



# MEAL PLAN SCHEDULE



by Kcal



**DISCLAIMER: The items contain following ALLERGENS;**  
Dairy, Gluten, Peanut, Tree Nuts, Egg, Soybeans, Fish, Shellfish Garlic & Spices

## Day 1 Kcal 1030 Fat 36 Carbs 81 Pro 99 Price AED 101

**Protein** Grilled Caribbean Chicken 100g

**Veg** Sauteed Green Vegetables 100g

**Carb** White Rice 100g

**Sauce** BBQ 40g

kcal: 452 fat: 10 carbs: 54 pro: 37

Price: 40

**Protein** White Fish 100g

**Veg** Spinach 100g

**Carb** Cauliflower Rice 100g

**Sauce** Teriyaki Sauce 40g

kcal: 333 fat: 14 carbs: 21 pro: 34

Price: 41

**Breakfast** Omelette with Spinach and Feta 220g

kcal: 245 fat: 12 carbs: 6 pro: 28

Price: 20

## Day 2 Kcal 1138 Fat 22 Carbs 114 Pro 124 Price AED 99

**Protein** Honey Sriracha Basil Chicken 150g

**Veg** Green Beans 100g

**Carb** White Rice 100g

**Sauce** Tzatziki Sauce 40g

kcal: 495 fat: 10 carbs: 48 pro: 53

Price: 42

**Protein** Chicken Breast 100g

**Veg** Broccoli 100g

**Carb** Cauliflower Rice 100g

**Sauce** BBQ 40g

kcal: 325 fat: 7 carbs: 31 pro: 37

Price: 38

**Breakfast** Protein Oats - Blueberry 175g

kcal: 318 fat: 5 carbs: 35 pro: 34

Price: 19

## Day 3 Kcal 1130 Fat 47 Carbs 94 Pro 96 Price AED 103

**Protein** Chicken Fajita 100g

**Veg** Broccoli 100g

**Carb** Brown Rice 100g

**Sauce** Yoghurt Tahini Sauce 40g

kcal: 415 fat: 13 carbs: 40 pro: 41

Price: 37

**Protein** Turkey Meatballs 100g

**Veg** Spinach 100g

**Carb** Sweet Potato Cauliflower Mash 100g

**Sauce** Tzatziki Sauce 40g

kcal: 415 fat: 17 carbs: 32 pro: 39

Price: 43

**Breakfast** Almond Banana Waffles 100g

**Sauce** Raspberry Cream 30g

kcal: 300 fat: 17 carbs: 22 pro: 16

Price: 23

## Day 4 Kcal 1197 Fat 34 Carbs 115 Pro 117 Price AED 92

**Signature Dish** Grilled Chicken with Mushroom Freekah

kcal: 459 fat: 14 carbs: 38 pro: 48

Price: 33

**Breakfast** Protein Oats - Chocolate Banana 180g

kcal: 330 fat: 5 carbs: 39 pro: 34

Price: 18

**Protein** White Fish 100g

**Veg** Asian Veggie Noodles 100g

**Carb** Brown Rice 100g

**Sauce** Yoghurt Tahini Sauce 40g

kcal: 408 fat: 15 carbs: 38 pro: 35

Price: 41

## Day 5 Kcal 1142 Fat 49 Carbs 87 Pro 101 Price AED 97

**Protein** Turkey Meatballs 100g  
**Veg** Roasted Zucchini Fries 100g  
**Carb** Cauliflower Rice 100g  
**Sauce** Peri Peri 40g

**kcal: 401 fat: 20 carbs: 23 pro: 36**  
**Price: 45**

**Signature Dish** Chicken Tonkatsu  
**kcal: 458 fat: 12 carbs: 46 pro: 45**  
**Price: 32**

**Breakfast** Chocolate Raspberry Protein Pancake 100g  
**Sauce** Chocolate Sauce 30g

**kcal: 283 fat: 17 carbs: 18 pro: 20**  
**Price: 20**

## Day 6 Kcal 1026 Fat 39 Carbs 74 Pro 101 Price AED 99

**Protein** Grilled Caribbean Chicken 100g  
**Veg** Roasted Veggies 100g  
**Carb** Brown Rice 100g  
**Sauce** Tzatziki Sauce 40g

