

# 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 | 19TH

KCAL

- B** Scrambled Egg With Tofu And 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 With Chicken And Bulgur Tomato Pilaf 421

## WEDNESDAY | 21ST

KCAL

- B** Poached Egg, Potato Rosti With Guacamole And 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 | 23RD

KCAL

- B** Mix Veg 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 | 25TH

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 | 20TH

KCAL

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

## THURSDAY | 22ND

KCAL

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

## SATURDAY | 24TH

KCAL

- B** Vegan Sausage, Cherry Tomato, Spinach, Kale 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

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## MONDAY | 26TH

KCAL

- B** Poached Eggs On Toast With Roasted Potato And Baked Beans 670
- S** Tropical Breeze Smoothie 257
- L** Korean Chicken With Egg Fried Rice 410
- S** Juice (Orange, Pineapple, Ginger) 376
- D** Kale And Roasted Squash Salad With Grilled Mushroom 246

## WEDNESDAY | 28TH

KCAL

- B** Shakshuka With Fried Eggs, Grilled Halloumi 412
- S** Spiced Nuts 416
- L** Spinach And Ricotta Ravioli With Mushroom Cream Sauce 646
- S** Juice (Orange, Red Apple, Beetroot Powder) 143
- D** Teriyaki Beef Salad 490

## FRIDAY | 30TH

KCAL

- B** Crushed Avocado Bruschetta With Ricotta Cheese 205
- S** Protein Balls (Date Orange) 490
- L** Tagliatelle Pasta With Chicken, Tomato, Basil Sauce 562
- S** Juice (Orange, Mango) 160
- D** Quinoa Goat Cheese Salad 662

## SUNDAY | 1ST

KCAL

- B** Spinach And Feta Omelets 590
- S** Protein Balls (Oat Peanut) 610
- L** Shepherd's Pie 458
- S** Juice (Peach, Beetroot Powder, Strawberries, Honey, Water) 192
- D** Chicken Caesar Salad 271

## TUESDAY | 27TH

KCAL

- B** Turkey Ham And Cheese Omelets With Toast 645
- S** Protein Balls (Vegan Cookie Dough) 553
- L** Beef Burrito Bowl 359
- S** Juice (Pineapple, Ginger, Fresh Mint, Maple Syrup, Water) 440
- D** Turkish Salad With Grilled Chicken 491

## THURSDAY | 29TH

KCAL

- B** Egg White Omelet With Tofu, Sautéed Mushrooms 421
- S** Super Food Smoothie 378
- L** Salmon Poke Bowl 605
- S** Juice (Grapes, Strawberries, Blueberries, Maple Syrup, Water) 196
- D** Red Quinoa Salad With Grilled Chicken, Goats Cheese, Apple Cider Dressing 671

## SATURDAY | 31ST

KCAL

- B** Foul Madamas With Feta Cheese, Flat Bread 157
- S** Muesli Flap Jacks 553
- L** Green Curry Chicken With Jasmine Rice 495
- S** Juice (Kale, Green Apple, Honey, Water) 342
- D** Spiced Lentil Salad With Broccolini 572

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## MONDAY | 2ND

KCAL

- B** Honey, Apple, Mix Raisin Oats 432
- S** Banana Blind Date Smoothie 117
- L** Lemon Rice With Brown Lentil, Potato Stew 458
- S** Juice (Orange, Banana) 178
- D** Braised Beef Ragu Pasta 506

## WEDNESDAY | 4TH

KCAL

- B** Bacon Egg Sandwich With Cumin Sweet Potato Wedges 469
- S** Seasonal Fruit Pot 114
- L** Poached Salmon With Steamed Veg 340
- S** Juice (Orange, Carrot, Maple Syrup) 174
- D** Broccoli And Veal Bacon Salad With Toasted Nuts And Cranberries 486

## FRIDAY | 6TH

KCAL

- B** Scrambled Egg With Spinach, Peppers, Feta Cheese, Avocado, And Brown Toast 319
- S** Salted Edamame Bowl 153
- L** Lemon Grilled Chicken, Roasted Baby Potato, Thyme Jus 452
- S** Juice (Pineapple, Ginger, Fresh Mint, Maple Syrup, Water) 199
- D** Levantish Salad With Falafel 474

