



MEAL PLAN SCHEDULE



by Kcal



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

Day 1 Kcal 1083 Fat 49 Carbs 78 Pro 90 Price AED 99

Protein Grilled Caribbean Chicken 100g

Veg Sauteed Green Vegetables 100g

Carb Whole Wheat Pasta 100g

Sauce BBQ 40g

kcal: 419 fat: 11 carbs: 46 pro: 38

Price: 41

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

Snacks Coconut Chocolate Protein Bites 60g

kcal: 331 fat: 24 carbs: 11 pro: 18

Price: 17

Day 2 Kcal 1215 Fat 47 Carbs 97 Pro 105 Price AED 99

Protein Honey Sriracha Basil Chicken 150g

Veg Roasted Zucchini Fries 100g

Carb White Rice 100g

Sauce Tzatziki Sauce 40g

kcal: 537 fat: 15 carbs: 47 pro: 53

Price: 46

Protein Chicken Breast BBQ 100g

Veg Almond Broccoli 100g

Carb Cauliflower Rice 100g

Sauce BBQ 40g

kcal: 418 fat: 14 carbs: 37 pro: 38

Price: 41

Snacks Coffee Fudge 60g

kcal: 260 fat: 18 carbs: 13 pro: 14

Price: 12

Day 3 Kcal 1126 Fat 55 Carbs 83 Pro 90 Price AED 94

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 Roasted Veggies 100g

Carb Sweet Potato Cauliflower Mash 100g

Sauce Tzatziki Sauce 40g

kcal: 422 fat: 16 carbs: 37 pro: 38

Price: 45

Snacks Mixed Almonds 50g

kcal: 289 fat: 26 carbs: 6 pro: 11

Price: 12

Day 4 Kcal 1081 Fat 37 Carbs 99 Pro 95 Price AED 88

Protein Tilapia with Cashew and Saffron 100g

Veg Broccoli 100g

Carb White Rice 100g

Sauce Peri Peri 40g

kcal: 389 fat: 9 carbs: 43 pro: 35

Price: 42

Signature Dish Grilled Chicken with Mushroom Freekah

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

Price: 33

Snacks Mocha Peanut Butter Protein Bites 60g

kcal: 233 fat: 14 carbs: 18 pro: 12

Price: 13

Day 5 Kcal 1031 Fat 48 Carbs 79 Pro 85 Price AED 96

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

Snacks Carrot Cake Protein Bites
60g

kcal: 228 fat: 13 carbs: 20 pro: 11
Price: 12

Signature Dish White Fish with
Sumac Salsa

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

Day 6 Kcal 972 Fat 38 Carbs 82 Pro 83 Price AED 97

Protein Chicken Breast BBQ 100g
Veg Roasted Veggies 100g
Carb Brown Rice 100g
Sauce Tzatziki Sauce 40g

kcal: 413 fat: 10 carbs: 45 pro: 39
Price: 38

Signature Dish Chicken Burgers with
Roast Potatoes and Grilled Asparagus

kcal: 361 fat: 14 carbs: 27 pro: 34
Price: 40

Snacks Choco Protein Cheesecake
70g

kcal: 198 fat: 14 carbs: 10 pro: 10
Price: 19

Day 7 Kcal 1056 Fat 42 Carbs 88 Pro 91 Price AED 86

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

Snacks Coffee Fudge 60g

kcal: 260 fat: 18 carbs: 13 pro: 14
Price: 12

Day 8 Kcal 1203 Fat 52 Carbs 93 Pro 94 Price AED 89

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

Snacks Vanilla Hazelnut Protein Bar
75g

kcal: 358 fat: 27 carbs: 16 pro: 13
Price: 14

Day 9 Kcal 1077 Fat 54 Carbs 73 Pro 82 Price AED 90

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 Burgers with
Roast Potatoes and Grilled Asparagus

kcal: 361 fat: 14 carbs: 27 pro: 34
Price: 40

Snacks Mix Nuts 50g

kcal: 311 fat: 30 carbs: 5 pro: 10
Price: 12

Day 10 Kcal 1061 Fat 50 Carbs 81 Pro 87 Price AED 99

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 Tilapia with Cashew and Saffron 100g
Veg Almond Broccoli 100g
Carb Cauliflower Rice 100g
Sauce Yoghurt Tahini Sauce 40g

kcal: 395 fat: 20 carbs: 22 pro: 37
Price: 45

Snacks Carrot Cake Protein Bites 60g

kcal: 228 fat: 13 carbs: 20 pro: 11
Price: 12

Day 11 Kcal 1096 Fat 56 Carbs 77 Pro 87 Price AED 95

Protein Chicken Breast Italian 100g
Veg Roast Carrot 150g
Carb Cauliflower Rice 100g
Sauce Tzatziki Sauce 40g