**kcal: 420 fat: 13 carbs: 41 pro: 39**  
**Price: 39**

**Signature Dish** Chicken Burgers with Roast Potatoes and Grilled Asparagus  
**kcal: 361 fat: 14 carbs: 27 pro: 34**  
**Price: 40**

**Breakfast** Omelette with Spinach and Feta 220g  
**kcal: 245 fat: 12 carbs: 6 pro: 28**  
**Price: 20**

## Day 7 Kcal 1041 Fat 36 Carbs 81 Pro 105 Price AED 94

**Protein** Turkey Meatballs 100g  
**Veg** Spinach 100g  
**Carb** Carrot Potato Mash 100g  
**Sauce** Tzatziki Sauce 40g

**kcal: 399 fat: 17 carbs: 30 pro: 39**  
**Price: 39**

**Protein** Honey Sriracha Basil Chicken 100g  
**Veg** Green Beans 100g  
**Carb** White Rice 100g  
**Sauce** Tzatziki Sauce 40g

**kcal: 397 fat: 7 carbs: 45 pro: 38**  
**Price: 35**

**Breakfast** Omelette with Spinach and Feta 220g  
**kcal: 245 fat: 12 carbs: 6 pro: 28**  
**Price: 20**

## Day 8 Kcal 1168 Fat 30 Carbs 114 Pro 115 Price AED 93

**Protein** White Fish 100g  
**Veg** Sauteed Green Vegetables 100g  
**Carb** White Rice 100g  
**Sauce** Tzatziki Sauce 40g

**kcal: 386 fat: 11 carbs: 39 pro: 33**  
**Price: 42**

**Signature Dish** Grilled Chicken with Mushroom Freekah  
**kcal: 459 fat: 14 carbs: 38 pro: 48**  
**Price: 33**

**Breakfast** Protein Oats - Cinnamon Apple 180g  
**kcal: 323 fat: 5 carbs: 37 pro: 34**  
**Price: 18**

## Day 9 Kcal 1050 Fat 26 Carbs 96 Pro 118 Price AED 95

**Protein** Chicken Breast BBQ 100g  
**Veg** Asian Veggie Noodles 100g  
**Carb** Tomato Rice 100g  
**Sauce** Teriyaki Sauce 40g

**kcal: 405 fat: 10 carbs: 41 pro: 38**  
**Price: 38**

**Signature Dish** Chicken Tonkatsu  
**kcal: 458 fat: 12 carbs: 46 pro: 45**  
**Price: 32**

**Breakfast** Egg White Omelette with Cheddar and Roast Turkey 200g  
**kcal: 187 fat: 4 carbs: 9 pro: 35**  
**Price: 25**

## Day 10 Kcal 1005 Fat 46 Carbs 67 Pro 94 Price AED 100

**Protein** Turkey Meatballs 100g  
**Veg** Roasted Veggies 100g  
**Carb** Tomato Rice 100g  
**Sauce** Yoghurt Tahini Sauce 40g

**kcal: 438 fat: 17 carbs: 39 pro: 39**  
**Price: 42**

**Protein** Balsamic Chicken 100g  
**Veg** Broccoli 100g  
**Carb** Cauliflower Rice 100g  
**Sauce** Yoghurt Tahini Sauce 40g

**kcal: 328 fat: 15 carbs: 23 pro: 31**  
**Price: 38**

**Breakfast** Zucchini and Bacon  
Omelette 200g

**kcal: 239 fat: 14 carbs: 5 pro: 24**  
**Price: 20**

## Day 11 Kcal 1002 Fat 28 Carbs 89 Pro 111 Price AED 100

**Protein** Chicken Breast Italian 100g  
**Veg** Green Beans 100g  
**Carb** Cauliflower Rice 100g  
**Sauce** Tzatziki Sauce 40g

