

Woohoo! Save 15% on meal plans this fall.

CODE: VM15

Get fit with VMeals



Get daily, nutrient-packed meals customized to your goals. Enjoy global flavours and a healthier lifestyle with VMeals!

[Order Now](#)
[Free Consultation](#)

Why should you choose VMeals?

Let us take the guesswork out of meal planning so you can focus on what matters—feeling great every day.



Health & Nutrition

Macro-calculated meals prepared by professional chefs!



Convenience

No shopping, cooking & cleaning. Completely hassle free!



Biodegradable Packaging

Better for You, Better for Earth – Sustainable Packaging.

tab

Buy Now.

Start your fitness, interest-free

Healthy meal plans by VMeals

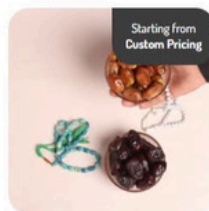
Expertly crafted by dietitians and prepared by specialised chefs to provide fresh, balanced and delicious nutrition.



Starting from
AED94/day

Classic Diet

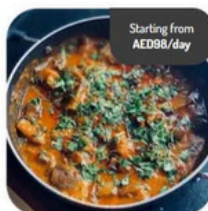
Simple meals made Awesome! Enjoy a Classic diet plan with wholesome global cuisine.

[View Meal Plan](#)


Starting from
Custom Pricing

Ramadan Diet

Supercharge your health with our fresh & calorie calculated Ramadan focused meal plan.

[View Meal Plan](#)


Starting from
AED98/day

Indian Fusion Diet Non Vegetarian

Indulge in the flavoursome goodness of Indian spices whilst journeying through rich culinary heritage.

[View Meal Plan](#)


Starting from
AED88/day

Indian Fusion Diet Vegetarian

Indulge in the spicy goodness of Indian vegetarian flavours. A fusion meal plan that caters to a rich-Indian palate.

[View Meal Plan](#)


Keto

Stay in ketosis: weight loss plans got you covered with

[View Meal Plan](#)

How VMeals meal plans work?

Three easy steps to kickstart your **fitness journey!**





Choose your meal plan

Pick from the best meal plans that always guarantee a nutrient-dense & delicious dish.



Design your meal plan

Customise your healthy meal plan according to your fitness goal, or your taste buds.



Enjoy your meal plan

Dig into your favourites with fresh & fabulous dishes from your hassle-free meal plan delivery.

Why people love VMeals meal plans?



I recently tried meals from this service, and I'm genuinely impressed! Each meal was absolutely delicious, and I love how they cater to different preferences, dietary needs...

[View Review](#)

NT

Naqiya Taher



From ordering to receiving the process was so smooth! You can choose your meal plan and calorie range accordingly. And this isn't like your other meal plans, as they give you...

[View Review](#)

AT

Aiah Tan



Vmeals offers a fantastic experience for food lovers seeking fresh, delicious, and high-quality meals. Their menu is varied and perfectly balanced, catering to...

[View Review](#)

KK

khadeeja khan



I recently order Vmeal delighted to share my experience V Meals Co offers a convenient nutritious meal delivery service, catering to a variety of...

[View Review](#)

RK

rajinder kaur



650+

Google Reviews



1,200+

Unique Meals



10,000+

Happy Clients



4+

Years Helping People



Meal Plans

Classic Diet
Ramadan Diet
Indian Fusion Diet - Non Veg
Indian Fusion Diet - Veg
Gluten & Dairy Free Diet
Vegetarian Diet
Keto Diet
Custom Diet
Calorie Specific Diet

Our Company

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VMeals Franchise
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Delivery Details

Abu Dhabi Deliveries
Sharjah Deliveries
Ajman Deliveries
Ras Al Khaimah Deliveries
Al Ain Deliveries

Fitness Goals

Weight Loss
Wellness
Muscle Gain
Athlete
Nutritionist Consultation

Legal Information

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Privacy Policy
Refund Policy



From our kitchen to your doorstep, bringing convenience and nutrition together in every bite.



