

Delivering Healthy Meals to Your Doorstep

# CALORIEY





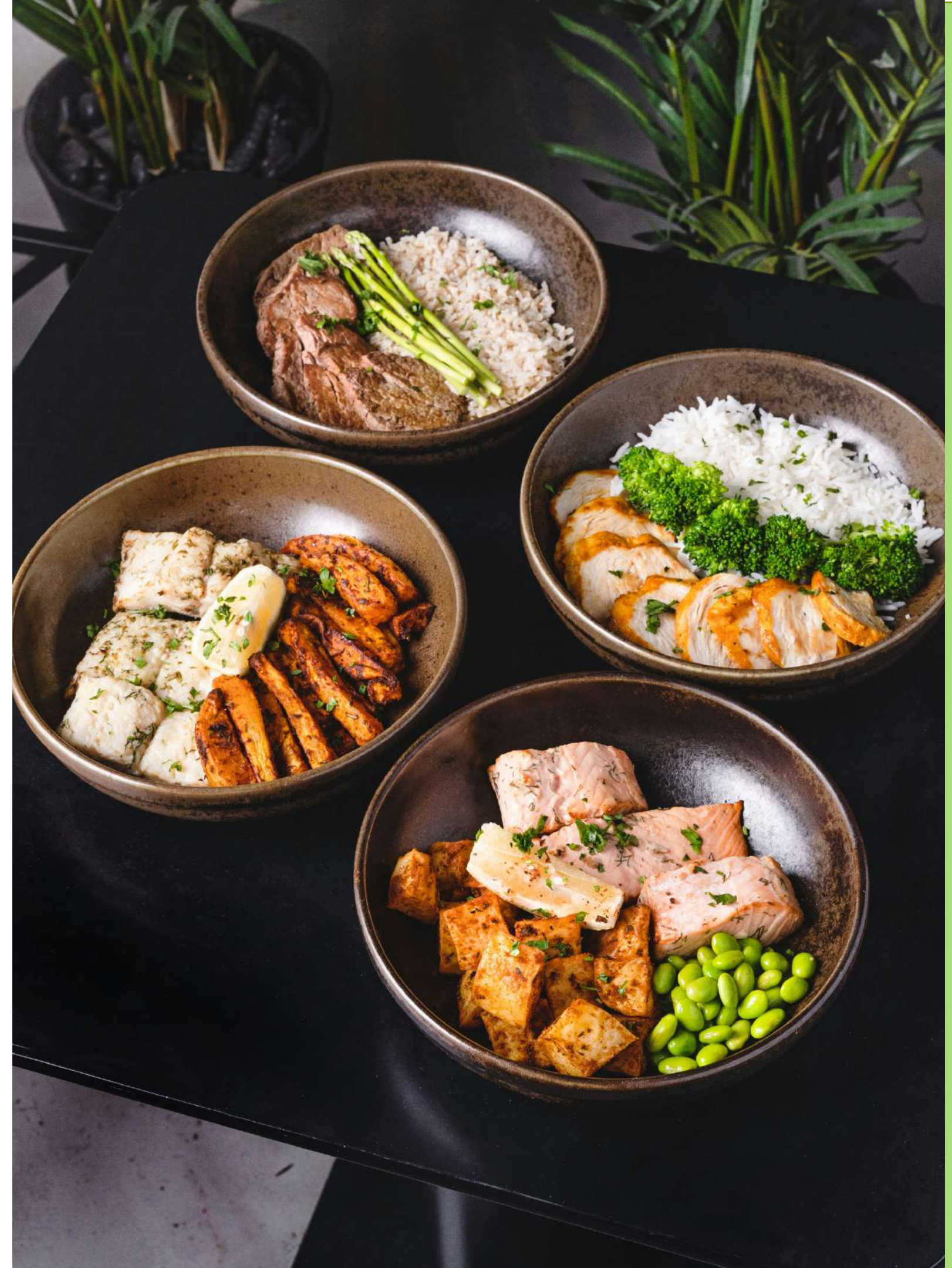
Nourishing Lives, One Meal at a Time

# Welcome to Caloriey, Eat Healthy And Natural Food

Welcome to Caloriey, where we're passionate about providing you with nutritious and delicious meals conveniently delivered to your doorstep.

At Caloriey, we're on a mission to revolutionize the way people approach healthy eating. Founded with a passion for promoting well-being and vitality, we believe that nourishing your body shouldn't be a chore but a delightful experience

**CALORIEY**



ABOUT CALORIEY





# Explore our wide range of Menu:

## Day 1

### Breakfast

Oats with Nuts and  
Fruits 250g

### Lunch

Chicken Fajita with  
Mash Potato

### Pm Meal

Red Sauce Chicken  
Pasta with  
Vegetables

### Dinner

Garlic Fish with Veg  
Rice

### Snack

Mini Chicken Burger

## Day 2

### Breakfast

Scrambled Egg with  
2 Brawn Bread  
Toast

### Lunch

Avacado Chicken  
with Yellow Rice...