## SUNDAY | 8TH

KCAL

- B** Egg White Omelets Roasted Mushrooms, Baked Beans, Toast 305
- S** Orange Cake Bites 453
- L** Grilled Sea Bass, Seafood Machbus 451
- S** Juice (Grapes, Strawberries, Blueberries, Maple Syrup, Water) 196
- D** Chicken Buddha Bowl 430

## TUESDAY | 3RD

KCAL

- B** Fried Egg With Potato Rosti, Guacamole, Portobello Mushroom 144
- S** Mix Berry Chia Pot 220
- L** Chicken Burritos With Red Rice And Guacamole 475
- S** Juice (Lemon, Kiwi, Spinach, Stevia, Water) 194
- D** Harissa Lamb With Cous Cous 612

## THURSDAY | 5TH

KCAL

- B** Egg White Frittata With Vegan Sausage, Asparagus, Herb Dressing 336
- S** Pre-Workout Matcha Smoothie 242
- L** Whole Wheat Penne Pasta With Creamy Chicken Ragout 599
- S** Juice (Orange, Pineapple, Ginger) 173
- D** Kale Salad With Roasted Carrot, Beetroot, Boiled Egg 398

## SATURDAY | 7TH

KCAL

- B** Poached Egg On Avocado Toast 352
- S** Flow's Berry Nutty Fruit Mix 353
- L** Black Pepper Beef With Jasmine Rice 439
- S** Juice (Orange, Red Apple, Beetroot Powder) 143
- D** Baked Sea Bass, Wild Rice, Coriander Dressing 479

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## MONDAY | 9TH

KCAL

- B** Keto Breakfast 427
- S** Blueberry Acai Pots 343
- L** Lemon Rice With Brown Lentil And Potato Stew 564
- S** Juice (Pomegranate, Watermelon, Water) 347
- D** Teriyaki Salmon With Edamame Beans And Steamed Broccoli 474

## WEDNESDAY | 11TH

KCAL

- B** White Scrambled Egg With Herb Sauce, Vegan Sausage 469
- S** Flow Homemade Salted Nuts 553
- L** Southwest Vegetarian Bake 690
- S** Juice (Watermelon, Beetroot Powder, Maple Syrup, Water) 63
- D** Fattoush Salad 579

## FRIDAY | 13TH

KCAL

- B** Scrambled Egg With Spinach, Peppers, Feta Cheese, Avocado, Brown Toast 519
- S** Flourless Chocolate Brownie 553
- L** Pasta Provencal 662
- S** Juice (Orange, Carrot, Maple Syrup) 187
- D** Chicken Cobb Salad 406

## SUNDAY | 15TH

KCAL

- B** Breakfast Tacos (Eggs, Potato Hashbrown, Guacamole, Cheese, Beef Bacon, Salsa) 655
- S** Mini Banana Cake Bites 353
- L** Penne Pasta Meatballs With Tomato Sauce 581
- S** Juice (Orange, Banana) 196
- D** Thai Papaya Salad With Red Curry Roasted Salmon 432

## TUESDAY | 10TH

KCAL

- B** Mix Berry Oats With Almond Milk 314
- S** Seasonal Fruit Pot 214
- L** Grilled Beef Rump, Roasted Seasonal Vegetables 475
- S** Juice (Cucumber, Fresh Mint, Celery, Water) 194
- D** Red Quinoa, Boiled Eggs, Goats Cheese Salad With Apple Cider Dressing 917

## THURSDAY | 12TH

KCAL

- B** Veggie-Packed Omelets With Homemade Potato Rosties 738
- S** Pre Workout Matcha Smoothie 242
- L** Fusilli With Spicy Tomato Sauce And Shrimps 699
- S** Veg Crudites, Hummus Dip 120
- D** Chicken Burrito Bowl 398

## SATURDAY | 14TH

KCAL

- B** Shakshuka With Whole Wheat Flat Bread 452
- S** Mini Cranberry, Walnut Cookies 553
- L** Black Pepper Beef With Jasmine Rice 639
- S** Juice (Lemon, Kiwi, Spinach, Stevia, Water) 126
- D** Roasted Crushed Potato Salad With Thyme Roasted Carrots, Green Beans, Cranberry Dressing 530

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