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Our Meal Plans

Our meal plans are crafted with your **wellness in mind**. Each option is designed to meet your **dietary needs** with ease and taste.

Discover a plan that fits your life. We make nutrition simple, delicious, and **perfectly tailored** for you.

Need help with finding the right meal plan?

Get Started

Starting from
AED94/day

Classic Diet

Wholesome meals inspired by global cuisine. Our Classic Diet is nutritious, yet so satisfying.

Tailored For

Weight Loss

Balanced Diet

Muscle Gain

Continental Cuisine

Customise Meal Plan

View Sample Menu

Starting from
AED98/day

Indian Fusion Diet - Non Veg

Enjoy Indian flavors with spices and a journey through rich culinary heritage.

Tailored For

Weight Loss

Balanced Diet

Muscle Gain

Indian Cuisine

Customise Meal Plan

View Sample Menu

Starting from
AED88/day

Indian Fusion Diet - Veg

Savor spicy Indian vegetarian meals with a rich, flavorful fusion experience.

Tailored For

Weight Loss

Balanced Diet

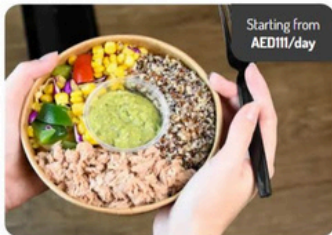
Muscle Gain

Indian Cuisine

Vegetarian

Customise Meal Plan

View Sample Menu

Starting from
AED111/day

Gluten & Dairy Free Diet

Enjoy nutritious and tasty meals without dairy or gluten - clean and allergen-free.

Tailored For

Gluten Free

Dairy Free

Weight Loss

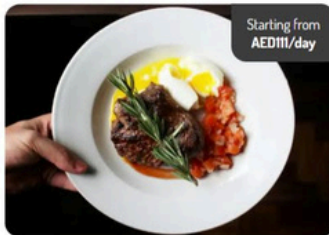
Balanced Diet

Muscle Gain

Continental Cuisine

Customise Meal Plan

View Sample Menu

Starting from
AED111/day

Keto Diet

Stay in ketosis and reach your goals. Cravings covered without the carbs.

Tailored For

Weight Loss

Balanced Diet

Ketosis

Continental Cuisine

High Fat

Low Carb

Customise Meal Plan

View Sample Menu

Starting from
AED81/day

Vegetarian Diet

Enjoy a fresh, protein-rich vegetarian diet for plant-based goals.

Tailored For

Weight Loss

Balanced Diet

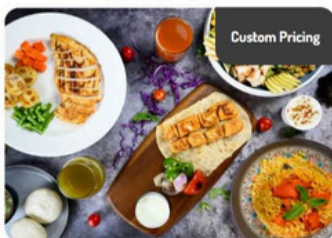
Muscle Gain

Continental Cuisine

Vegetarian

Customise Meal Plan

View Sample Menu



Custom Pricing

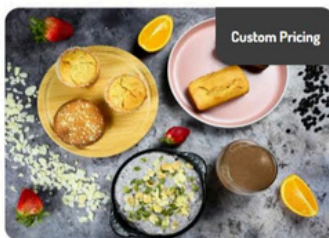
Custom Diet

A personalized diet plan for unique goals, lifestyle, and preferences.

Tailored For

Personalised Custom Menu

Customise Meal Plan



Custom Pricing

Calorie Specific Diet

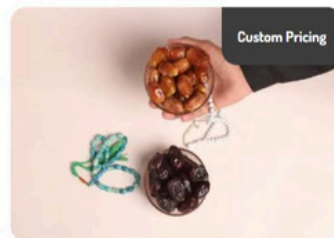
Track your macros effortlessly with meals that balance your calories.

