



Lite n' Appetite

Health & Diet Food Center

To

Union des Francais de L'Entranger

Date:

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M: 3338 3501

www.litenappetite.com

 litenappetite  litenappetite



Lite N' Appetite
Health & Diet Food Center

Date:

Addressed To Union des Francais de L'Entranger

Doha – Qatar

Subject: Lite N 'Appetite Proposal to -----

Dear Mr. Geroges,

On behalf of Lite N' Appetite Health & Diet Food Center, we would like to submit a brief introduction on who we are, the services we provide as well as the special corporate discount and privileges to be offered.

We would like to utilize the best of our expertise and services to offer our dietetic consultancy and healthy meals catering services by delicately assessing, preparing, portioning and matching current members' nutritional needs to promote a healthier weight, optimum nutrition and eventually a healthier lifestyle.

Thank you for your time.

Warmest Regards,

Lite N' Appetite Team





Lite n' Appetite
Health & Diet Food Center

Who we are?

Lite N' Appetite (LNA)

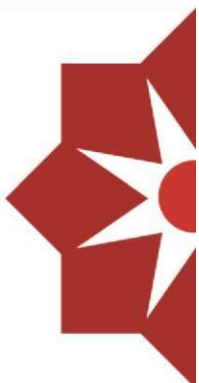
Is a health and diet food center specialized in nutrition consulting and diet meal preparation & catering services for a healthier you.

Our meal programs are specially designed to appeal to dieters looking for: weight and fat loss, weight maintenance, muscle build up and fat shredding, optimum nutrition for pregnancy & breastfeeding.

Medical nutrition therapy to chronic medical condition such as Diabetes, High blood pressure, high lipid profile (cholesterol & Triglycerides), high uric acid etc.

LNA Catering Services

Our catering services exceed individualized meal preparations to cover pre-ordered customized buffets and events catering corporate discount applies.

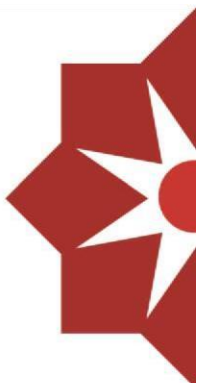




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LNA Nutrition Programs

	LNA MAINSTREAM WEIGHT LOSS PROGRAM <i>Your way to a healthier weight!</i>
	CARB CYCLING (HIIT MACROS/DETOX CARB 50) CLEAN KETO - A HEALTHIER VERSION OF KETO DIET <i>Plateau Breaker Carb Cycling Programs for Fat Loss!</i>
	MEDICAL NUTRITION THERAPY (MNT) PROGRAM For members with chronic medical conditions such as diabetes and high blood pressure, elevated cholesterol and uric acid seeking medical nutritional therapy to help control their daily dietary intake
	METABOLIC KICK (MK) PROGRAM FOR WEIGHT LOSS AND GUT HEALTH <ul style="list-style-type: none">❖ ANTI INFLAMMATORY❖ GLUTEN/DAIRY/LACTO FREE❖ PREBIOTIC/PROBIOTIC RICH❖ GUT HEALTHY DIET
	GO VEGAN A plant - based program for members who are interested in receiving optimum nutrition from plant-based foods only. This program also targets Muscle Maintenance and Enhanced Performance for highly physically active vegans.
	A program for Her (pregnant, breastfeeding) to balance nutritional intake throughout different stages of a woman's lifecycle.
	A High Energy/High Protein program tailored for Muscle Buildup.
FUEL UP	Customized Macros - Based Program to fuel up and build muscle mass.





