

right
bite

WEIGHT LOSS SAMPLE MENU

A WEEK WORTH LOOKING FORWARD TO.

A seriously tasty rotating weekly plan, all in one app. Swap any dish, dine out on us, open the menu to choose favourites or try something new from our endless variety.

700+ DISHES

EXPRESS SWAP

DINE OUT ON US

PAUSE OR SKIP MEALS

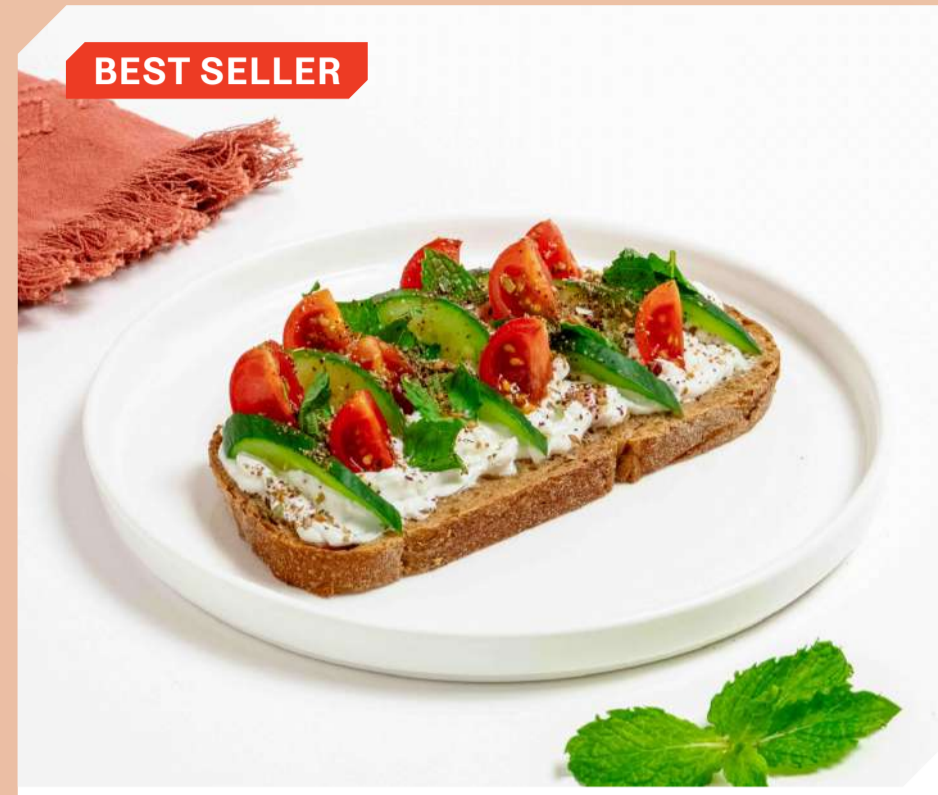


WEIGHT LOSS MEAL PLAN

BREAKFAST



Granola Parfait



The Great Greek Breakfast



Mushroom and Egg Croissant



Ranchero Eggs



Oatmeal Ricotta Pancakes



Immunity Chia and Oat Bowl



Egg White Cheese Sandwich



Cheese and Zaatar Manakeesh