### Pm Meal

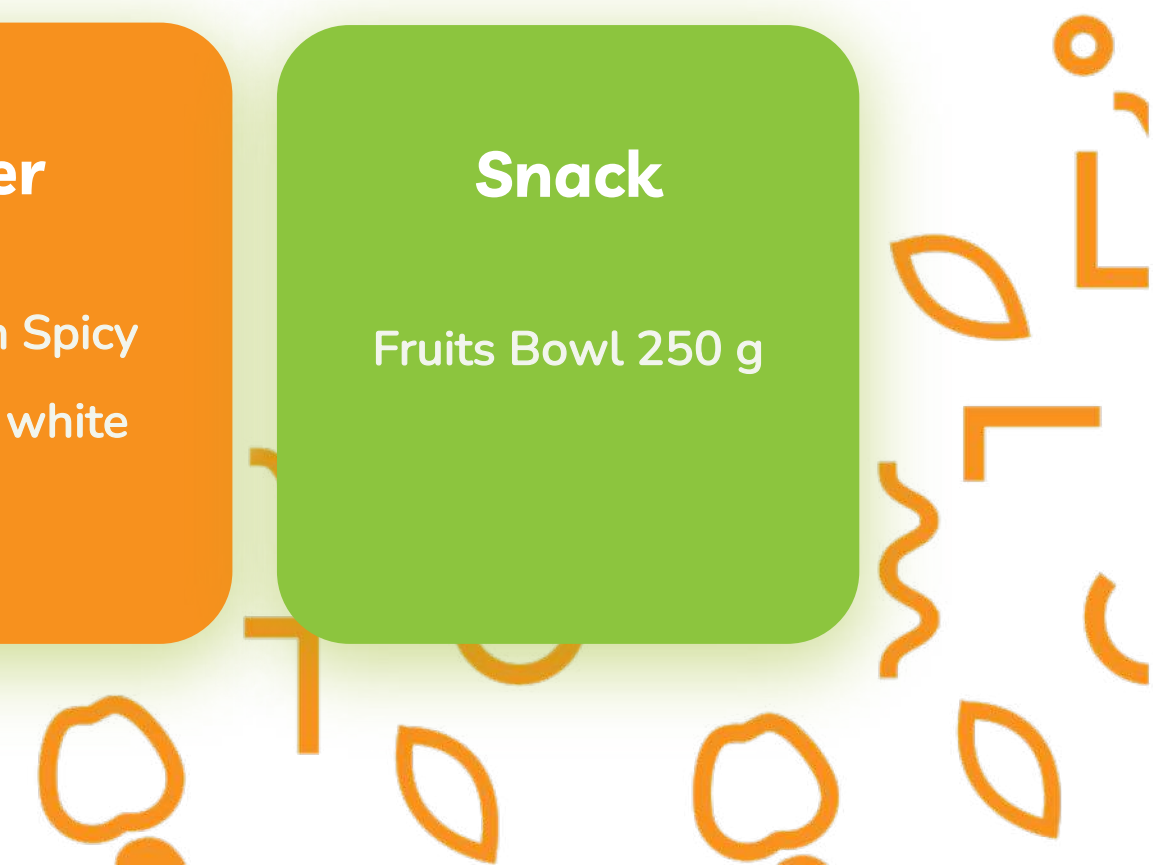
Chicken Shishtawo  
with Basmati Rice

### Dinner

Shrimp with Spicy  
Potato and white  
rice

### Snack

Fruits Bowl 250 g





# Explore our wide range of Menu:

## Day 3

### Breakfast

English Breakfast  
(Sausage/White  
beans/Potato/Omelet/  
Mushroom/Brawn Bread)

