

# BULK BOX

Designed for the everyday athlete, this box provides the optimal macronutrients balance to fuel high performance workouts and build muscle. Meals and snacks are high in calories, protein and complex carbohydrates.

- Option 1**

**Hard Boiled Eggs** Breakfast 165 AED

**Banana Nut Protein Smoothie** Snack  
banana, almonds, walnuts, low-fat greek yogurt, protein powder

**Khao San Quinoa Bowl** Lunch  
quinoa, spinach, chicken, edamame, mushrooms, carrots, cabbage, almonds, spicy lemongrass sauce

**Oat King Bar** Snack

**Teriyaki Twist Bowl** Dinner  
brown rice, chicken, edamame, crispy wontons, broccoli, carrots, green onions, sesame seeds, teriyaki sauce

**Protein Powder** Additional
- Option 2**

**Monterey Chicken Breakfast Bowl** Breakfast 155 AED  
chicken, cheddar cheese, tomatoes

**Bean & Corn Salad** Snack  
black beans, corn, edamame, cherry tomatoes, cilantro lime vinaigrette

**Buffalo Chicken Salad** Lunch  
romaine, chicken, blue cheese, tomatoes, carrots, celery, greek yogurt ranch, buffalo sauce

**Purefit Energy Bar** Snack

**Smokehouse Bowl** Dinner  
brown rice, chicken, cheddar cheese, black beans, red onions, tomatoes, corn, bbq sauce

**Protein Powder** Additional
- Option 3**

**Turkey, Egg & Cheese Breakfast Bowl** Breakfast 200 AED  
turkey, eggs, cheddar cheese, tomatoes

**Yogurt Parfait** Snack  
low-fat greek yogurt, granola, blueberries, strawberries

**Mediterranean Bowl with Falafel** Lunch  
quinoa, field greens, falafel, feta cheese, kalamata olives, almonds, red onions, cucumber, roasted red peppers, tomatoes, cilantro, red pepper sauce

**Smart Snax Mix Nut** Snack

**Pangoa Bowl** Dinner  
brown rice, chicken, avocado, cheddar cheese, cherry tomatoes, black beans, corn, cilantro, lime wedge, bbq sauce

**Protein Powder** Additional

Build Muscle  
2400 - 2800 calories

# CLEAN BOX

Designed for mindful eaters or those looking to clean up their diet. Meals and snacks are made up of whole foods that are nutrient dense and minimally processed.

- Option 1**

**Blueberry Crumble Oatmeal** Breakfast 155 AED  
house-made oatmeal, blueberries, walnuts

**Hard Boiled Eggs** Snack

**Zen Salad** Lunch  
spinach, romaine, tofu, edamame, cabbage, broccoli, carrots, mango, sesame seeds, asian sesame dressing

**Veggie Cup** Snack  
cucumber, celery, cherry tomatoes, low-fat greek yogurt ranch

**Mediterranean Bowl with Falafel** Dinner  
quinoa, field greens, falafel, feta cheese, kalamata olives, almonds, red onions, cucumber, roasted red peppers, tomatoes, cilantro, red pepper sauce
- Option 2**

**Spinach & Goat Cheese Breakfast Bowl** Breakfast 170 AED  
spinach, mushrooms, roasted red peppers, goat cheese

**Fruit Cup** Snack  
blueberries, strawberries, mango

**Market Salad** Lunch  
field greens, spinach, quinoa, chicken, avocado, feta cheese, beet slaw, dried cranberries, green apple, carrots, honey dijon dressing

**Bean & Corn Salad** Snack  
black beans, edamame, corn, cherry tomatoes, cilantro lime vinaigrette

**Khao San Quinoa Bowl with Tofu** Dinner  
quinoa, spinach, tofu, edamame, mushrooms, carrots, cabbage, almonds, spicy lemongrass sauce
- Option 3**

**Yogurt Parfait & Mighty Detox Juice** Breakfast 210 AED  
low-fat greek yogurt, granola, blueberries, strawberries / pineapple, green apple, celery, cucumber, ginger

**Village Salad** Snack  
cucumbers, tomatoes, kalamata olives, feta cheese, cilantro lime vinaigrette

**Metaboost Salad** Lunch  
spinach, kale, field greens, chicken, goat cheese, mango, almonds, carrots, edamame, balsamic vinaigrette

**Fruit Cup** Snack  
blueberries, strawberries, mango

**Superfood Soup with Chicken** Dinner  
vegetable broth, chicken, quinoa, kale, broccoli, cabbage, carrots, celery, red onions

Eat Clean  
1700 - 1900 calories



# MEAL BOX

EAT. ENERGIZE.