LNA Corporate Offer

% الخصم SPECIAL DISCOUNT %	بعد RATES الخصم AFTER	قبل RATES الخصم BEFORE	الباقات والبرامج الغذائية LNA NUTRITION PROGRAMS AND PACKAGES
25%	999	1350	Teachers' Lunch Box (1 Main Meal + Salad/Soup/Appetizer + 2 Snacks) 5D/WEEK باقعة وجبة الغداء الصحي للمعلمين والمعلمات (وجبة رئيسية + سلطة أو شوربة أو مقبلات + 2 سناك) 5 أيام/اسبوعيا
22%	1250	1600	Lunch Package (1 Main Meal + Salad/Soup/Appetizer + 2 Snacks) 6D/WEEK باقعة وجبة الغداء الصحي (وجبة رئيسية + سلطة أو شوربة أو مقبلات + 2 سناك) 6 أيام/اسبوعيا
15%	2400	2850	Standard Two Meal Package (2 Main Meals + Salad/Soup/Appetizer + 2 Snacks) 6D/WEEK باقعة الوجبتين الصحية (وجبتين رئيسيتين + سلطة أو شوربة أو مقبلات + 2 سناك) 6 أيام/اسبوعيا
25%	2550	3350	Standard Full Meal Package (3 Main Meals + Salad/Soup/Appetizer + 2 Snacks) 6D/WEEK باقعة الوجبات الصحية الكاملة (3 وجبة رئيسية + سلطة أو شوربة أو مقبلات + 2 سناك) 6 أيام/اسبوعيا
25%	7500	10050	Three Months Full Meal Package (3 Main Meals + Salad/Soup/Appetizer + 2 Snacks) 6D/WEEK باقعة الثلاثة اشهر للوجبات الصحية الكاملة (3 وجبة رئيسية + سلطة أو شوربة أو مقبلات + 2 سناك) 6 أيام/اسبوعيا
15%	1399	1675	TWO WEEK Full Meal Package (3 Main Meals + Salad/Soup/Appetizer + 2 Snacks) 6D/WEEK باقعة الاسبوعين للوجبات الصحية الكاملة (3 وجبة رئيسية + سلطة أو شوربة أو مقبلات + 2 سناك) 6 أيام/اسبوعيا
18%	1799	2200	14 Day Clean Keto Diet برنامج الكلين كيتو لمدة 14 يوم





18%	1799	2200	14 Day MK (Metabolic Kick) Diet برنامج الميتابوليك كيك (أم كي دايت) لمدة 14 يوم
15%	3700	4350	Special Nutrition Programs <ul style="list-style-type: none">• Carb Cycling (HIIT, Detox Carb 50)• Vegan• Fuel UP• Exersize• Hermonal (Pregnancy and Breastfeeding) برامج تغذية خاصة <ul style="list-style-type: none">• برنامج الكارب سايكلينغ أي دورية النشويات• برنامج الغذاء النباتي• برنامج تغذية العضل• برنامج الرياضيين• برنامج الهرمونات للحوامل والمرضعات
تقدم مجاناً عند دفع رسوم الاشتراك FREE UPON SUBSCRIPTION	مجاناً	مجانياً (FREE)	الخدمات العيادية: الاستشارة الأولى مع اخصائية التغذية + مراجعتين DIET CLINICS SERVICES . INITIAL DIEITITIAN CONSULTATION Follow up with dietitian
تقدم مجاناً عند دفع رسوم الاشتراك FREE UPON SUBSCRIPTION	مجاناً	تحليل كتلة الجسم	تحليل كتلة الجسم BODY COMPOSITION ANALYSIS متابعة الاستشارة الغذائية DIETITIAN REASSESSMENT
تقدم مجاناً عند دفع رسوم الاشتراك FREE UPON SUBSCRIPTION	مجاناً	مجانياً (FREE)	توصيل الوجبات Meal DELIVERY





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Health & Diet Food Center

This Corporate privilege agreement is made and deemed effective on and shall continue in full force and effect for 1 year unless terminated, developed by LITE N' APPETITE Health & Diet Food Center - Registered Office P.O BOX 90022 Doha, Qatar.

Whereas: LITE N' APPETITE Health & Diet food center agrees to provide the above listed discount rates to **Second Party** Respectful Membership **by showing a valid employment identity card** as set forth in this agreement. This offer does not apply at the same time with the season offers. This offer is applicable for employees and first family members

Kindly provide a valid proof of your Membership such as virtual Membership ID card at Lite N' Appetite reception desk on the day of your appointment to benefit from this offer. Terms and Conditions apply.

Authorized Signatory represented by:

First Party

Ahlam Zeidan

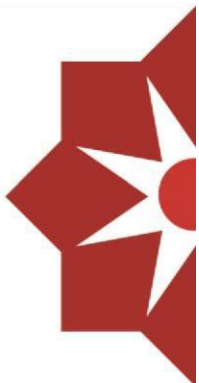
Managing Partner

Lite N' Appetite Health and Diet Food Center

Second Party

Signature and Stamp:

*Together for a healthier lifestyle,
Lite N' Appetite Team*





Lite n' Appetite
Health & Diet Food Center



Lite n' Appetite
Health & Diet Food Center

Teacher's Lunch Box

5DAYS/4WEEKS

QAR 999

FREE • DIETICIAN CONSULTATION
AND FOLLOW-UP
• BODY COMPOSITION
ANALYSIS
• DELIVERY



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