



REGULAR PROGRAMS

3 MEALS + 2 SNACKS

Premium Program

110 QR Day

Balance Program

100 QR Day

Simple Program

65 QR Day

2 MEALS + 1 SNACKS

Executive Program (Breakfast + Lunch)

With Sweet Without Sweet
per 1 Day

80 QR

70 QR

Executive Program (Lunch+ Dinner)

95 QR

85 QR

1 MEAL + 1 SNACK

lunch Box

55 QR Day

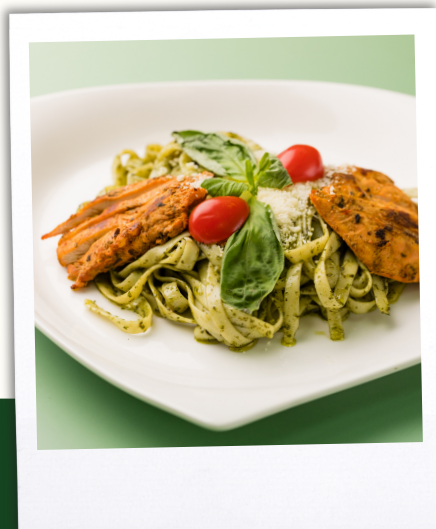
Children Lunch Box

50 QR Day

Transportation: (1 Day)

7.5 QR Inside Doha

19 QR Outside Doha





SPECIALISED PROGRAMS

3 MEALS + 2 SNACKS

Celiac Program

135 QR Day

Lean Program (+1 meal and +2 to 3 snacks)

135 QR Day

Gastric Program

80 QR Day

3 MEALS + 1 SNACKS

Craving Cure "The Keto Style" Program

150 QR Day

Go Flat Program

150 QR Day

Detox Program

150 QR Day

MEAL PLAN

An individualized meal plan for each client

600 QR

Follow up

200 QR

Transportation: (1 Day)

7.5 QR Inside Doha

19 QR Outside Doha