### Lunch

Mushroom Chicken  
with Beetroot Rice  
with yellow rice

### Pm Meal

Chicken Kofta with  
Green Beans Rice

### Dinner

White Fish with  
Quinoa

### Snack

Mini Beef Pizza

## Day 4

### Breakfast

Guacamole Brawn  
Bread Sandwich

### Lunch

Beef with White  
Rice

### Pm Meal

White Sauce  
Chicken Pasta with  
Veggies

### Dinner

Chicken Ball with  
Grill Potato

### Snack

Avocado Chicken  
Salad





# Explore our wide range of Menu:

## Day 5

### Breakfast

Protein Pancakes  
with Fruits

### Lunch

Moroccan Chicken  
with Mash Potato

### Pm Meal

Bar BQ Chicken with  
Brawn Rice

### Dinner

Malai Hamour Fillet  
with Steam Veg

### Snack

Mini Beef Pizza

## Day 6

### Breakfast

Egg Pouch with  
Brawn Bread

### Lunch

Avacado Chicken  
with Yellow Rice

### Pm Meal

Roll Chicken with  
Red Cabbage Stew

### Dinner

Chicken Curry with  
Risota Rice

### Snack

Cookies





# Explore our wide range of Menu:

## Day 7

### Breakfast

Protein Waffles with Berries

### Lunch

Mushroom Chicken with Beetroot Rice with yellow rice

### Pm Meal

Yellow Pasta Chicken With Gulash

### Dinner

BBQ Fish with White Rice & Greek Salad

### Snack

Chicken Shawarma

## Day 8

### Breakfast

Peanut Butter Sandwich with Fresh Juice

### Lunch

Chicken shish tawuk with Green rice

### Pm Meal

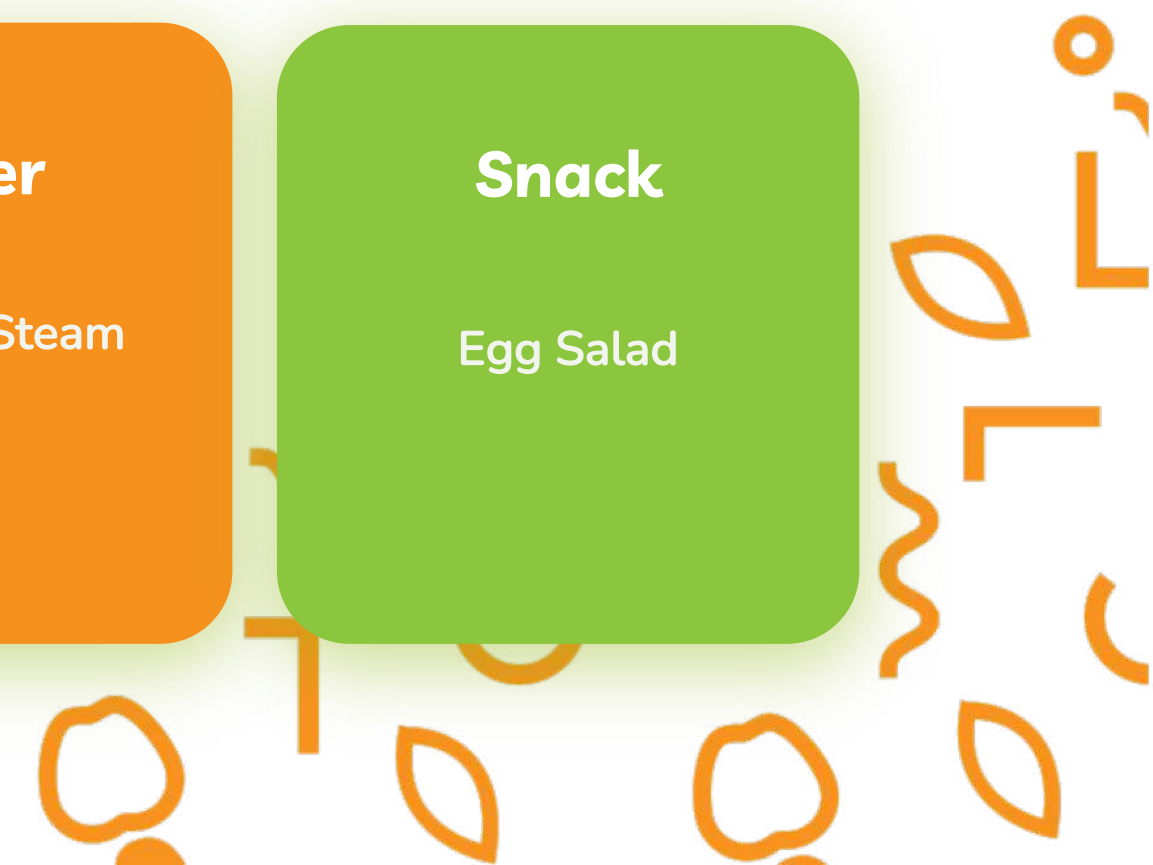
Chili Chicken with Mashed Potato

### Dinner

Tikka Fish Steam Rice

### Snack

Egg Salad







# Explore our wide range of Menu:

## Day 9

### Breakfast

Boiled Eggs with  
Mashed Sweet  
Potatoes

### Lunch

Almond chicken  
with veg rice

### Pm Meal

Chicken Breast with  
Quinoa

### Dinner

Butter Chicken with  
Sweet Potato

### Snack

Mini Chicken Pizza

## Day 10

### Breakfast

Chia Seed Pudding  
with Nuts and  
Berries

### Lunch

Moroccan Chicken  
with Mash Potato.....