MORNING SNACK



Metabolism Booster



Strawberry Peanut Date Balls



Boost n' Bust



Grapefruit Slices



Macadamia and Date Balls



Yoghurt Seed Crackers with Whipped Yoghurt



Antioxidant Booster



Raw Oats, Almond and Coconut Power Balls

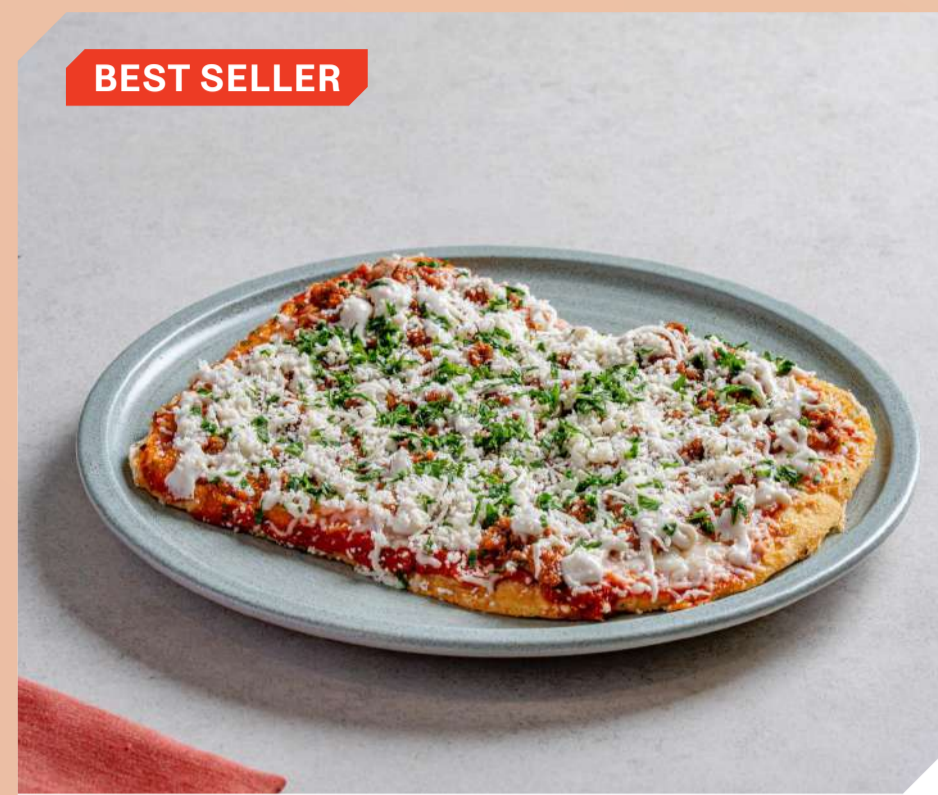
WEIGHT LOSS MEAL PLAN

LUNCH



TOP RATED

Chicken Moghrabieh



BEST SELLER

Beef Ragu Pizza



BEST SELLER

Grilled Chicken Basil Sauce



CHEF'S CHOICE

Moroccan Harissa Fish



TOP RATED

Mediterranean Chicken Salad



Philly Cheese Steak Sandwich



Truffle Alfredo Chicken Pasta



TOP RATED

Classic Beef Stroganoff

