

## DIET CAFÉ NUTRETIION CENTER CORPORATE WELLNESS PROPOSAL TESTAAHEL






### ABOUT DIET CAFÉ

**Diet Café** is a combination of catering professionals, culinary artist and nutrition specialist, whose main vision is to make a difference in people's lifestyle for a healthy tomorrow.

Diet Café provides Corporate and School Catering, Nutrition consultations and Diet Memberships and Event Catering.

### WELLNESS PROGRAMS

Everyone and every lifestyle can benefit from our programs that include:

-  Weight Loss & weight Gain Plans
-  Body Building Plans
-  Pregnancy & Post Pregnancy and Breastfeeding Plans
-  Diabetes & Hypertension Nutritional Plans
-  Weight Management for Children & Adolescents

### WHY DIET CAFÉ?

Cooking Method	Nutritional Food
Low in oil	All menus are supervised by the Dietitian
No butter in dietetic food	Careful choice of suppliers
Reduced fat in bakery	Fresh daily vegetables
No processed foods, no preservatives	Fresh daily preparation of all menu items

## Healthy Monthly Packages

# of Meals	<b>Diet Café Regular Prices</b>		<b>TESTAAHEL 25 %Discount</b>	
	6 Days a Week (26 Box)	7 Days a Week (30 Box)	6 Days a Week (26 Box)	7 Days a Week (30 Box)
<b>3 Meals + 2 Snacks</b>	2900	3200	2175	2400
<b>2 Meals (B+L/D) + 2Snacks</b>	2300	2600	1725	1950
<b>2 Meals (L+D) + 2Snacks</b>	2600	2900	1950	2175
<b>1 Meal + 1 Snack</b>	1500	1710	1125	1282

## TAILORED/ VEGAN /VEGETARIAN / PREGNANCY

# of Meals	<b>Diet Café Regular Prices</b>		<b>TESTAAHEL 25 %Discount</b>	
	6 Days a Week (26 Box)	7 Days a Week (30 Box)	6 Days a Week (26 Box)	7 Days a Week (30 Box)
<b>3 Meals + 2 Snacks</b>	3200	3600	2400	2700
<b>2 Meals (B+L/D) + 2Snacks</b>	2600	3000	1950	2250
<b>2 Meals (L+D) + 2Snacks</b>	2900	3300	2175	2475
<b>1 Meal + 1 Snack</b>	1800	2040	1350	1530

## Gluten Free

# of Meals	<b>Diet Café Regular Prices</b>		<b>TESTAAHEL 25 %Discount</b>	
	6 Days a Week (26 Box)	7 Days a Week (30 Box)	6 Days a Week (26 Box)	7 Days a Week (30 Box)
<b>3 Meals + 2 Snacks</b>	3480	3840	2610	2880
<b>2 Meals (B+L/D) + 2Snacks</b>	2760	3120	2070	2340
<b>2 Meals (L+D) + 2Snacks</b>	3120	3480	2340	2610
<b>1 Meal + 1 Snack</b>	1800	2052	1350	1539

## Sports Nutrition Packages

### Shredding & Definition Program

Plan	Calories /Day	Protein /Day	Meals	Diet Café Regular Prices		TESTAAHEL 20 %Discount	
Cut Pro 160	1,800 kcal	160 g Protein	3–4 meals	3400	3750	2720	3000
Cut Pro 180	2,000 kcal	180 g Protein	3–4 meals	3700	4050	2960	3240
Cut Pro 200	2,250 kcal	200 g Protein	4–5 meals	4000	4400	3200	3520

### Muscle Gain Program

Plan	Calories /Day	Protein /Day	Meals	Diet Café Regular Prices		TESTAAHEL 20 %Discount	
Cut Pro 160	1,800 kcal	160 g Protein	3–4 meals	3200	3500	2560	2800
Cut Pro 180	2,000 kcal	180 g Protein	3–4 meals	3500	3800	2800	3040
Cut Pro 200	2,250 kcal	200 g Protein	4–5 meals	3800	4150	3040	3320

### Maintenance Package (2 meals + 2 snacks)

Plan	Calories /Day	Protein /Day	Meals	Diet Café Regular Prices		TESTAAHEL 20 %Discount	
150	1,800 kcal	160 g Protein	3–4 meals	2730	3150	2184	2520
200	2,000 kcal	180 g Protein	3–4 meals	3250	3750	2600	3000

### Maintenance Package (2 meals only)

Plan	Calories /Day	Protein /Day	Meals	Diet Café Regular Prices		TESTAAHEL 20 %Discount	
150	1,800 kcal	160 g Protein	3–4 meals	2470	2850	1976	2280
200	2,000 kcal	180 g Protein	3–4 meals	2990	3450	2392	2760

**Reda Mohamed**  
**General Manager**  
**Diet Café**  
**55056868**