### Pm Meal

Chicken Shanghai  
Noodles

### Dinner

Chicken club  
Sandwich

### Snack

Vegetable Sandwich





# Explore our wide range of Menu:

## Day 11

### Breakfast

Oats with Nuts and  
Fruits 250g

### Lunch

Mushroom Sauce  
Steak w/ Roasted  
Potatoes Wedges

### Pm Meal

Red Sauce Chicken  
Pasta with  
Vegetables

### Dinner

Tandoori Chicken  
with White Rice

### Snack

Mini Chicken Burger

## Day 12

### Breakfast

Scrambled Egg with  
2 Brawn Bread  
Toast

### Lunch

Fish Mandi w/  
Beetroot Tahini Dip

### Pm Meal

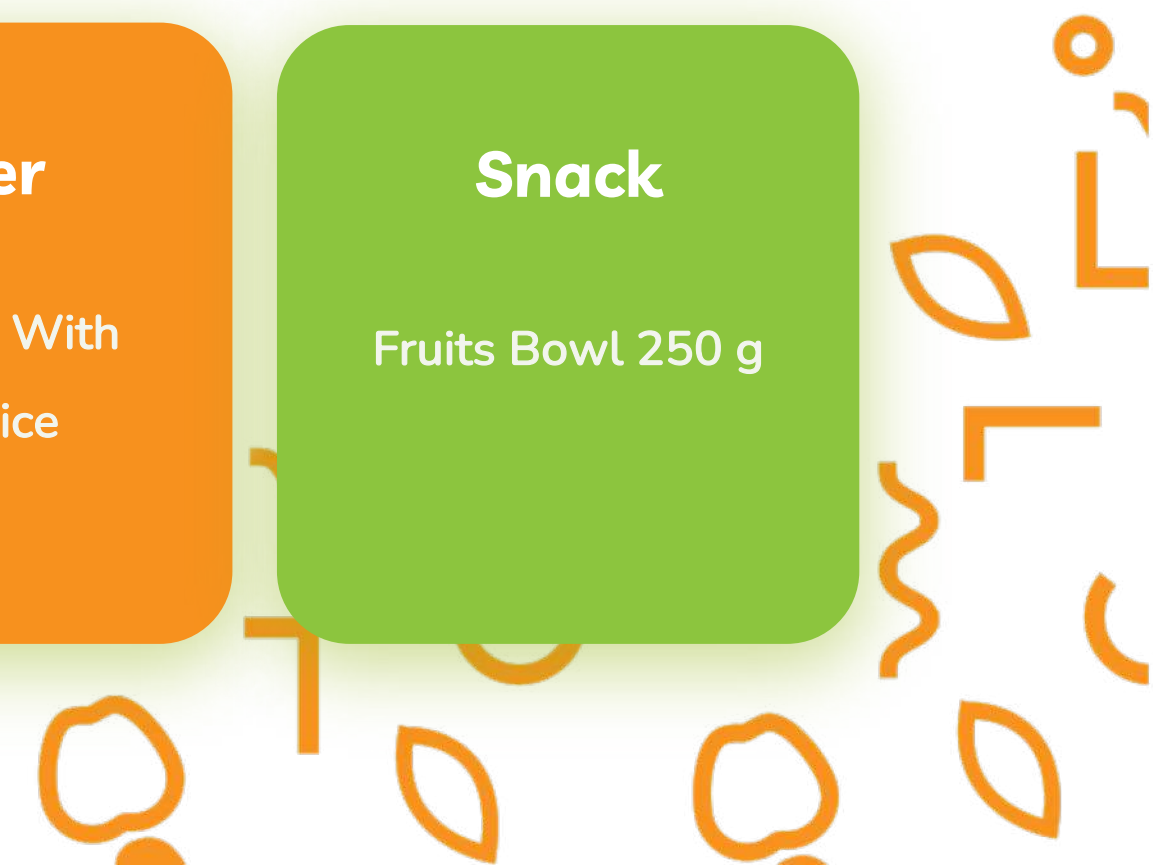
Chicken Shishtawo  
with Basmati Rice

### Dinner

Pouch Fish With  
Green Rice

### Snack

Fruits Bowl 250 g







# Explore our wide range of Menu:

Day 13

## Breakfast

English Breakfast  
(Sausage/White  
beans/Potato/Omelet/  
Mushroom/Brawn Bread)