kcal: 417 fat: 14 carbs: 38 pro: 38
Price: 43

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

Snacks Mix Nuts 50g

kcal: 311 fat: 30 carbs: 5 pro: 10
Price: 12

Day 12 Kcal 1082 Fat 39 Carbs 90 Pro 105 Price AED 92

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 150g
Veg Spinach 100g
Carb Tomato Rice 100g
Sauce Yoghurt Tahini Sauce 40g

kcal: 534 fat: 21 carbs: 37 pro: 57
Price: 42

Snacks Pumpkin Chocolate Chip Protein Bar 75g

kcal: 174 fat: 4 carbs: 22 pro: 11
Price: 10

Day 13 Kcal 1055 Fat 45 Carbs 88 Pro 87 Price AED 92

Protein Honey Sriracha Basil Chicken 100g
Veg Green Beans 100g
Carb Brown Rice 100g
Sauce Yoghurt Tahini Sauce 40g

kcal: 396 fat: 10 carbs: 41 pro: 39
Price: 36

Protein Turkey Meatballs 100g
Veg Roasted Veggies 100g
Carb Cauliflower Rice 100g
Sauce Teriyaki Sauce 40g

kcal: 391 fat: 15 carbs: 31 pro: 38
Price: 43

Snacks Choco Chip Cookie Dough Protein Bite 50g

kcal: 268 fat: 20 carbs: 16 pro: 10
Price: 13

Day 14 Kcal 1036 Fat 39 Carbs 83 Pro 97 Price AED 105

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 Shredded Spicy Beef with Puerto Rican Beans

kcal: 439 fat: 14 carbs: 30 pro: 52
Price: 46

Snacks Mocha Peanut Butter Protein Bites 60g

kcal: 233 fat: 14 carbs: 18 pro: 12
Price: 13

Day 15 Kcal 1013 Fat 34 Carbs 82 Pro 98 Price AED 91

Protein Chicken Fajita 100g
Veg Roasted Zucchini Fries 100g
Carb Mixed Quinoa 100g
Sauce Steak Sauce 40g

kcal: 429 fat: 15 carbs: 37 pro: 39
Price: 42

Protein Chicken Breast 150g
Veg Green Beans 100g
Carb White Rice 100g
Sauce Tzatziki Sauce 40g

kcal: 439 fat: 6 carbs: 42 pro: 53
Price: 42

Snacks Mixed Almonds 25g
kcal: 145 fat: 13 carbs: 3 pro: 6
Price: 7

Day 16 Kcal 1237 Fat 48 Carbs 99 Pro 113 Price AED 108

Protein Tilapia with Cashew and Saffron 200g
Veg Green Beans 100g
Carb Sweet Potato Cauliflower Mash 100g
Sauce Tzatziki Sauce 40g

kcal: 545 fat: 19 carbs: 35 pro: 63
Price: 63

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

Snacks Fig and Date Cookie Bar 65g
kcal: 234 fat: 17 carbs: 18 pro: 5
Price: 13

Day 17 Kcal 1073 Fat 44 Carbs 88 Pro 90 Price AED 89

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

Snacks Coffee Fudge 60g
kcal: 260 fat: 18 carbs: 13 pro: 14
Price: 12

Day 18 Kcal 1099 Fat 43 Carbs 92 Pro 95 Price AED 88

Protein White Fish 100g
Veg Sauteed Green Vegetables 100g
Carb Cauliflower Rice 100g
Sauce BBQ 40g

kcal: 352 fat: 13 carbs: 30 pro: 31
Price: 44

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

Snacks Peanut Butter Protein Bar 75g
kcal: 288 fat: 16 carbs: 24 pro: 16
Price: 11

Day 19 Kcal 1118 Fat 55 Carbs 82 Pro 86 Price AED 89

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 White Fish with Sumac Salsa

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

Snacks Mix Nuts 50g

kcal: 311 fat: 30 carbs: 5 pro: 10
Price: 12

Day 20 Kcal 1067 Fat 53 Carbs 79 Pro 87 Price AED 96

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 Peanut Sauce 40g

kcal: 448 fat: 20 carbs: 36 pro: 40
Price: 42

Snacks Choco Chip Cookie Dough Protein Bite 50g

kcal: 268 fat: 20 carbs: 16 pro: 10
Price: 13

TOTAL FOOD CHARGE: AED 1,882.00
DELIVERY CHARGE: FREE
TOTAL PAYABLE AMOUNT: ~~AED 1,882.00~~
GYMNATION SPECIAL PACKAGE: 75 / Day
AED 1,499 / Month

[**TAKE ME TO HOMEPAGE**](#)



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