

food packaging

we're proud to use biodegradable, sustainable and reusable packaging for our meals plans, 'good for you, good for nature'

what food types do we avoid?

sugar, artificial sweeteners, fat free dairy products, margarine, vegetable oil, processed foods and flour to name but a few.

calorie counting?

we do portion controlled healthy meals based on the average daily requirement. We do not do micro weighing nor calorie count every meal item

how do we measure our portions?

men, woman and children all have different daily nutritional requirements, for the adults we measure the daily average and for kids we do the same.

calorie tracker

we don't do diets we do healthy lifestyles, part of saying this we don't want you to stop living and counting every single item that makes its way to your mouth. you know what foods are not good for you so if you really want to see those results and sustain a goal weight i will say it's time to consider what you add to your lifestyle and what should be moved aside.

what meal types are available within our meal plans?

meat, ovo-lacto vegan, vegan, ovo vegetarian & vegetarian
we do wheat free, gluten free, nut free (in some cases), sugar free, dairy free items

nutritionist service (external)

we work a wonderful nutritionist dedicated to adult needs and a super hero child nutritionist dedicated to children's needs

i have dietary restrictions!

simply sent us a little note with your dietary restrictions and food items to avoid when we prep your hearty meals, we will add this to your account profile.

are we a nut free zone?

no, we are not a nut free zone, however we do enforce strict food safety measures with a qualified and certified PIC on every shift.

what is a PIC?

a PIC is accountable to their employer and to dubai municipality for making sure that they and the employees on their shift are following effective policies and procedures for food safety.

sign up

this is so easy, there is no sign up required just download your order from, complete the required customer details part and 'boom you're done'.

why does it say sign up on the home page?

we simply love to grow our healthy community, it's great for us to know that you would like to become part of our healthy hearty family as well. Join our newsletter if you'd like, we will sent you motivation and amazing deals you'll find hard to resist.

how do i email my order form to iheartfoodae?

you have now completed your order form now please attach this 'word doc' to your mail and sent to admin@iheartfoodae.com

give us some more information!

so we really don't want all your personal details besides the basics required to get you started, it is advisable to give us any necessary related information relating to your health to add to your account on our end.

what happens after I sent my order form to iheartfoodae?

our 'hearty team' will make sure you have crossed all the t's and dotted all the i's, if we have all the required details and reviewed your meal plan selection a 'payment link' will be sent to you

payment for my meal plan

once we reviewed your order form a payment link will be generated with the amount payable, this link will be emailed back to you from accounts@iheartfoodae.com

what do I need to do when i get the payment link?

simply click, review amount, enter your card details and hit pay.

is it safe to pay via email link?

super safe – our ADCB friend has the best security features protecting both you and us

banking partner / payment link

we work with our trusted friends at ADCB (Abu Dhabi Commercial Bank)

our delivery vehicles

all our vehicles carrying food items in dubai has approval from the dubai municipality's food control sector. all delivery vehicles temperature are set to 2*c

when do you get you first delivery?

we do ask you to give us a minimum of 48hrs heads-up. if you place your order before friday for the next week you will receive your first order the following sunday.

do you pay a deposit for you cooler bag?

we so ask for a small deposit as our bags are so cool, everyone want to keep them.

cooler bag deposit aed?

iheartfoodae cooler bags deposit will be AED75 and the littlehearts will be AED50

cooler bags return policy

should you wish to no longer continue with us we will return your deposit within 5 working days

can you buy your own cooler bag?

yes you may, iheartfoodae cooler bags will cost you AED140 and the littlehearts will cost you AED90, we will ensure your meals are transported in tip top condition. our 'night elves' will place your meals al in your bag left outside your front door. It's almost the same as leaving your 'santa stockings' out

what time do we normally deliver our hearty meals?

seeing that so many people love us our schedule is very tight so we generally start from 4am and end around 9am

when do we deliver?

7 days a week habibi

can I change my delivery date or times?

we did say that we are flexible ☺ so most definitely, just give us a 24hour heads up by email or call our office - admin@iheartfoodae.com

where will we delivery your meal bags?

generally the front door / gate at your villa. we will ask you to be very specific with access guidelines especially in the marina areas where access codes may restrict access and security follow strict protocol. we can deliver to your office if you wish, just ask us!

will iheartfoodae notify you that your meal bag has been delivered?

we will notify you once your meal bag has been delivered by whatapp message

if your order did not arrive?

we will do our best to avoid this matter altogether. in this case we will communicate with you at the soonest to make an alternative delivery arrangement.

your order arrived but your selection is wrong / some items are missing?

kindly let us know which part of your meal selection was incorrectly placed by us or what part is missing at the soonest. we will arrange a replacement or top up anywhere across dubai

where does iheartfoodae deliver?

generally most areas in dubai, please check in with us prior to placing your order to see if your area is listed. if your office is an alternative option we will make necessary arrangements to deliver to your office.

meal plans price?

