

PLAN GUIDE

MEAL PREP PACKAGES

PLAN 1: SHRED: 100g PROTEIN, 50g CARBS, 70g VEG

A strict weight loss plan for men, or a lean muscle maintenance plan for women
Starting from 3 to 6 daily meals with the above weights

950 Kcal - 1,250 Kcal (Based on 3 Meals)

PLAN 2: ACTIVE: 150g PROTEIN, 100g CARBS, 70g VEG

A lean muscle building plan for women, and an active maintenance plan for men
Starting from 3 to 6 daily meals with the above weights

1,400 Kcal - 2,000 Kcal (Based on 3 Meals)

PLAN 3: BULK: 200g PROTEIN, 150g CARBS, 70g VEG

A bulk building plan for either men or women serious about increasing muscle mass
Starting from 3 to 6 daily meals with the above weights

1,700 Kcal - 2,500 Kcal (Based on 3 Meals)

THE FOLLOWING SUB-PLANS CAN BE SELECTED UNDER SHRED, ACTIVE AND BULK DEPENDING ON YOUR NUTRITIONAL GOALS:

SUB PLAN	TOTAL MEALS	REGULAR MEALS	SPECIAL MEALS	SNACKS
A	3	3	-	-
B	3	2	1	-
C	3	2	1	1
D	4	2	2	1
E	5	3	2	2
F	6	4	2	2

Regular Meals: 'Meal Prep' - Choose from a variety of protein, carb and veggie options from our menu!

Special Meals: Healthy versions of signature dishes from the kitchens of our restaurants in the UAE.

Snacks: Small, healthy treats to help you along your busy day, some with an added protein boost!

**CONTACT US FOR CUSTOMISED PLANS, CUSTOM MACROS
OR FOR A CONSULTATION WITH OUR NUTRITIONIST**