**kcal: 293 fat: 9 carbs: 18 pro: 37**  
**Price: 41**

**Protein** Shawarma Chicken 100g  
**Veg** Spinach 100g  
**Carb** Carrot Potato Mash 100g  
**Sauce** Teriyaki Sauce 40g

**kcal: 368 fat: 12 carbs: 34 pro: 39**  
**Price: 40**

**Breakfast** Protein Oats - Mango and  
Coconut 185g

**kcal: 341 fat: 7 carbs: 37 pro: 35**  
**Price: 19**

## Day 12 Kcal 1089 Fat 48 Carbs 90 Pro 91 Price AED 97

**Protein** Turkey Meatballs 100g  
**Veg** Green Beans 100g  
**Carb** Carrot Potato Mash 100g  
**Sauce** Tzatziki Sauce 40g

**kcal: 374 fat: 14 carbs: 31 pro: 37**  
**Price: 40**

**Protein** Chicken Fajita 100g  
**Veg** Spinach 100g  
**Carb** Tomato Rice 100g  
**Sauce** Yoghurt Tahini Sauce 40g

**kcal: 426 fat: 17 carbs: 34 pro: 41**  
**Price: 35**

**Breakfast** Almond Banana Waffles  
100g  
**Sauce** Strawberry Coulie 25g

**kcal: 289 fat: 17 carbs: 25 pro: 13**  
**Price: 22**

## Day 13 Kcal 1019 Fat 38 Carbs 75 Pro 104 Price AED 110

**Protein** Honey Sriracha Basil  
Chicken 100g  
**Veg** Mediterranean Veggie Mix 100g  
**Carb** Brown Rice 100g  
**Sauce** Yoghurt Tahini Sauce 40g

**kcal: 416 fat: 13 carbs: 40 pro: 41**  
**Price: 46**

**Protein** Tilapia with Cashew and  
Saffron 100g  
**Veg** Roasted Veggies 100g  
**Carb** Cauliflower Rice 100g  
**Sauce** Teriyaki Sauce 40g

**kcal: 358 fat: 13 carbs: 29 pro: 35**  
**Price: 44**

**Breakfast** Omelette with Spinach  
and Feta 220g

**kcal: 245 fat: 12 carbs: 6 pro: 28**  
**Price: 20**

## Day 14 Kcal 1022 Fat 31 Carbs 89 Pro 102 Price AED 97

**Protein** White Fish 100g  
**Veg** Broccoli 100g  
**Carb** Sweet Potato 100g  
**Sauce** Teriyaki Sauce 40g

**kcal: 364 fat: 11 carbs: 35 pro: 33**  
**Price: 46**

**Signature Dish** Chicken Tonkatsu  
  
**kcal: 458 fat: 12 carbs: 46 pro: 45**  
**Price: 32**

**Breakfast** Omelette with Red Pepper  
and Onion 220g

**kcal: 200 fat: 8 carbs: 8 pro: 24**  
**Price: 19**

## Day 15 Kcal 1068 Fat 22 Carbs 113 Pro 109 Price AED 91

**Protein** Chicken Fajita 100g  
**Veg** Sauteed Green Vegetables 100g  
**Carb** Tomato Rice 100g  
**Sauce** Steak Sauce 40g

**kcal: 378 fat: 12 carbs: 33 pro: 37**  
**Price: 38**

**Protein** Chicken Breast 100g  
**Veg** Green Beans 100g  
**Carb** White Rice 100g  
**Sauce** Tzatziki Sauce 40g

**kcal: 360 fat: 5 carbs: 41 pro: 38**  
**Price: 35**

**Breakfast** Protein Oats - Chocolate  
Banana 180g

**kcal: 330 fat: 5 carbs: 39 pro: 34**  
**Price: 18**

## Day 16 Kcal 1017 Fat 35 Carbs 93 Pro 92 Price AED 96

**Protein** Tilapia with Cashew and Saffron 100g  
**Veg** Green Beans 100g  
**Carb** Carrot Potato Mash 100g  
**Sauce** Tzatziki Sauce 40g