Tailored For

Custom Macronutrients

Custom Calories

Customise Meal Plan



Custom Pricing

Ramadan Diet

Supercharge your health this year with our Ramadan focused meal plan.

Tailored For

Weight Loss

Balanced Diet

Muscle Gain

Continental Cuisine

Fasting

Customise Meal Plan



Choose your meal plan

Pick from the best meal plans that always guarantee a nutrient-dense & delicious dish.



Design your meal plan

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Enjoy your meal plan

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RK

rajinder kaur



134+

Google Reviews



246+

Unique Meals



2,050+

Happy Clients



1+

Years Helping People

Vmeals > Meal Plans

Meal Plans

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From our kitchen to your doorstep, bringing convenience and nutrition together in every bite.



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Indian Fusion Diet Non Vegetarian

Inspired by the culinary richness of India, we've specifically built this meal plan for all of our desi food loving customers! You can now enjoy the flavours you are accustomed to, while keeping your health in check as this plan is not just prepared by our chefs but also planned by our expert in-house nutritionists!



Sample Menu



Customer Reviews

★ 4.8 (650 reviews)



Sign up below

Select your fitness goal



Weight Loss



Stay Fit



Muscle Gain

Enter your height & weight

Height (cm)

200

Weight (kg)

80

Select your activity level



Sedentary Lifestyle

0 - 1 hrs per week



Low Activity

1 - 3 hrs per week



Active Lifestyle

4 - 5 hrs per week



Very Active

6 - 8 hrs per week



Highly Active

9 hrs+ per week

Next

Is the Indian Fusion Non Veg Meal Plan for you?

If you're tired of the tasteless meal plans or want flavours that you are more accustomed to, the Indian Fusion Non Vegetarian Meal Plan is the perfect one for you! We're proud to be the first company in the UAE to introduce healthy meal plans with Indian Flavours as we understand the challenge of wanting to eat healthy but not being accustomed to international flavours!

tabby

Buy Now, Pay Later!

Subscribe to a 4 week plan and split payments into 4 weeks with tabby! Get in touch with our team to avail this service!



Biodegradable Packaging

We don't just take care of you, we also take care of the planet! All of our packaging is eco-friendly!

Desi & Healthy!

You don't need to sacrifice your health for taste, or taste for health anymore! This meal plan is the perfect combo to stimulate your taste buds and keep your health in check! We have replaced the some of the traditional unhealthy ingredients and practices to make this the perfect plan for your health journey!



Best Indian Meal Plan!

We want to make this clear, we care about you! This is why we give you the liberty to customize this meal plan as per your requirements and fitness goals. Adjust the calories to your needs, whether you are trying to lose weight, keep healthy, or even put on some muscle!



Frequently Asked Questions

You'll find answers to frequently asked questions about our meal plans, delivery options, portion sizes, and more to help guide you through the process.



Live Chat Support

Click here to speak to our team directly!



Email Support

You can email us at info@vmeals.ae

What is the Indian Fusion Non-Vegetarian Meal Plan? ▾

Why should I purchase the Indian Fusion Non Vegetarian Meal Plan? ▾

Can I customize the Indian fusion non-vegetarian diet meal plan? ▾

Can I remove some ingredients I'm allergic to or do not prefer? ▾

Which areas do you deliver to in the U.A.E? ▾

Can I consult your nutritionist before I join? ▴

Yes, of course! Tap on the WhatsApp button and immediately speak to one of our in-house nutritionists!



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Vmeals > Indian Fusion Non Vegetarian

Meal Plans

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Ras Al Khaimah Deliveries
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From our kitchen to your doorstep, bringing convenience and nutrition together in every bite.





NUTRISTEIN

NUTRITION FOR THE EINSTEIN IN YOU!

Delivering brain-boosting delicious meals straight to your door.

[VIEW PLANS](#)

[READ MORE](#)



WHAT IS NUTRISTEIN?

