

NUTRITION

How safe and effective are NutriBar packages for weight loss?

When used as directed, NutriBar is a safe and effective way to lose weight. All of our meals at NutriBar are rich in protein, complex carbohydrates and low in fat, salt and sugar.

What about people who do not need to lose weight? Can they also benefit from the monthly packages that NutriBar has to offer?

Of course! Proper nutrition can benefit anyone. Improving your diet while you build up your immune system and increasing your energy levels can make you look and feel healthier. Although all of our recipes are especially made by dietitians, nutritionists and food technologists to tackle weight loss, they are also designed to meet the nutritional needs of athletes, pregnant women, vegetarians and anyone who wants to follow a healthier lifestyle. So if you want to eat properly, but do not find time for shopping, preparing and cooking healthy meals then NutriBar was made for you.

Can I eat from NutriBar while I am pregnant or breastfeeding?

NutriBar is recommended even for pregnant or lactating women. We recommend that you talk with your doctor to find out what are the options you may have, always in relation to your medical history. To make the most out of our nutritional recipes during pregnancy or lactation, we suggest you visit one of the leading nutritionists of our team who will guide you properly and would make the ideal diet plan tailored to your needs.

What to do if I am allergic to some food or just do not like some ingredients?

You can select meals according to your personal nutritional needs, but you cannot remove smaller components of a meal, such as onions, garlic, tomato sauce and herbs / spices. If you are allergic to a particular food, then we recommend you talk with one of our nutritionists to guide you accordingly. After your order, we do not share any responsibility for allergic reactions you may have because of your meal or snack options.

How to warm up my meals to keep the flavors and nutrients alive?

To get the maximum nutritional value of each meal, we recommend not to leave cold delivered food at room temperature over 30 minutes after the delivery to your place. All meals require immediate refrigeration, since they are delivered fresh. As for the heating-up, while our containers are suitable for heating at high temperatures, we recommend to avoid using the microwave because flavors can easily deteriorate. All meals can be transported in a special dish and heated in the oven or on the stove.

What do I do on the weekend so that I do not slip away from my healthy nutrition plan?

Since we do not offer healthy meal delivery on the weekend, we suggest you ask for, or download our Healthy Eating Guide found on our mobile application menu that will help you move on the right direction. The Healthy Eating Guide includes daily meal plans and snacks that will help you stay focused on your goals, even if we're not around to serve you.

Do you provide further support from dietitians in case I need a more personalized plan?

Of course! We provide dietary support from our team of dietitians. For queries contact 7000 3770. The price of NutriBar packages is exempted from the charge of any dietetic appointment. Fees for personal nutrition consultations, are determined exclusively by the specialist dietitian / nutritionist.

DELIVERY

What is the time that my meals will be delivered every day?

All meals and snacks are delivered from 9:00 am to 11:00 am daily, at your home or at your office. The delivery time of each package varies and is not fixed.

Can I get my meals delivered to a different location?

Of course you can! Please let us know in writing at least three (3) business days in advance.

What if my meals need to be delivered at a different address and I did not inform you three (3) days in advance?

If you do not inform us in writing at least three (3) days in advance, your meals will be delivered to the address and alternative delivery spot stated in your account page. An alternative delivery spot/space, could be a specific point on the exterior of your office / home or a nearby house or building. We will arrange so that your package remains intact before reaching your hands.

In which areas do you provide Nutribar Healthy Meal delivery?

At present, we deliver your meals only in Limassol.

What if I do not receive my meals on time or some products are missing from the bag?

In such case, please contact our delivery department immediately, at 7000 3770 and/or email our team at info@nutribar.com.cy. We shall serve you directly within 24 hours.

REGISTRATION AND CANCELLATION POLICY

How can I pay for my package?

All packages are pre-paid through our new mobile application. Moreover, please contact us in order to guide you through information such as issues in payment, dispatch and receipt of your package.

What is your policy on cancellations and package termination?

If you have already paid for your package and you want to cancel before receiving a single meal, please inform us in writing at least three (3) days prior to delivery to this email address: info@nutribar.com.cy to cancel your order. We do not provide refunds for any active delivery order.

GLOSSARY

Vegan (or total vegetarian): Excludes all animal products, especially meat, seafood, poultry, eggs and dairy products. It requires eating healthy food / restriction of fat or refined sugar.

Raw vegan: Same as the vegan, but with the exclusion of cooking foods at temperatures above 118°F.

Lacto-vegetarian: Excluding eggs, meat, seafood and poultry but includes dairy products.

Ovo-vegetarian: Excluding meat, seafood, poultry and dairy products but the diet includes eggs.

Lacto-ovo vegetarian: Excluding meat, seafood and poultry but includes eggs and dairy products.

Mediterranean Diet: Foods primarily plant based, allowing small amounts of chicken and fish, eggs and dairy, and red meat may once or twice a month. Fatty foods such as oily fish and olive oil are strongly encouraged.