**kcal: 341 fat: 12 carbs: 29 pro: 34**  
**Price: 41**

**Signature Dish** Beef Chili Bowl with Brown Rice

**kcal: 476 fat: 15 carbs: 56 pro: 34**  
**Price: 36**

**Breakfast** Omelette with Red Pepper and Onion 220g

**kcal: 200 fat: 8 carbs: 8 pro: 24**  
**Price: 19**

## Day 17 Kcal 1132 Fat 31 Carbs 110 Pro 111 Price AED 96

**Protein** Turkey Meatballs 100g  
**Veg** Spinach 100g  
**Carb** Greek Roasted Potato 100g  
**Sauce** Salsa 40g

**kcal: 450 fat: 17 carbs: 41 pro: 39**  
**Price: 41**

**Protein** Honey Sriracha Basil Chicken 100g  
**Veg** Green Beans 100g  
**Carb** Tomato Rice 100g  
**Sauce** Tzatziki Sauce 40g

**kcal: 363 fat: 9 carbs: 34 pro: 37**  
**Price: 36**

**Breakfast** Protein Oats - Raspberry 175g

**kcal: 319 fat: 5 carbs: 35 pro: 35**  
**Price: 19**

## Day 18 Kcal 1063 Fat 34 Carbs 92 Pro 103 Price AED 99

**Protein** Balsamic Grainy Mustard Chicken 100g  
**Veg** Sauteed Green Vegetables 100g  
**Carb** White Rice 100g  
**Sauce** Grainy Honey Mustard 40g

**kcal: 416 fat: 7 carbs: 50 pro: 37**  
**Price: 40**

**Signature Dish** White Fish with Sumac Salsa

**kcal: 402 fat: 15 carbs: 36 pro: 38**  
**Price: 39**

**Breakfast** Omelette with Spinach and Feta 220g

**kcal: 245 fat: 12 carbs: 6 pro: 28**  
**Price: 20**

## Day 19 Kcal 1142 Fat 39 Carbs 91 Pro 107 Price AED 95

**Protein** Chicken Breast BBQ 100g  
**Veg** Asian Veggie Noodles 100g  
**Carb** Tomato Rice 100g  
**Sauce** Teriyaki Sauce 40g

**kcal: 405 fat: 10 carbs: 41 pro: 38**  
**Price: 38**

**Signature Dish** Chicken Makloubeh

**kcal: 496 fat: 17 carbs: 45 pro: 41**  
**Price: 37**

**Breakfast** Omelette with Cheese Mushroom and Pepper 220g

**kcal: 241 fat: 12 carbs: 5 pro: 28**  
**Price: 20**

## Day 20 Kcal 1056 Fat 31 Carbs 98 Pro 108 Price AED 101

**Protein** Shawarma Chicken 100g  
**Veg** Asian Veggie Noodles 100g  
**Carb** Cauliflower Rice 100g  
**Sauce** Mango Salsa 40g

kcal: 351 fat: 13 carbs: 27 pro: 37  
Price: 41

**Protein** Turkey Meatballs 100g  
**Veg** Broccoli 100g  
**Carb** Carrot Potato Mash 100g  
**Sauce** Grainy Honey Mustard 40g

kcal: 387 fat: 13 carbs: 36 pro: 37  
Price: 41

**Breakfast** Protein Oats - Blueberry  
175g

kcal: 318 fat: 5 carbs: 35 pro: 34  
Price: 19

**TOTAL FOOD CHARGE:** AED 1,955.00  
**DELIVERY CHARGE:** FREE  
**TOTAL PAYABLE AMOUNT:** ~~AED 1,955.00~~  
**GYMNATION SPECIAL PACKAGE:** 75 / Day  
AED 1,499 / Month

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Dairy, Gluten, Peanut, Tree Nuts, Egg, Soybeans, Fish, Shellfish  
Garlic & Spices