



CLEANSE. NOURISH. CONSULT.



OUR PROGRAMS

JUICING

CLEAN EATING

CONSULTATIONS

CLEAN EATING

COMPLETE PLAN + includes 1 free consultation & 2 follow-up visits



Delivery: 5 days or 6 days



4 weeks (24 days) 3170 AED + VAT
6 days delivery

Renewal 3012 AED + VAT

4 weeks (20 days) 2750 AED + VAT
5 days delivery

2 weeks (12 days) 1770 AED + VAT

1 week (6 days) 1000 AED + VAT



Breakfast meal

Morning Snack fruit

Lunch lean protein or vegetarian

Afternoon Snack low-gluten

Dinner meal & soup



Boost weight loss

Lead a healthy & balanced lifestyle

Support smoother digestion

Cleansing benefits without food elimination

Embrace the clean eating approach

LUNCH PLAN + includes 1 free Body Composition Analysis Test



Delivery: 5 days or 6 days



4 weeks (24 days) 2050 AED + VAT
6 days delivery

Renewal 1950 AED + VAT

4 weeks (20 days) 1800 AED + VAT
5 days delivery

2 weeks (12 days) 1250 AED + VAT

1 week (6 days) 750 AED + VAT



Lunch lean protein or vegetarian

Morning Snack fruit

Afternoon Snack low-gluten



Support weight loss

Reduce cravings

Supply daily dose of nutrients

Take a leap into healthy eating

Integrate clean eating into your active lifestyle

CLEAN EATING

DAYLIGHT PLAN + includes 1 free consultation & 2 follow-up visits



Delivery: 5 days or 6 days



4 weeks (24 days) 2600 AED + VAT
6 days delivery

Renewal 2470 AED + VAT

4 weeks (20 days) 2300 AED + VAT
5 days delivery

2 weeks (12 days) 1500 AED + VAT



Breakfast meal

Morning Snack fruit

Lunch lean protein or vegetarian

Afternoon Snack low-gluten



Support weight loss

Reduce cravings

Supply daily dose of nutrients

Take a leap into healthy eating

Integrate clean eating into your active lifestyle

SUNDOWN PLAN + includes 1 free consultation & 2 follow-up visits



Delivery: 5 days or 6 days



4 weeks (24 days) 2600 AED + VAT
6 days delivery

Renewal 2470 AED + VAT

4 weeks (20 days) 2300 AED + VAT
5 days delivery

2 weeks (12 days) 1500 AED + VAT



Lunch lean protein or vegetarian

Afternoon Snack low-gluten

Dinner meal & soup



Support weight loss

Reduce cravings

Supply daily dose of nutrients

Take a leap into healthy eating

Integrate clean eating into your active lifestyle

CLEAN EATING

ULTIMATE PLAN

+ includes 1 free consultation & 2 follow-up visits



Delivery: 5 days or 6 days



4 weeks (24 days) 3500 AED + VAT
6 days delivery

Renewal 3325 AED + VAT

4 weeks (20 days) 3000 AED + VAT
5 days delivery

2 weeks (12 days) 1900 AED + VAT

1 week (6 days) 1200 AED + VAT



Unique plan combining
juicing and meals

Boost maximum weight
loss

Support smoother
digestion

Cleansing benefits without
food elimination



3 days: Juice, Big Soup, Lunch & Snacks

3 days: Complete Meals

Repeat Weekly

EVERY WEEK

3 DAYS

JUICES & MEALS



Breakfast cold-pressed juice

Morning Snack fruit

Lunch lean protein or vegetarian

Afternoon Snack low-gluten

Dinner soup

3 DAYS

COMPLETE MEALS



Breakfast meal

Morning Snack fruit

Lunch lean protein or vegetarian

Afternoon Snack low-gluten

Dinner meal & soup

INTERMITTENT FASTING PLAN



Delivery: 5 days a week
(Fridays & Saturdays are off)



4 weeks (20 days) 2600 AED + VAT
5 days delivery

2 weeks (10 days) 1600 AED + VAT

1 week (5 days) 850 AED + VAT

→ Helps with weight loss

Improves fat loss and
muscle gain

Helps move stored fat more
easily for use

Allows a slight improvement
in the metabolic rate

FASTING HOURS

9 PM AT NIGHT - 1 PM IN THE AFTERNOON



16 hours

EATING HOURS

1 PM IN THE AFTERNOON - 9 PM IN THE EVENING



8 hours



Lunch + side salad

Fruit

Healthy Sweet Snack

Cold-pressed Almond Milk

Dinner + soup

CLEANSE. NOURISH. CONSULT.