## Lunch

Sweet chilli chicken  
with mashed  
potatoes

## Pm Meal

Chicken Kofta with  
Green Beans Rice

## Dinner

Malai chicken with  
beetroot rice

## Snack

Mini Beef Pizza

Day 14

## Breakfast

Guacamole Brawn  
Bread Sandwich

## Lunch

BBQ Shrimp w/  
Roasted Sweet

## Pm Meal

White Sauce  
Chicken Pasta with  
Veggies

## Dinner

Garlic Fish with Veg  
Rice

## Snack

Avocado Chicken  
Salad





# Explore our wide range of Menu:

Day 15

## Breakfast

Protein Pancakes  
with Fruits

## Lunch

Chicken mandi

## Pm Meal

Bar BQ Chicken with  
Brawn Rice

## Dinner

Shrimp with Spicy  
Potato with white  
rice

## Snack

Mini Beef Pizza

Day 16

## Breakfast

Egg Pouch with  
Brawn Bread

## Lunch

Crispy chicken En w/  
Chickpeas & Corn

## Pm Meal

Roll Chicken with  
Red Cabbage Stew

## Dinner

Chicken Curry with  
Risota Rice

## Snack

Cookies





# Explore our wide range of Menu:

Day 17

## Breakfast

Protein Waffles with Berries

## Lunch

Grilled chicken

## Pm Meal

Yellow Pasta  
Chicken With  
Gulash

## Dinner

BBQ Fish with  
White Rice & Greek  
Salad

## Snack

Chicken Shawarma

Day 18

## Breakfast

Peanut Butter  
Sandwich with  
Fresh Juice

## Lunch

Chicken cashew

## Pm Meal

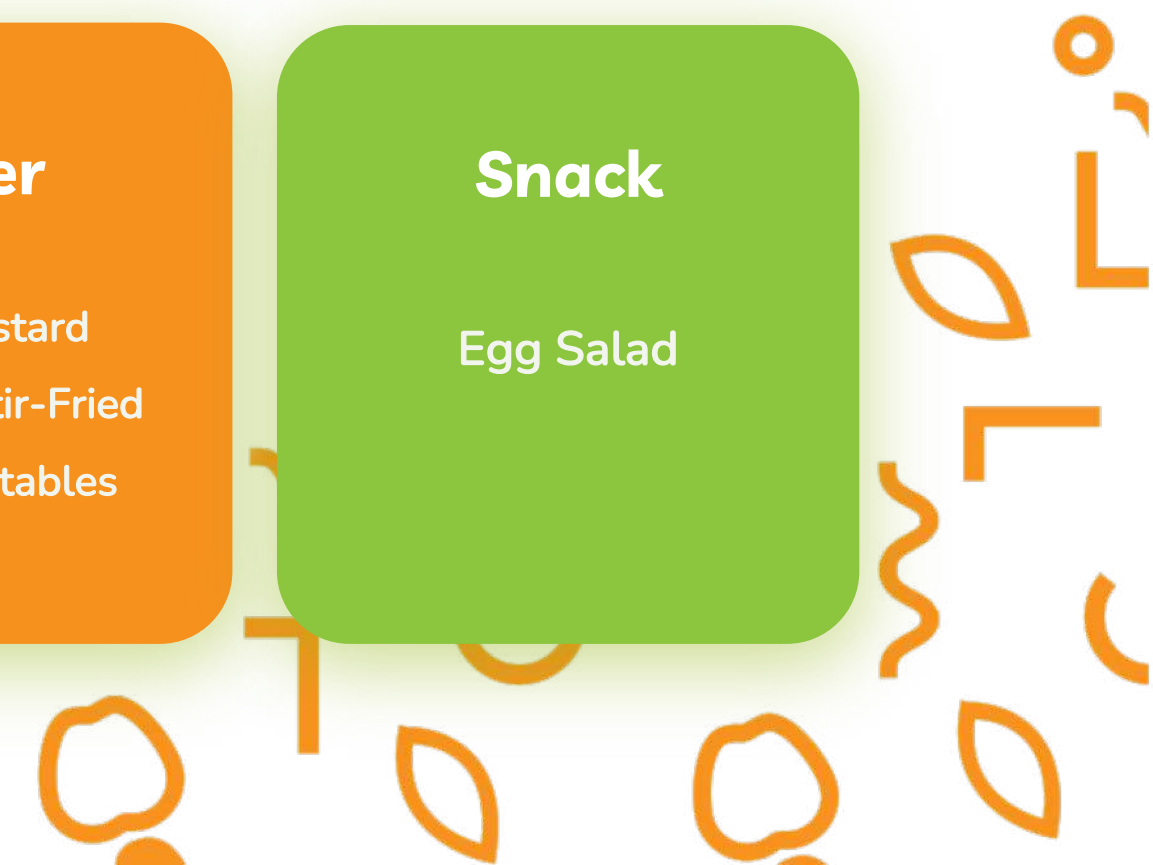
Chili Chicken with  
Mashed Potato

## Dinner

Honey Mustard  
Chicken w/ Stir-Fried  
Rice & Vegetables

## Snack

Egg Salad







# Explore our wide range of Menu:

Day 19

## Breakfast

Boiled Eggs with  
Mashed Sweet  
Potatoes

## Lunch

Shish tawook

## Pm Meal

Chicken Breast with  
Quinoa

## Dinner

Mexican Beef Burger  
w/ Cheese Sauce &  
Vegetables

## Snack

Mini Chicken Pizza

Day 20

## Breakfast

Chia Seed Pudding  
with Nuts and  
Berries

## Lunch

Chicken Fajita with  
Mash Potato

## Pm Meal

Chicken Shanghai  
Noodles

## Dinner

Chicken Fajita w/  
Sweet Corn, Mixed  
Beans, Sour Cream Dip  
& Brown Tortilla Wrap

