



## REGULAR PROGRAMS

### 3 MEALS + 2 SNACKS

Premium Program

3300 QR \ 30 Days

Balance Program

3000 QR \ 30 Days

Simple Program

1950 QR \ 30 Days

### 2 MEALS + 1 SNACKS

Executive Program (Breakfast + Lunch)

With Sweet      Without Sweet  
per 30 Days

2,400 QR      2,100 QR

Executive Program (Lunch+ Dinner)

2,850 QR      2,550 QR

### 1 MEAL + 1 SNACK

lunch Box

1100 QR \ 20 Days

Children Lunch Box

1000QR \ 20 Days

### Transportation:

Inside Doha

225 QR \ 30 Days

Outside Doha

575 QR \ 30 Days





## SPECIALISED PROGRAMS

### 3 MEALS + 2 SNACKS

Celiac Program

4050QR \ 30 Days

Lean Program

4050 QR \ 30 Days

Gastric Program

2400 QR \ 30 Days

### 3 MEALS + 1 SNACKS

Craving Cure "The Keto Style" Program

4500 QR \ 30 Days

Go Flat Program

3000 QR \ 20 Days

Detox Program

1733 QR \ 11 Days

### MEAL PLAN

An individualized meal plan for each client

600 QR

Follow up

200 QR

### Transportation: (30Day )

225 QR Inside Doha

570 QR Outside Doha

