



-Meal Plans-

PLAN	WEIGHTLOSS			FITNESS			ATHLETE			SUPER ATHLETE		
	CLASSIC PALEO	MODERN PALEO	KETO	CLASSIC PALEO	MODERN PALEO	KETO	CLASSIC PALEO	MODERN PALEO	KETO	CLASSIC PALEO	MODERN PALEO	KETO
PRICE (KD)	Standard	With Breakfast		Standard	With Breakfast		Standard	With Breakfast		Standard	With Breakfast	
1 WEEK	80	95		85	100		90	105		100	115	
2 WEEKS	130	160		140	170		150	180		170	200	
4 WEEKS	200	240		210	250		220	260		260	280	
Approx. +/- Daily <u>Calories</u> count (250 cals if plan includes breakfast)	1200	1400		1500	1700		1800	2000		2200	2400	



Daily Posts on Instagram: [@ChefPaulKitchen](https://www.instagram.com/ChefPaulKitchen)

AVERAGE MACRO DETAILS												
PLAN	WEIGHTLOSS			FITNESS			ATHLETE			SUPER ATHLETE		
	CLASSIC PALEO	MODERN PALEO	KETO	CLASSIC PALEO	MODERN PALEO	KETO	CLASSIC PALEO	MODERN PALEO	KETO	CLASSIC PALEO	MODERN PALEO	KETO
Raw Meat Portion size	150gr			200gr			250gr			300gr		
CARBS	40-60g	100-120g	30-35g	60-80g	120-150g	35-40g	80-100g	150-200g	40-45g	200-300g	250-300g	50-45g
PROTEIN	100-130g	100-130g	100-120g	130-160g	140-160g	120-150g	160-200g	160-180g	150-170g	200-240g	180-200g	170-190g
FAT	25-35g	25-35g	130-150g	40-50g	45-60g	150-170g	60-80g	50-70g	170-190g	80-100g	80-100g	190-220g
SUGAR	10-15g	10-15g		10-15g	15-20g		10-15g	15-20g		10-15g	15-20 g	

Don't forget that we're **flexible!** You can now create your own customized meal plans!

Contact us for more information on special customized packs.

Most popular examples:

* 1 Meal + Snack or Dessert

* Lunch & Dinner only

* Breakfast, Lunch, Dinner (no snack & no dessert)



Terms & Conditions

Your Box includes: Breakfast (optional), Snack, Lunch, Dinner, Dessert

Payment mode: Cash on delivery (COD) or online TAP payment

Refunds are possible only within 3 days of your meal plan.
There will be 10% off from the total price (Plus the days used).

Delivery Time: From 6am – 8pm – Subject to confirmation

Freeze Time: Unlimited (48 hrs advance notice required!)

NO Deliveries on Fridays

www.chefpaulkitchen.com

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