## Snack

Vegetable Sandwich





# Explore our wide range of Menu:

Day 21

## Breakfast

Oats with Nuts and  
Fruits 250g

## Lunch

Avacado Chicken  
with Yellow Rice

## Pm Meal

Red Sauce Chicken  
Pasta with  
Vegetables

## Dinner

Chicken Kabeesh

## Snack

Mini Chicken Burger

Day 22

## Breakfast

Scrambled Egg with  
2 Brawn Bread  
Toast

## Lunch

Mushroom Chicken  
with Beetroot Rice

## Pm Meal

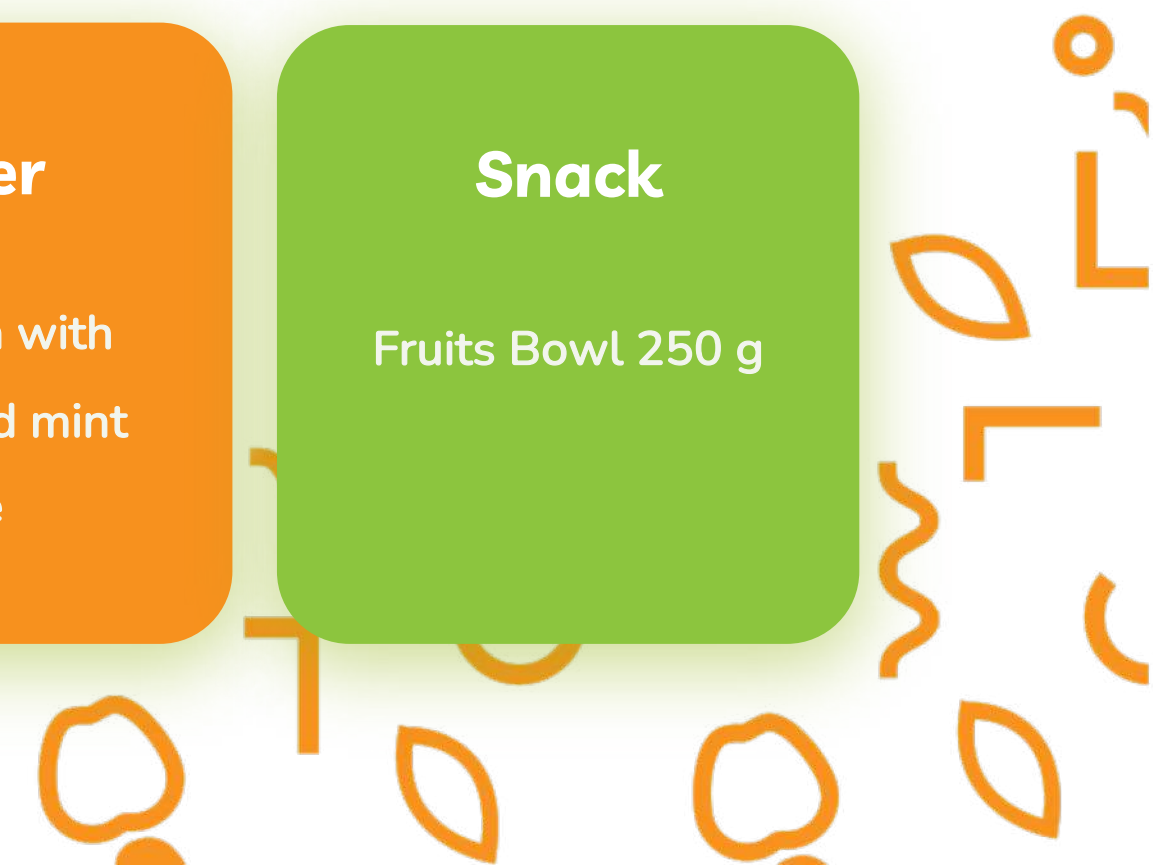
Chicken Shishtawo  
with Basmati Rice

## Dinner

Beed kofta with  
yougart and mint  
sauce

## Snack

Fruits Bowl 250 g





# Explore our wide range of Menu:

Day 23

## Breakfast

English Breakfast  
(Sausage/White  
beans/Potato/Omelet/  
Mushroom/Brawn Bread)