THE COMBO PLAN



Delivery: 5 days or 6 days



4 weeks (24 days) 3200 AED + VAT
6 days delivery

Renewal 3040 AED + VAT

4 weeks (20 days) 2850 AED + VAT
5 days delivery



2 weeks Ultimate

2 weeks Complete



Boost maximum weight loss

Unique plan combining juicing and meals

Lead a healthy & balanced lifestyle

Support smoother digestion

Cleansing benefits without food elimination

Embrace the clean eating approach

OUR MEALS

- ✓ Low in gluten, high in fiber
- ✓ Free from processed food
- ✓ Free from artificial additives
- ✓ Free from preservatives
- ✓ Lunch: lean protein or plant protein
- ✓ Suitable for vegetarians



OUR JUICES

- ✓ 100% organic, raw, natural
- ✓ Cold-pressed
- ✓ Vegan and gluten-free
- ✓ Free from artificial additives
- ✓ Free from preservatives
- ✓ Not heated or pasteurized





JUICING

+ includes **1 free** Body Composition Analysis Test
(excluding Juice n' Juice - 2 days)

1-DAY JUICE CLEANSE

1 day

350 AED + VAT

6 juices per day - No food intake



6 bottles

5 cold-pressed juices
+ 1 vegan nut milk

All bottles in one day



Restart your body fresh

Support smooth digestion

Replenish vital nutrients

For juice cleanse beginners

Purchase 2 packs for 270 AED each

3-DAY JUICE CLEANSE

3 days

810 AED + VAT

6 juices per day - for 3 days - No food intake



18 bottles

15 cold-pressed juices
+ 3 vegan nut milks

6 bottles per day



Reboot your system

Foster healthy habits

Break body's dependence on
unhealthy food

For more experienced juicer
cleansers

Each pack for 270 AED

PROTEIN BUNDLE

3 days

390 AED + VAT

Enjoy 2 nut milks in place of 2 meals/snacks per day - taken over 3 days



6 vegan nut milks

2 bottles per day



Load up on protein

Aid physical performance

Support hydration

A supplement for gym goers

A snack for on-the-goers

Purchase 2 packs for 310 AED each

JUICING

+ includes **1 free** Body Composition Analysis Test
(excluding Juice n' Juice - 2 days)

JUICE N' JUICE (2 DAYS)

2 days

230 AED + VAT

Enjoy 2 juices in place of 2 meals per day - taken over 2 days



4 bottles

3 cold-pressed juices
+ 1 vegan nut milk

2 bottles per day



Optimize your intake of greens

Revitalize your system with
nutritious blends

Enjoy a sneak-peak into the
world of juicing

For curious juicers

JUICE N' JUICE (3 DAYS)

3 days

350 AED + VAT

Enjoy 2 juices in place of 2 meals per day - taken over 3 days



6 bottles

5 cold-pressed juices
+ 1 vegan nut milk

2 bottles per day



Optimize weight loss

Reduce cravings

Nurture healthy habits

For healthy lifestyle juicers

Purchase 2 packs for 270 AED each

JUICE N' SOUP

3 days

350 AED + VAT

Enjoy 1 juice & 1 soup in place of 2 meals per day - taken over 3 days



3 bottles + 3 soups

3 cold-pressed juices
+ 3 vegetarian soups

1 juice & 1 soup per day



Optimize weight loss


















































Boost energy levels

Support smooth digestion

For healthy lifestyle juicers

Purchase 2 packs for 270 AED each

JUICE CONSUMPTION

JUICING PROGRAMS	DAY 1			DAY 2			DAY 3		
									
1-DAY JUICE CLEANSE									
3-DAY JUICE CLEANSE									
JUICE N' JUICE (2 DAYS)									
JUICE N' JUICE (3 DAYS)									
JUICE N' SOUP									
	WORK OUT DAY			NON-WORK OUT DAY			WORK OUT DAY		
PROTEIN BUNDLE									
									
	JUICE	NUT MILK	SOUP	NO JUICE	MORNING	AFTERNOON	EVENING		

CONSULTATIONS

WHAT'S IN IT FOR YOU?

- ✔ A diet plan customized to caloric needs
- ✔ Manageable by adults and children (7 years and older)
- ✔ Includes body composition analysis for fat, muscle, BMI & size measurements
- ✔ Routine follow-ups to monitor progress

AREAS OF EXPERTISE:

- ✔ Weight management
- ✔ Adolescent nutrition
- ✔ Diabetes
- ✔ Cholesterol & hypertension
- ✔ Pre & post natal diets
- ✔ Pre & post bariatric surgery

PRICES

CONSULTATION	350 AED + VAT
FOLLOW UP	200 AED + VAT

MEET THE MASTERMIND

SARA ISMAIL

B.S. in Nutrition & Dietetics.

American University of Beirut (class of 2004).

**With over 15 years of professional experience,
working in Abu Dhabi since 2010.**



JOIN **OUR COMMUNITY**
WITH **4** EASY STEPS

1



SELECT PROGRAM

2



PURCHASE **ONLINE** OR
THROUGH OUR **OFFICE**

3




RECEIVE DELIVERY

4



ENJOY. REPEAT!

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