



INFO@NOURISHKITCHEN.ME
+968 97025232

PRICELIST 2020 | BURN & BALANCE

See separate price list for our larger **BUILD** plans

WEEKLY PRICES	PER DAY	6 DAY PLAN	5 DAY PLAN	4 DAY PLAN
		5% off daily rate	5% off daily rate	5% off daily rate
ALL MEALS	11	63	53	42
BLD / LDS	9	52	43	35
BLS / BDS	7.5	43	36	29
LD	7	40	34	27
LS / DS / BL / BD	5.5	32	27	21
L or D ONLY	3.5	20	17	14
B / S ONLY	2	12	10	8

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

PACKAGE PRICES	PER DAY	1 x 6 days	4 x 6 days	8 x 6 days
		1 WEEK	4 WEEKS	8 WEEKS
		5% off daily rate	10% off weekly rate	15% off weekly rate
ALL MEALS	11	63	227	429
BLD / LDS	9	52	188	354
BLS / BDS	7.5	43	155	293
LD	7	40	144	272
LS / DS / BL / BD	5.5	32	116	218
L or D ONLY	3.5	20	72	136
B / S ONLY	2	12	44	82

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

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



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PRICELIST 2020

BUILD PLANS

See other lists for BURN/BALANCE/KETO plans

WEEKLY PRICES	PER DAY	6 DAY PLAN	5 DAY PLAN	4 DAY PLAN
		5% off daily rate	5% off daily rate	5% off daily rate
ALL MEALS	12.5	72	60	48
BLD	10.5	60	50	40
LDS	10	57	48	38
LD	8	46	38	31
LS / DS	6	35	29	23
L or D ONLY	4	23	19	16
B ONLY	2.5	12	10	8

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

PACKAGE PRICES	PER DAY	1 WEEK	4 WEEKS	8 WEEKS
		1 x 6 days 5% off daily rate	4 x 6 days 10% off weekly rate	8 x 6 days 15% off weekly rate
ALL MEALS	12.5	72	260	490
BLD	10.5	60	216	408
LDS	10	57	206	388
LD	8	46	166	313
LS / DS	6	35	126	238
L or D ONLY	4	23	83	157
B ONLY	2.5	12	54	102

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

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NOURISH PRICING

KETO & VEGAN

KETO PRICES	PER DAY	1 WEEK 5% off daily rate	4 WEEK 5% off daily rate	8 WEEKS 5% off daily rate
	LD (6 DAYS)	8.5	49	177
L or D (6 DAYS)	4.25	25	90	170
LD (5 DAYS)	8.5	41	148	279
L or D (5 DAYS)	4.25	21	76	143

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

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

VEGAN PRICES	PER DAY	1 WEEK 5% off daily rate	4 WEEKS 10% off weekly rate	8 WEEKS 15% off weekly rate
	LD (6 DAYS)	7	38	137
L or D (6 DAYS)	3.5	19	69	129
LD (5 DAYS)	7	32.5	117	221
L or D (5 DAYS)	3.5	16.5	60	117

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

Sample prices shown, we do offer other package combinations, just contact us for confirmation.
Prices above are for our KETO AND VEGAN food packages **excluding** delivery charges.
Please see intro info document for more details on delivery charges and available timings.