## Lunch

Beef with White  
Rice

## Pm Meal

Chicken Kofta with  
Green Beans Rice

## Dinner

CRUSTED FISH with  
white rice

## Snack

Mini Beef Pizza

Day 24

## Breakfast

Guacamole Brawn  
Bread Sandwich

## Lunch

Moroccan Chicken  
with Mash Potato

## Pm Meal

White Sauce  
Chicken Pasta with  
Veggies

## Dinner

Grilled Fish masala  
rice

## Snack

Avocado Chicken  
Salad







# Explore our wide range of Menu:

Day 25

## Breakfast

Protein Pancakes  
with Fruits

## Lunch

Chicken Kabab with  
Veg Rice

## Pm Meal

Bar BQ Chicken with  
Brawn Rice

## Dinner

Grilled Shrimps veg  
rice

## Snack

Mini Beef Pizza

Day 26

## Breakfast

Egg Pouch with  
Brawn Bread

## Lunch

Avacado Chicken  
with Yellow Rice

## Pm Meal

Roll Chicken with  
Red Cabbage Stew

## Dinner

Asian Chicken  
Noodles

## Snack

Cookies





# Explore our wide range of Menu:

Day 27

## Breakfast

Protein Waffles with Berries

## Lunch

Mushroom Chicken with Beetroot Rice white rice

## Pm Meal

Yellow Pasta Chicken With Gulash

## Dinner

Crispy Fish chicken teriyaki meat balls

## Snack

Chicken Shawarma

Day 28

## Breakfast

Peanut Butter Sandwich with Fresh Juice

## Lunch

Chicken shish tawuk with Green rice

## Pm Meal

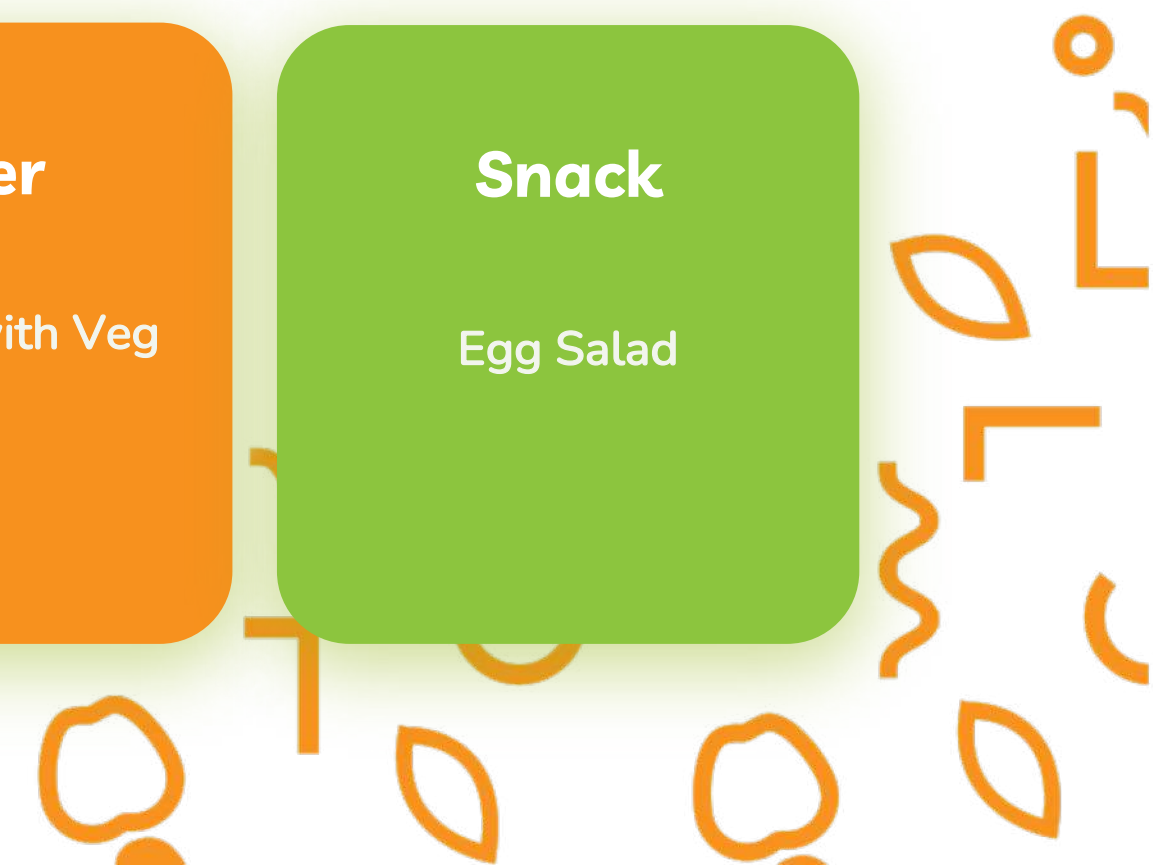
Chili Chicken with Mashed Potato

## Dinner

Garlic Fish with Veg Rice

## Snack

Egg Salad





# Explore our wide range of Menu:

Day 29

## Breakfast

Boiled Eggs with  
Mashed Sweet  
Potatoes

## Lunch

Almond chicken  
with veg rice

## Pm Meal

Chicken Breast with  
Quinoa

## Dinner

Shrimp with Spicy  
Potato

## Snack

Mini Chicken Pizza

Day 30

## Breakfast

Chia Seed Pudding  
with Nuts and  
Berries

## Lunch

Moroccan Chicken  
with Mash Potato.....