Name  Phone

Email

## Select your program

## Start Date

1 DAY
  3 DAYS
  5 DAYS

\*For a 30 day program, please email mealbox@freshii.com

## Select your box

## Select your daily options (1, 2 or 3)

Day 1  Day 2

Day 3  Day 4

Day 5

## Modifications

Special requests? Dietary restrictions? Let us know.

Pick up or delivery of your first meal box takes place the evening before your start date. Continues daily.

Orders must be placed at least 24 hours in advance.

## Pick Up

Have my box ready for pick up at \_\_\_\_\_ pm

## Delivery

Have my box delivered at \_\_\_\_\_ pm

Address

\*Must reside within specified delivery radius

\*Prices in each option are inclusive of 5% VAT

# SLIM BOX

Designed for maximum weight loss with minimal deprivation. Meals and snacks focus on lean protein and high fiber foods that are low in calories and carbohydrates.

Option 1

**Spinach, Mushroom & Cheese Breakfast Bowl** Breakfast 165 AED

spinach, mushrooms, roasted red peppers, goat cheese

**Fruit Cup** Snack  
blueberries, strawberries, mango

**Zen Salad** Lunch  
spinach, romaine, tofu, edamame, cabbage, broccoli, carrots, mango, sesame seeds, asian sesame dressing

**Veggie Cup** Snack  
cucumber, celery, cherry tomatoes, low-fat greek yogurt ranch

**Superfood Soup with Chicken** Dinner  
vegetable broth, chicken, quinoa, kale, broccoli, cabbage, carrots, celery, red onions

Option 2

**Greek Yogurt & Fruit** Breakfast 185 AED

greek yogurt, blueberries, strawberries, mango

**Bean & Corn Salad** Snack  
black beans, edamame, corn, cherry tomatoes, cilantro lime vinaigrette

**Buffalo Salad** Lunch  
romaine, chicken, cheddar cheese, tomatoes, carrots, celery, blue cheese dressing, buffalo sauce

**Fruit Cup** Snack  
blueberries, strawberries, mango

**Mediterranean Salad + Falafel** Dinner  
field greens, falafel, feta cheese, kalamata olives, almonds, red onions, cucumber, roasted red peppers, tomatoes, cilantro, red pepper sauce

**Blueberry Crumble Oatmeal** Breakfast 150 AED

house-made oatmeal, blueberries, walnuts

**Hard Boiled Eggs** Snack

**Metaboost Salad** Lunch  
spinach, kale, field greens, chicken, goat cheese, mango, almonds, carrots, edamame, balsamic vinaigrette

**Veggie Cup** Snack  
cucumber, celery, cherry tomatoes, low-fat greek yogurt ranch

**Spicy Lemongrass Soup with Tofu** Dinner  
spicy lemongrass broth, tofu, quinoa, beans sprouts, carrots, tomatoes, mushrooms, cilantro

Option 3

Designed for those who are gluten intolerant. Meals and snacks rely on wheat and gluten free ingredients, while providing the appropriate balance of micronutrients to fuel your busy day.

Option 1

**Spinach & Goat Cheese Breakfast Bowl** Breakfast 165 AED

spinach, mushrooms, roasted red peppers, goat cheese

**Veggie Cup** Snack  
cucumber, celery, cherry tomatoes, low-fat greek yogurt ranch

**Zen Salad** Lunch  
spinach, romaine, tofu, edamame, cabbage, broccoli, carrots, mango, sesame seeds, asian sesame dressing

**Fruit Cup** Snack  
blueberries, strawberries, mango

**Southwestern Soup** Dinner  
chicken broth, brown rice, chicken, cheddar cheese, broccoli, tomatoes, corn, black beans

Option 2

**Hard Boiled Eggs & Mighty Detox Juice** Breakfast 195 AED

hard boiled eggs / pineapple, green apple, celery, cucumber, ginger

**Village Salad** Snack  
cucumbers, tomatoes, kalamata olives, feta cheese, cilantro lime vinaigrette

**Buffalo Salad** Lunch  
romaine, chicken, blue cheese, tomatoes, carrots, celery, low-fat greek yogurt ranch, buffalo sauce