1. click and download your order form in the category you are interested in
2. click on the meal plan tab in the customer details section, a drop down box will open to show you what your preferred meal plan will cost.

1) drop a few kg's

this pre-planned option is pre-selected for you by our 'cool people' for 5 days, our menu for the following week will be uploaded and ready for order every thursday before 12noon

you have 4 options to choose from here

- 3 hearty meals per day x 5 days
- 4 hearty meals per day x 5 days
- 5 hearty meals per day x 5 days
- 6 hearty meals per day x 5 days

2) build those muscles

this pre-planned option is pre-selected for you by our 'cool people' for 5 days, our menu for the following week will be uploaded and ready for order every thursday before 12noon

please note: this is for the 'average athlete', if you have a higher volume meal / feed requirement you are welcome to drop us an email to design your bespoke option.

we have 3 options for you to choose from here

- 4 hearty meals per day x 5 days
- 5 hearty meals per day x 5 days
- 6 hearty meals per day x 5 days

3) design my own meal planner

- breakfast
- morning snack
- lunch
- afternoon snack
- dinner
- evening snack

you have 4 options to choose from here

- 3 hearty meals per day (5 days / 10 days / 15 days or 20 days)
- 4 hearty meals per day (5 days / 10 days / 15 days or 20 days)
- 5 hearty meals per day (5 days / 10 days / 15 days or 20 days)
- 6 hearty meals per day (5 days / 10 days / 15 days or 20 days)

how do you select your meals / what are you allowed to select?

you should select your days consecutively i.e. sunday – thursday
special delivery request on the weekends are possible on request

- 3 meal planner - select 3 meal items per day (2 x main meals + 1 snack item)
- 4 meal planner - select 4 meal items per day (2 x main meals + 2 snack item)
- 5 meal planner - select 5 meal items per day (3 x main meals + 2 snack item)
- 6 meal planner - select 6 meal items per day (3 x main meals + 3 snack item)

4) crew meal planner (exclusive to flight / cabin crew)

- breakfast
- morning snack
- lunch
- afternoon snack
- dinner
- evening snack

you have 4 options to choose from

- 3 hearty meals per day (5 days / 15 days)
- 4 hearty meals per day (5 days / 15 days)
- 5 hearty meals per day (5 days / 15 days)
- 6 hearty meals per day (5 days / 15 days)

how do you select your meals / what are you allowed to select?

- 3 meal planner - select 3 meal items per day (2 x main meals + 1 snack item)
- 4 meal planner - select 4 meal items per day (2 x main meals + 2 snack item)
- 5 meal planner - select 5 meal items per day (3 x main meals + 2 snack item)
- 6 meal planner - select 6 meal items per day (3 x main meals + 3 snack item)

littlehearts

this is our little pride and joy – we are the first healthy meal planning company to offer this service as part of our ‘for the whole family’ concept. why should only the adults benefit from these delicious meal plans? child nutrition is equally important!

what type of foods can you expect to see?

only the best, our menus are designed with only your child best nutritional values in mind.

what food / products do we avoid using in any of the kids meals?

egg, peanuts, tree nuts, shell fish (in most cases), soybean

dietary restrictions / allergies

these are common under our littlehearts with allergies in products containing milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, or soy. these are eight common allergens which account for 90% of all reactions in kids. please be sure to tell us what your littlehearts’ allergies are upon subscription to ensure we have there details safely added to your account for future reference.

1) my school lunch box

we have planned a month of healthy choices

- fruit selection
- vegetable selection
- dip selection
- dairy selection
- grains selection
- protein selection
- carbs selection
- treats selection
- juice selection

in this category you have 2 options to choose from

- 5 hearty selections – 35 dhs per day
- 8 hearty selections – 45 dhs per day

how do you select your meals?

5 hearty sections – here you may select only 5 hearty items

8 hearty selection – select an option under each drop dox box category

2) 'add on meals' to complete your day

we have planned a month of healthy choices

- afternoon snack
- dinner

in this category you have 2 options to choose from

- dinner only x 5 / 10 days
- afternoon snack & dinner x 5 / 10 days

can you order this meal plan on it's own?

so sorry, it must be ordered in line with 'my school lunch box' upon received your delivery keep the afternoon snack or afternoon snack and dinner in the fridge

can you split your meals ?

so sorry but not on this option. this add on option is especially designed to complete your child's day (a good option for the parents who might have a few long weeks coming up at work or a few events to attend).

how do you select your meals?

keep your selection consecutive in line with your 'my school lunch box' delivery days and constant, you may not select dinner on the one day and only snack on the next day,

3) full day 'at home' meals

we have planned a month of healthy choices

- snack selection 1
- snack selection 2
- lunch selection
- dinner selection

in this category you have 1 option to choose from

- 4 hearty meals - 5 / 10 days

can you order this meal plan on it's own?

yes you may, but for a min of 5 or 10 consecutive days (10 days option you may skip the weekend and proceed to the following week if you wish)

how do you select your meals?

click on the drop down box and choose an item under each category