



SIMPLY HEALTHY FOODS, Northwest Clinic, Villa # 935,  
Al Wasl Road, Umm Suqeim-2, Al Manara Street  
For Appointments, Call 04 3544549, 04 3436116 (10 am to 6 pm)

Each of us has a unique body constitution. That, coupled with the lifestyle you lead and your stage of life defines your health and well being. What you eat makes a significant difference to your health and the way you feel.

Simply Healthy Foods is a result of years of experience of Mitun De Sarkar as a Clinical Dietician, having successfully consulted and worked with multitudes of patients for their better health. The Menu has been painstakingly designed to ensure weight loss without losing the energy and the vitality.

Every week the menu changes so that you can enjoy a wide variety of food and cuisine whilst achieving your weight loss goals!

## Sample Menu

**Breakfast** Parfait in rolled oats, fruit, cinnamon and low fat yogurt **or** baked eggs with bell peppers, leeks and cherry tomatoes **or** spring dosas stewed with cabbage, carrots, beetroot juliennes served with peanut chutney.  
Morning Snack - Daily variety of fruits

**Lunch** Daily a salad **or** a cooked crunchy style variety of vegetables **or** soup. With Mains - Prawn pesto pasta **or** grilled tahini garlic chicken with olives & quinoa pilaf **or** chicken tikka masala with green onion besan roti & raita **or** palak chana daal green gram daal with spinach & brown rice pilaf **or** grilled pesto halloumi with cherry tomatoes & broccoli sweet potato mash

**Evening snack** Our special seeds bars, energy balls, avocado mousse, brownies, savory crispies, nuts & dried fruits ,dips and sticks

**Dinner** Variety of salad **or** soup of the day  
With Mains - Ginger & chili pan fish with mock cauli rice **or** baby spinach & sweet potato salad with chicken breasts **or** quinoa lentil khichdi **or** Thai tofu curry & zoodles



FRUIT SALAD



HERBY CHICKEN TIKKA  
WITH MOCK CAULI RICE



SPRING DOSAS WITH SPICY  
COCONUT CHUTNEY



GRILLED FISH WITH SWEET  
POTATO SALAD



BAKED EGGS IN BELL  
PEPPERS



OAT MEAL PORRIDGE WITH  
FRUITS AND NUTS

**FULL MEAL PACKAGE**  
(BREAKFAST, LUNCH, DINNER, 2 SNACKS)  
6 DAYS A WEEK / 4 WEEKS AED **3250**  
5 DAYS A WEEK / 4 WEEKS AED **2800**

**NO SNACK PACKAGE**  
(BREAKFAST, LUNCH, DINNER)  
6 DAYS A WEEK / 4 WEEKS AED **2850**  
5 DAYS A WEEK / 4 WEEKS AED **2500**

**MORNING PACKAGE**  
(BREAKFAST, LUNCH, 2 SNACKS )  
6 DAYS A WEEK / 4 WEEKS AED **2750**  
5DAYS A WEEK / 4 WEEKS AED **2450**

**AFTERNOON PACKAGE**  
(LUNCH, SNACK, DINNER )  
6DAYS A WEEK / 4 WEEKS AED **2800**  
5DAYS A WEEK / 4 WEEKS AED **2500**

Try Our

**8 Weeks  
Full Meal  
Package**

for Just  
**AED 125**  
per day

and Get Diet Consultation (2 Visits)

**Absolutly FREE!!**

There Is No Meal Delivery On Fridays We don't take any monetary deposit for the cooler bags. We expect you will return your bags and ice packs daily.



**MITUN DE SARKAR**  
CLINICAL DIETITIAN

A personalized dietitian consultation is highly recommended. It make a huge difference in setting goals and treating your ailment through right nutrition.

Consult Mitun De Sarkar, Clinical Dietitian and Founder of Simply Healthy Foods. Her Expertise Lies in:

- WEIGHT LOSS ● DIABETES ● HYPERLIPIDEMIA ● PCOS ● HYPOTHYROID
- INSULIN RESISTANCE ● GUT HEALTH ● PRE & POST NATAL ● DETOX & CLEANSE

Consultation **AED 250 First Visit**

## TESTS AND OTHER SERVICES

01 Food Intolerance Test - **AED 1800**

02 DNA Based testing & Diet Planning  
(Includes Skin Analysis, obesity status & Nutrient Genetic Profile of your body) - **AED 800**

03 DNA Based testing & Diet Planning  
(Includes Obesity Status & Nutrient Genetic Profile of your body ) - **AED 500**

04 DNA Based genetic screening for personalized fitness and athletic programming - **AED 500**

05 Personal Training & Fitness sessions by certified trainers - **AED 1900 for 10 sessions**

06 Personal Yoga Training sessions by certified yoga instructors - **AED 2200 for 10 sessions**

07 Personal Training sessions in form of Dance , Zumba, Bollyfit - **AED 2500 10 sessions**

08 Severe Food intolerance customization - **AED 10 per day**

09 Delivery charges in Sharjah - **AED 5 per day**

10 Diet consultation and Diet Plans only.  
**AED 2000 for 6 sessions within 3 months** (No Meal Delivery Service)

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