Food is not just the source of energy for the body but **the Brain Too**. Bad food habits can make you feel sluggish, affect your brain performance, and can even lead to depression. If a busy lifestyle and wrong food choices are making you lose the pace to compete and excel, We Can Help! Give a power boost to your brain by enriching it with the right nutrients with our specially designed nutritious meal plans.

[READ MORE](#)

Food affects your brain

Foods you consume over time affect the structure and function of your brain, including your memory, concentration, and cognitive ability.

Food and Your Mood

People who eat unhealthy food are 51% more likely to show signs of stress and depression.

Happy Gut, Happy Brain

The bacteria in our gut are responsible for 90% of our serotonin. Serotonin is one of the hormones that make us happy!

GETTING STARTED

HOW TO GET STARTED?

01

Choose your plan

Pick the perfect plan from the specially curated range of meal plans.



NUTRISTEIN

OUR LATEST NEWS



by John Doe | 20 December 2022

Lorem Ipsum Dolor Sit Amet

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OUR LATEST NEWS

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Lorem Ipsum

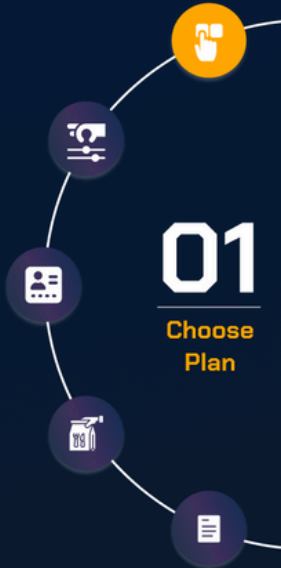
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NUTRISTEIN

OUR PLANS

BUILT FOR YOU



GENIUSES OF TODAY
(Age 21 & above)

☒

GENIUSES OF TOMORROW
(Age 13 - 20)

SIGNATURE DIET
SELECT PLAN

KETOSIS DIET
SELECT PLAN

ARABIC FUSION DIET
SELECT PLAN

GLUTEN & DAIRY FREE DIET
SELECT PLAN

VEGETARIAN DIET
SELECT PLAN

GETTING STARTED

HOW TO GET STARTED?

01

Choose your plan

Pick the perfect plan from the specially curated range of meal plans.

Customize your diet

02

Customization your nutritious meals by choosing the diet type, portion size, number of meals, plan duration, allergies, etc.

03

Confirm your details

Enter all the required information about you and your diet preferences and place the order.



NUTRISTEIN

Need Assistance?

FAQ

Nutristein

Get Started

Nutrition
Consultation

Meal Plan

Delivery

Payment

Lifestyle

Assistance

How is Nutristein different from other meal plan companies?



Why do I need special food for my brain?



How does Nutristein help me or my child boost my brain power?



Do teenagers need DHA?



What is the relationship between food and mood?



CONTACT US

Signature
Diet

Gluten & Dairy
Free Diet

Keto
Diet

Vegetarian
Diet

Arabic Fusion
Diet

What kind of meals do you have in Signature plan?



I don't like one cuisine; will you remove it for me?



Can I lose weight with this plan too?



Why is it called Signature?



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OUR LATEST NEWS BLOG



by John Doe | 20 December 2022

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by John Doe | 20 December 2022

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NUTRISTEIN

CONTACT US

Let's have a chat!

Our Information

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R05, Oxford Tower, Business Bay,
Dubai, U.A.E



+971 56 292 2081



info@nutristein.ae



Monday - Sunday
09:00 - 21:00



WHATSAPP



LIVE CHAT

Reach out to us!

First Name

ENTER YOUR FIRST NAME...

Last Name

ENTER YOUR LAST NAME...

Email Address

ENTER YOUR EMAIL ADDRESS...

Mobile Number

+971



ENTER YOUR MOBILE NUMBER...

Inquiry Type

SELECT AN OPTION...



How should we contact you?

SELECT AN OPTION...



Message

ENTER YOUR MESSAGE...

SUBMIT

NEED ASSISTANCE?

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