## Pm Meal

Chicken Shanghai  
Noodles

## Dinner

White Fish with  
Quinoa

## Snack

Vegetable Sandwich







# Explore our wide range of Menu:

## Day 31

### Breakfast

Oats with Nuts and  
Fruits 250g

### Lunch

Mushroom Sauce  
Steak w/ Roasted  
Potatoes Wedges

### Pm Meal

Red Sauce Chicken  
Pasta with  
Vegetables

### Dinner

Chicken Ball with  
Grill Potato

### Snack

Mini Chicken Burger

## Our Plans

### WEEKLY MEAL PLANS

Take the guesswork  
out of meal prep  
with our curated  
weekly meal plans,  
tailored to your  
dietary needs.

### MONTHLY SUBSCRIPTION

Commit to your  
health goals with  
our flexible monthly  
subscription options,  
offering convenience  
and savings.

### CUSTOMIZED MEALS

Personalize your  
meals with our  
easy-to-use  
customization tools,  
to select your  
preferred meals.





Tasty & Healthy Organic Food

# OUR PROCESS

**At Caloriey, quality and freshness are our top priorities.**



## Quality Ingredients

We source only the finest ingredients from trusted suppliers, ensuring that each meal is packed with flavor and nutrition.



## Culinary Expertise

Our team of experienced chefs skillfully prepare each meal in our state-of-the-art kitchen facility, adhering to strict hygiene and safety protocols.



## Kitchen to Doorstep

Your meals are then carefully packaged and delivered to your doorstep, ready to enjoy at your convenience.



**PERSONAL  
CONSULTATION**

**Nourishing Lives, One Meal at a Time**

## Tailored to You

At Caloriey, we understand that everyone's dietary needs and preferences are unique. That's why we offer personalized consultations to help you create a meal plan that aligns with your health goals and lifestyle. Our nutritionists will work closely with you to design a custom menu tailored to your specific requirements, ensuring that every meal not only tastes great but also supports your well-being. Experience the difference of personalized nutrition with Caloriey.

**CALORIEY**

### Crafting Tailored Meal Plans for Your Unique Needs

Tailor your wellness journey with personalized consultations. Our experts craft custom meal plans to fit your unique needs and goals, ensuring every bite is a step towards better health.

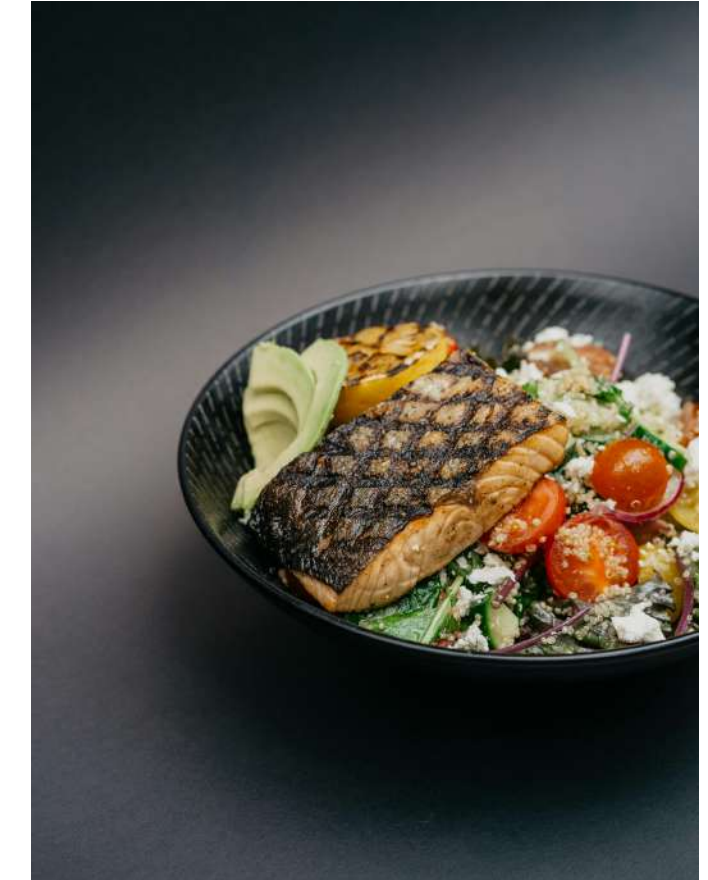






# Start your journey!

Ready to embark on your journey to better health? Reach out to us today to start your Caloriey experience. Whether you have questions, feedback, or are ready to place an order, our friendly team is here to assist you every step of the way.



## Email

[info@caloriey.com](mailto:info@caloriey.com)

## Website

[www.caloriey.com](http://www.caloriey.com)

## Social Media

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## Contact

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