



BALANCED DIET PLAN

PACKAGES	DETAILS	CALORIES PER DAY	10 DAYS	20 DAYS	30 DAYS
BALANCED TRIO <i>(FULL BOARD)</i>	Breakfast Fruit Lunch	1,000 – 1,400 CAL	\$190 (\$19/Day)	\$360 (\$18/Day)	\$525 (\$17.5/Day)
	Side Lunch Dessert Dinner	1,500 – 1,800 CAL	\$200 (\$20/Day)	\$380 (\$19/Day)	\$555 (\$18.5/Day)
RISE & REFUEL <i>(AM HALF-BOARD)</i>	Breakfast Lunch	840 CAL	\$160 (\$16/Day)	\$300 (\$15/Day)	\$435 (\$14.5/Day)
	Side Lunch Dessert	1,100 CAL	\$170 (\$17/Day)	\$320 (\$16/Day)	\$465 (\$15.5/Day)
LUNCH & DINNER DELIGHT <i>(PM HALF-BOARD)</i>	Lunch Side Lunch	900 CAL	\$170 (\$17/Day)	\$320 (\$16/Day)	\$465 (\$15.5/Day)
	Dessert Dinner	1,200 CAL	\$180 (\$18/Day)	\$340 (\$17/Day)	\$495 (\$16.5/Day)
HEALTHY LUNCH <i>(LUNCH)</i>	Lunch	630 CAL	\$120 (\$12/Day)	\$230 (\$11.5/Day)	\$330 (\$11/Day)
	Side Lunch Dessert	790 CAL	\$130 (\$13/Day)	\$250 (\$12.5/Day)	\$360 (\$12/Day)

Prices are excluding delivery charges.

You can pick up your order from NFL Diet Center (Fanar, Main Road, Ground Floor)



TERMS & CONDITIONS

1. **Ordering and Delivery:**
 - a. Place your orders at least 48 hours in advance to allow for meal planning and preparation.
 - b. Specify the delivery days and location.
2. **Payment Policy:** Payment is due in full on the first delivery day of the selected package.
3. **Cancellation Policy:**
 - a. Cancellations must be made at least 48 hours before your scheduled delivery day.
 - b. If you have any travel or other reasons that necessitate freezing your package temporarily, please inform us in advance. While we cannot issue refunds, we can accommodate freezing your package for a special period.
4. **Calorie and Nutrient Recommendations:** our dietitian will recommend specific calorie and nutrient targets based on your individual needs and goals.
5. **Allergies and Dietary Restrictions:** Please inform us of any food allergies or dietary restrictions when placing your order.
6. **Substitution Policy:** In the event of ingredient unavailability or dietary restrictions, we may need to make substitutions in your meal plan.
7. **Menu Changes and Preferences:** You have the option to communicate your menu preferences and dietary dislikes when placing your order. We will do our best to accommodate these requests whenever possible.
8. **Food Safety and Handling:** Our meals are prepared in a clean and sanitary environment, adhering to strict food safety regulations. To maintain food safety, it's important that you store and reheat your meals correctly.
9. **Feedback and Dispute Resolution:** We welcome your feedback and aim to provide excellent service. If you have any complaints or disputes, please contact us to resolve the issue promptly. Your satisfaction is our priority.

CYNTHIA HABER MOUKHEIBER *REGISTERED DIETITIAN*

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