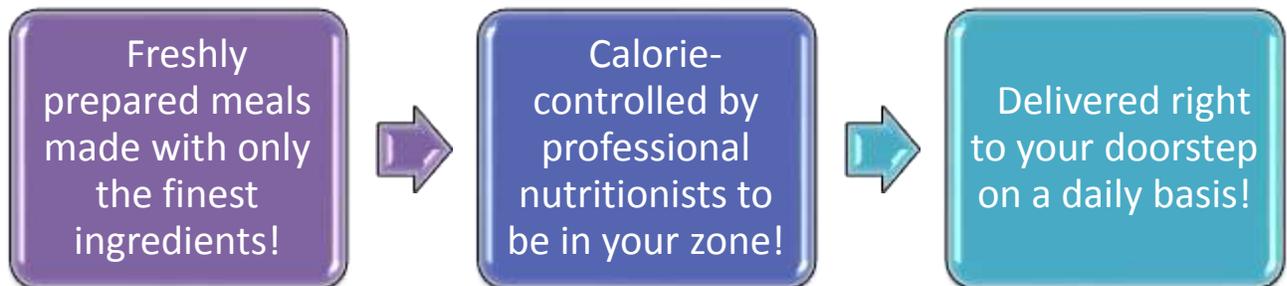


Best Meal Plan Company, Diet Plan to Lose Weight Dubai

Lifter Life provides you with an easy, practical, and reliable meal plan, handmade for you, to accompany you towards achieving your goals. A healthy body requires the correct balance of sleep, exercise, and dietary efforts

Lifter Life

Health is Wealth



Our Programs

We have already laid out these programs for you to join! You can still customize your meal plan as you need

Weight Loss	Weight Maintenance	Muscle Growth
This meal plan is designed for people aiming to lose weight in a properly controlled healthy process.	This plan is designed for people who want to maintain their body weight and continue to eat healthy/tasty foods.	This meal plan is a higher proteins/caloric intake plan. Its designed for people who are aiming for growth.

Our meals are carefully selected not to only help you achieve the target weight, but also to let you enjoy every bite of the perfectly balanced dishes. Rich with vital and healthy macro-nutrients, this meal plan is your way forward to get you on top of your game!

The weight loss meal plan is designed to make the journey to shed the extra weight easy and less painful.

1500 - 1800 calories / day.

Looking to maintain your shape?

The weight maintenance plan is designed for those who want the convenience of wider options and more generous in portions dishes.

If you are actively on the move, on top of your exercising and simply after boosting the quality of your food intake and macro-nutrients, this is the right selection for you.

What does this package consist of?

- ✓ More variety and a bigger portion size!
- ✓ After noon snack

1900 - 2200 calories / day.

To remain number one in the game, the quality and measurements of your food intake must be top notch. Provide us with your custom tailored program in terms of main ingredients, portions and style of cooking and rest assured we will take every measure to ensure we provide you with meals that will keep you on top.

Whether you are in preparation for a show or simply a summer event, we know how much of a painful journey it could be, hence we put in a lot of effort into making the dishes as per your request and never compromise on taste, leaving you with a smile after every bite!

What does this package consist of?

- ✓ A range of 600 to 750g of cooked variety of protein sources distributed over 5 main meals that also consist of your daily required intake of carbohydrates, healthy fats and fiber.

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