

TAILORED NUTRITION FOR EVERY GOAL—WHICH ONE'S YOURS?

SHAPE UP



Healthy, Sustainable Weight Loss! Lose weight steadily with balanced, nutritious meals that boost energy and support overall well-being—no crash diets or intense workouts needed.

KETO BYTE



Stay Keto, Stay Energized! Delicious low-carb, high-fat meals that fuel your body and support your health goals. Enjoy satisfying, nutrient-dense dishes that keep you in ketosis and help you thrive.

BULK UP



Build Muscle, Gain Strength! Perfect for those looking to increase muscle mass and gain weight, our Bulk Up meals are packed with protein-rich ingredients to fuel your fitness goals.

V Lite



Nourish Your Body, Love Your Planet! Enjoy tasty, plant-based meals that fuel your health, boost energy, and support your wellness goals, no matter where you are on your vegan journey!

EnergizeHER



Empower Your Health! Designed for women of all ages, our plan helps balance hormones, boost energy, and achieve your dream body with personalized support from our licensed dietitians.

MED Lite



Eat Well, Live Healthier! A personalized meal plan for managing medical conditions like diabetes, PCOS, thyroid disorders, and IBS, as well as food allergies to provide balanced nutrition for better health.

MUMZ Fuel



Nourish Yourself, Nurture Your Baby! Tailored for pregnant and lactating mothers, providing essential nutrients to support health, energy, and a healthy weight for both mom and baby.

LIL TOTS



Healthy, Happy Kids, Every Day! Delicious, nutrient-rich meals expertly crafted to fuel children's growing bodies, support healthy development, and promote overall well-being every day.

B FIT



Healthy Eating, A Lifestyle of Well-Being! A meal plan designed for healthy eating and weight maintenance without compromising on taste. Stay balanced while enjoying every bite.

Get Started

01

Select Your Perfect Fit

Reach your health goals with purpose! Whether it's weight loss, muscle gain, or managing medical conditions, we have the ideal plan for you. Select the meal plan that fits your needs and start your journey today!

02

Quick & Easy Ordering

Place your order in no time! Shop online, give us a call, or visit us in person—whichever is easiest for you!

03

Relax & Enjoy

Sit back while we deliver freshly prepared, customized meals right to your doorstep, every day!



Your wellness journey begins now—let's go!

800 GET SLIM (438 7546) Abu Dhabi - Dubai - Al Ain

info@blite.ae www.blite.ae

BLite

EAT LIGHT, LIVE BRIGHT

Healthy Meal Plans



DON'T WAIT—FUEL YOUR HEALTH TODAY!

Gourmet Package: Elevate Your Wellness

(3 Main Meals + Sides + Snack + Fruit & Dairy Drink)
Full Body Composition Analysis
Consultation with Licensed Dietitian + 2 Follow-Ups

14 Days	AED 1950	20 Days	AED 2650	24 Days	AED 2990
28 Days	AED 3500				

Basic Meal Plan: Nutritious & Balanced

(3 main meals + sides)
Under 1100 kcal per day
Optional Consultation with Licensed Dietitian

20 Days	AED 2000
---------	----------

Lunch Fuel: Nutritious Midday Boost

(Main Lunch Meal + Side Salad + Fruit & Water Bottle)
Optional Consultation with Licensed Dietitian

14 Days	AED 910	20 Days	AED 1300	24 Days	AED 1680
---------	---------	---------	----------	---------	----------

Lunch Full Boost: Complete Midday Fuel

(Main Lunch Meal + Side Salad + Snack + Fruit & Water Bottle)
Optional Consultation with Licensed Dietitian

14 Days	AED 1050	20 Days	AED 1500	28 Days	AED 1960
---------	----------	---------	----------	---------	----------

Sunrise Package: Energize Your Day

(Breakfast + Main Lunch Meal + Side Salad + Fruit + Snack & Water Bottle)
Optional Consultation with Licensed Dietitian
Body Composition Analysis

14 Days	AED 1400	20 Days	AED 2000	28 Days	AED 2660
---------	----------	---------	----------	---------	----------

Sunset Package: Evening Wellness Nourishment

(Main Lunch Meal + Side Salad + Dinner + Soup + Fruit+ Snack + Water Bottle)
Optional Consultation with Licensed Dietitian
Body Composition Analysis

14 Days	AED 1610	20 Days	AED 2300	28 Days	AED 3080
---------	----------	---------	----------	---------	----------

Breakfast Boost: Energize Your Morning

(Breakfast + Fruit + Dairy Drink & Water Bottle)
Optional Consultation with Licensed Dietitian
Body Composition Analysis

14 Days	AED 630	20 Days	AED 900	24 Days	AED 1120
---------	---------	---------	---------	---------	----------

PREMIUM ADD-ONS: JUST FOR YOU

Gluten Free	15 AED/DAY	High Calorie (>1700 kcal + 300 kcal)	10 AED/DAY
Dairy Free	10 AED/DAY	Selective Plus	10 AED/DAY
High Protein	15 AED/DAY	Special Diet	15 AED/DAY
Diet Plan Consultation	350 AED/DAY	Follow-Up	150 AED/DAY

CORPORATE AND EVENT CATERING

Celebrate Every Occasion, the Healthy Way!

Why go unhealthy when you can indulge guilt-free? We've got you fully covered with a selection of savory and sweet delights. From corporate wellness events to meetings, birthday parties, and special celebrations, our premium catering service delivers nutritious, delicious meals tailored to your needs.

Available upon request.

