

**URBAN**  
**PORTION**  
HEALTHY NEIGHBOURHOOD EATERY

Is looking for healthy lunch  
**EVERY DAY**  
TIME CONSUMING & EXPENSIVE?

**EAT CLEAN LUNCH BOX IS HERE**

We guarantee delivery of  
**HEALTHY & FRESH LUNCH**  
**5 DAYS A WEEK**

**Different menu EACH DAY!**  
All meals within **500 CALORIES**

**Exclusive discount**  
for first 10 customers!



**Call us NOW**  
**FOR FULL MENU**

**+971 58 119 5000**

AED  
1100/-



# Eat Clean Lunch Box

WEEK 1 MENU

SUNDAY

MONDAY

TUESDAY

**LUNCH** - Salmon  
with Quinoa &  
bokchoy

**SNACK** - Beetroot  
tabbouleh

**LUNCH** - Alomnd  
chicken & Broccoli  
with zoodle

**SNACK** - Mix nuts &  
fruits

**LUNCH** - Prawn curry &  
Coconut rice with  
Beans sprouts

& Green beans  
**SNACK** - Carrot cake

WEDNESDAY

THURSDAY

**LUNCH** - Beef briskets with  
sweet potatoes with kidney  
beans

& Avocado

**SNACK** -Eggplant and fig roll

**LUNCH** - Lamb & Quinoa  
Biryani with pomegranate  
& Chickpea

**SNACK** -Avocado mousse  
dip

ADD ONS

CALORIES

BONUS

Add any drink for  
AED 10/-

All Meals within 500 - 800  
calories per day

Earn 1 Bonus Meal Point  
Each Month

GUARANTEE

DELIVERY

CONTACT

- Fresh Ingredients
- New Menu Each Week

Across Abu Dhabi

Call/WhatsApp  
+9755 148 1958

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WEEK 2 MENU

SUNDAY

**LUNCH** - Lamb &  
Cous Cous Tagine  
with Moringa

**SNACK** - Balsamic  
Mutable dip

MONDAY

**LUNCH** - Grilled Fish  
& Buckwheat with  
braised red cabbage

**SNACK** - Beetroot  
and Vegan Cheese

TUESDAY

**LUNCH** - Butter  
Chicken Curry & Brown  
Rice with roasted  
squash & Green beans  
**SNACK** - Pineapple  
touble

WEDNESDAY

**LUNCH** - Teriyaki Beef stir fry  
& Quinoa with broccoli  
**SNACK** - Chia pudding

THURSDAY

**LUNCH** - Pesto Chicken  
with Kale & Green Beans  
with Zoodle  
**SNACK** - Choconut Kebbe

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WEEK 3 MENU

SUNDAY

**LUNCH** - Mashed Potato  
and Bean Meatball

**SNACK** - Slow roasted  
Paprika Carrots with  
Beetroot Hummus

MONDAY

**LUNCH** - Slow Roasted  
Chicken Parmigiana with  
Broccoli Brown Rice Pilaf

**SNACK** - Beetroot and  
Vegan Cheese

TUESDAY

**LUNCH** - Pulled beef  
Storgnoff with root  
mash squash & Green  
beans

**SNACK** - Zucchini &  
Corn Fritters

WEDNESDAY

**LUNCH** - Prawn Fajita with  
Bean Rice

**SNACK** - Spicy Avocado

THURSDAY

**LUNCH** - Chicken and  
Bean Quesadilla with  
Persian Feta & Salsa

**SNACK** - Lemon Cheese  
Curd

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WEEK 4 MENU

SUNDAY

**LUNCH** - Detox Chicken  
with Blueberry & Spring  
Veggies

**SNACK** - Jackfruit chips

MONDAY

**LUNCH** - Stuffed Fish  
with Lemon & Homemade  
Cheese Sauce & Sticky

Rice

**SNACK** - Sweet & sour  
mung beans

TUESDAY

**LUNCH** - BBQ Beef  
with Roasted Veggies  
& Broccoli

**SNACK** - Rice pudding

WEDNESDAY

**LUNCH** - Teriyaki Salmon with  
coconut Rice

**SNACK** - Chia pudding

THURSDAY

**LUNCH** - Chicken Curry  
with Brown Rice & Green  
Beans

**SNACK** - Choconut kebbe

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