snack Dinner	Spinach & Feta Cheese Omelette Smoothie Of The Day Grilled Lemon Pepper slide Juice Of The Day 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 0555008476 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.