**Fruit Cup** Snack  
blueberries, strawberries, mango

**Khao San Quinoa Bowl with Tofu** Dinner  
quinoa, spinach, tofu, edamame, mushrooms, carrots, cabbage, almonds, spicy lemongrass sauce

Option 3

**Greek Yogurt & Fruit** Breakfast 180 AED

greek yogurt, blueberries, strawberries, mango

**Bean & Corn Salad** Snack  
black beans, edamame, corn, cherry tomatoes, cilantro lime vinaigrette

**Metaboost Salad** Lunch  
spinach, kale, field greens, chicken, goat cheese, mango, almonds, carrots, edamame, balsamic vinaigrette

**Veggie Cup** Snack  
cucumber, celery, cherry tomatoes, low-fat greek yogurt ranch

**Mediterranean Bowl + Chicken** Dinner  
quinoa, field greens, chicken, feta cheese, kalamata olives, almonds, red onions, cucumber, roasted red peppers, tomatoes, cilantro, red pepper sauce

Option 3

**Eliminate Wheat & Gluten**  
1500 - 1800 calories



# MEAL BOX

EAT. ENERGIZE.

Name  Phone

Email

Select your program

Start Date

1 DAY

3 DAYS

5 DAYS

DD / MM / YYYY

Select your box

SLIM

GLUTEN-FREE

Select your daily options (1, 2 or 3)

Day 1  Day 2

Day 3  Day 4

Day 5

Modifications

Special requests? Dietary restrictions? Let us know.

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Have my box ready for pick up at \_\_\_\_\_ pm

Delivery

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\*Prices in each option are inclusive of 5% VAT

# GLUTEN-FREE BOX

Designed for those who are gluten intolerant. Meals and snacks rely on wheat and gluten free ingredients, while providing the appropriate balance of micronutrients to fuel your busy day.

Option 1

**Spinach & Goat Cheese Breakfast Bowl** Breakfast 165 AED

spinach, mushrooms, roasted red peppers, goat cheese

**Veggie Cup** Snack  
cucumber, celery, cherry tomatoes, low-fat greek yogurt ranch

**Zen Salad** Lunch  
spinach, romaine, tofu, edamame, cabbage, broccoli, carrots, mango, sesame seeds, asian sesame dressing

**Fruit Cup** Snack  
blueberries, strawberries, mango

**Southwestern Soup** Dinner  
chicken broth, brown rice, chicken, cheddar cheese, broccoli, tomatoes, corn, black beans

Option 2

**Hard Boiled Eggs & Mighty Detox Juice** Breakfast 195 AED

hard boiled eggs / pineapple, green apple, celery, cucumber, ginger

**Village Salad** Snack  
cucumbers, tomatoes, kalamata olives, feta cheese, cilantro lime vinaigrette

**Buffalo Salad** Lunch  
romaine, chicken, blue cheese, tomatoes, carrots, celery, low-fat greek yogurt ranch, buffalo sauce

**Fruit Cup** Snack  
blueberries, strawberries, mango

**Khao San Quinoa Bowl with Tofu** Dinner  
quinoa, spinach, tofu, edamame, mushrooms, carrots, cabbage, almonds, spicy lemongrass sauce

Option 3

**Greek Yogurt & Fruit** Breakfast 180 AED

greek yogurt, blueberries, strawberries, mango

**Bean & Corn Salad** Snack  
black beans, edamame, corn, cherry tomatoes, cilantro lime vinaigrette

**Metaboost Salad** Lunch  
spinach, kale, field greens, chicken, goat cheese, mango, almonds, carrots, edamame, balsamic vinaigrette

**Veggie Cup** Snack  
cucumber, celery, cherry tomatoes, low-fat greek yogurt ranch

**Mediterranean Bowl + Chicken** Dinner  
quinoa, field greens, chicken, feta cheese, kalamata olives, almonds, red onions, cucumber, roasted red peppers, tomatoes, cilantro, red pepper sauce

Option 3

**Eliminate Wheat & Gluten**  
1500 - 1800 calories