



be balanced with flow

lifestyle meal plans delivered to your desk or door

- 5 day trial | 3 Meals 2 Snacks | AED 599
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Monday 15th	Breakfast Snack Lunch Snack Dinner	California Breakfast Berry Nutty Fruit Mix With Wild Goji Berries Texas Beef Brisket Turkish Gavurdaği Roasted Garlic & Chili Prawns & Fresh Tomato Penne Pasta With Spinach
Tuesday 16th	Breakfast Snack Lunch Snack Dinner	Acai Blueberry & Granola Banana Blind Date Smoothie Roasted Pumpkin, Wild Rice, Mung Bean Salad Maple Muesli Flapjack Lahm Mandi
Wednesday 17th	Breakfast Snack Lunch Snack Dinner	Flow Keto Breakfast, California Avocado, Scrambled Eggs, Smoked Salmon, Halloumi Cheese, Heirloom Tomatoes & Sauteed Spinach Date & Orange Protein Balls Tropi Cobb Salad Salted Nuts Roasted Salmon With Roasted Parmesan & Rosemary Potatoes
Thursday 18th	Breakfast Snack Lunch Snack Dinner	Vegan Breakfast Date & Orange Protein Balls Chicken Shawarma Wrap Salted Edamame Kingfish Machboos
Friday 19th	Breakfast Snack Lunch Snack Dinner	Blue My Berry Oats With Oat Milk Gingerbread Granola With Greek Yoghurt, Fresh Peach, Maple Roasted Pecans, Coconut & Goji Berries Harissa Seared Halloumi Wasabi Popcorn Butter Chicken Curry With Basmati Rice
Saturday 20th	Breakfast Snack Lunch Snack Dinner	Greek Tomato Spiced Chickpeas On Toast With Lemon Yoghurt Lemon & Bee Pollen Bliss Balls Porcini Mushroom Stuffed Ravioli In Romanesco Sauce Heartbeat Smoothie Thai Beef Curry With Rice
Sunday 21st	Breakfast Snack Lunch Snack Dinner	Flow Seasonal Fruit Pot With Honey & Ginger Dip Spice Salted Banana Chips Grilled Lemon Pepper Slide Crispy Falafel With Lemon Garlic Tahini Sauce Flow Buddah 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 0552000536 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