



WWW.NOURISHKITCHEN.ME
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 +968 97025232

PRICELISTS | SEPTEMBER 2022

Please note: From January 2022, All packages & services are now subject to an additional 5% VAT charge

BURN & BALANCE	PER DAY	6 DAY PLAN	5 DAY PLAN	4 DAY PLAN
ALL MEALS	11	66	55	44
BLD / LDS	9	54	45	36
BLS / BDS	7.5	45	37.5	30
LD	7	42	35	28
LS / DS / BL / BD	5.5	33	27.5	22
L or D ONLY	3.5	21	17.5	14
B / S ONLY	2	12	10	8

% OFFER

ANY 4 WEEK PACKAGE = 10 % DISCOUNT
 ANY 8 WEEK PACKAGE = 15 % DISCOUNT

BUILD	PER DAY	6 DAY PLAN	5 DAY PLAN	4 DAY PLAN
ALL MEALS	12.5	75	62.5	50
BLD / LDS	10	60	50	40
BLS / BDS	8.5	51	42.5	34
LD	8	48	40	32
LS / DS / BL / BD	6	36	30	24
L or D ONLY	4	24	20	16
B ONLY	2.5	15	12.5	10

B BREAKFAST **L** LUNCH **D** DINNER **S** SNACKS

Sample prices shown, we offer other combinations, just contact us for confirmation.
 Prices above are **excluding** delivery charges and VAT.
 Please see intro info document for more details on delivery charges and available timings.



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KETO	PER DAY	6 DAY PLAN	5 DAY PLAN	4 DAY PLAN
LD	8.5	51	42.5	34
L or D ONLY	4.25	25.5	21.25	17

L LUNCH **D** DINNER

Please note these are 2 separate packages. We do not offer vegan keto meals
ONLY lunch and dinner options currently available for KETO & VEGAN plans.

All our breakfasts and snacks are vegetarian but not necessarily vegan
They can be added from our balance range to form a full plan if required

VEGAN	PER DAY	6 DAY PLAN	5 DAY PLAN	4 DAY PLAN
LD	6.5	39	32.5	26
L or D ONLY	3.25	19.5	16.25	13

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