AFTERNOON SNACK



TOP RATED

Vanilla Cheesecake Bites



CHEF'S CHOICE

Citrus Curry Nuts with Chia Seeds



Vegetable Crudités with Beetroot Hummus Dip



BEST SELLER

Chocolate Pumpkin Truffles



BEST SELLER

Chocolate Hazelnut Éclairs



TOP RATED

Truffle Brownies



Parmesan Cheese Stick



Orange Slices

WEIGHT LOSS MEAL PLAN

DINNER

TOP RATED



Chicken Super Salad



Roasted Beef



Chicken Musakhan Pizza



Mexican Chicken Caesar

BEST SELLER



Guilt Free Butter Chicken

CHEF'S CHOICE



Roasted Pomegranate Fish

PARTNER BRAND



Chicken Biryani

TOP RATED



Chicken Alfredo

SIDE



Roasted Cauliflower with Tahina Sauce



Green Zucchini Moutabal with Pumpkin Seeds



Mutabal Ajami



Pesto Orzo Salad



Chicken and Oats Soup



Tuscan Salad



Quinoa Tabbouleh

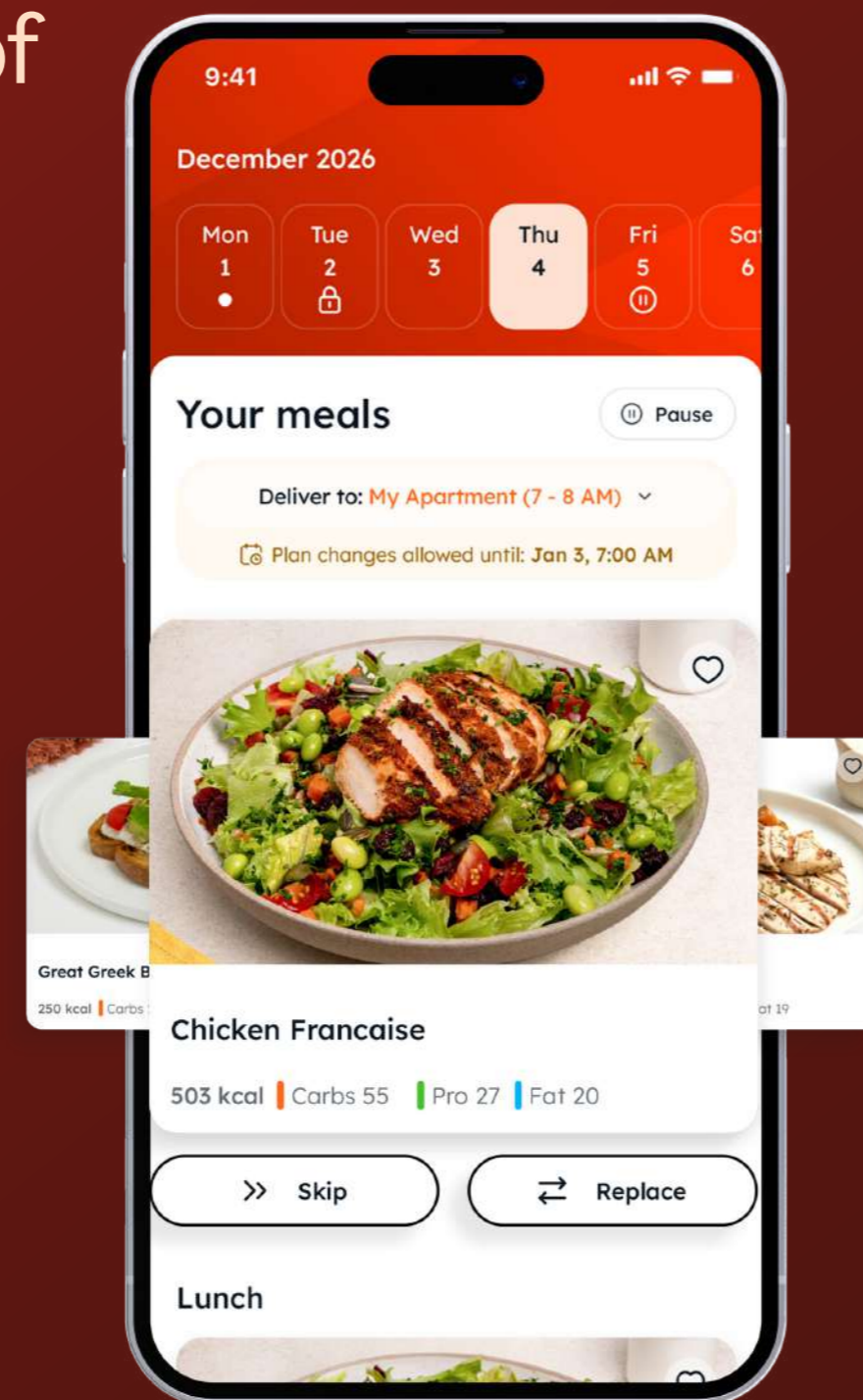


Supergrain and Bean Soup

CHOOSE FROM 700+ DISHES

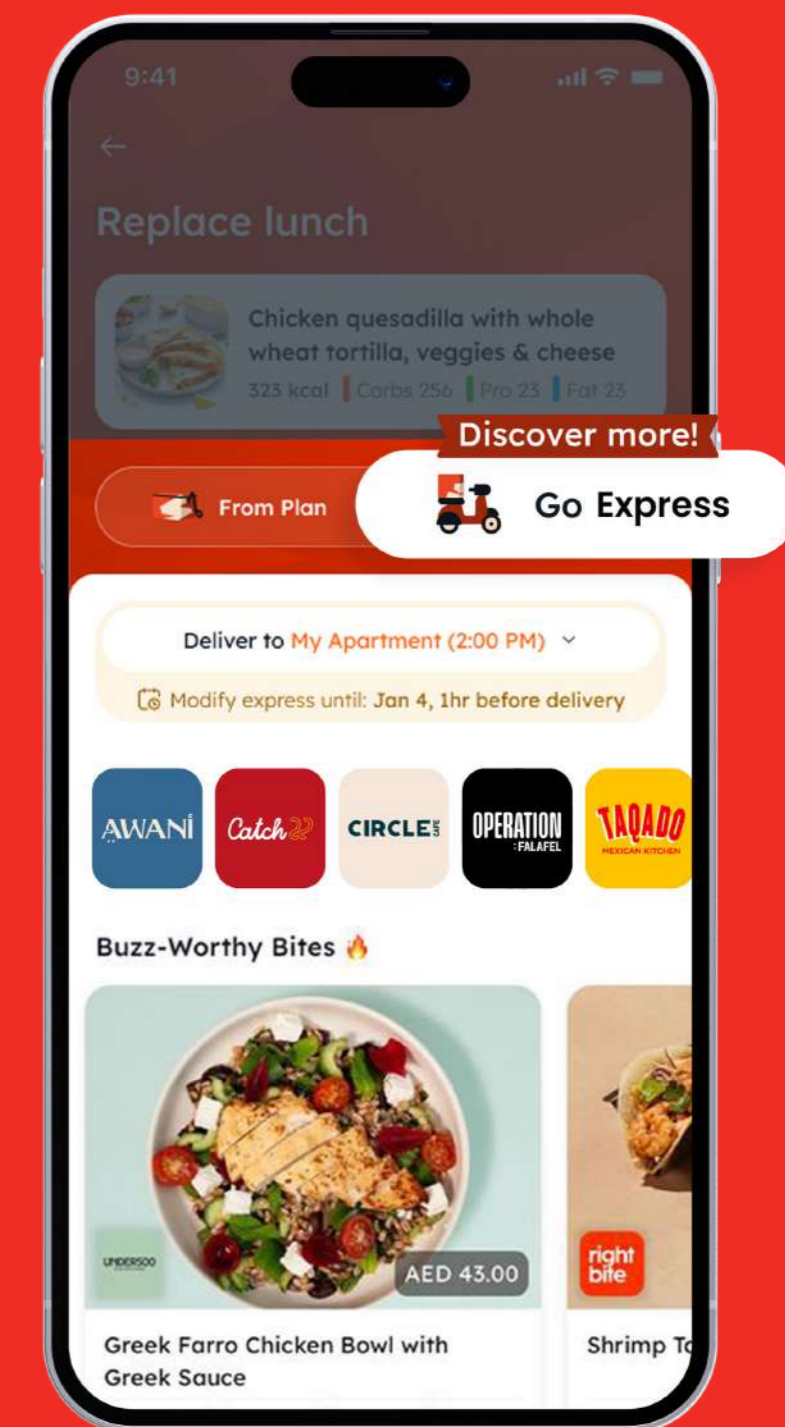
Explore a wide range of chef-crafted meals across breakfast, lunch, dinner, snacks, and sides. Select your favourites each week in the app.

T&C's apply



EXPRESS SWAP

Swap your meal for a hot delivery from our partner brands. Select at least 48 hours before delivery.

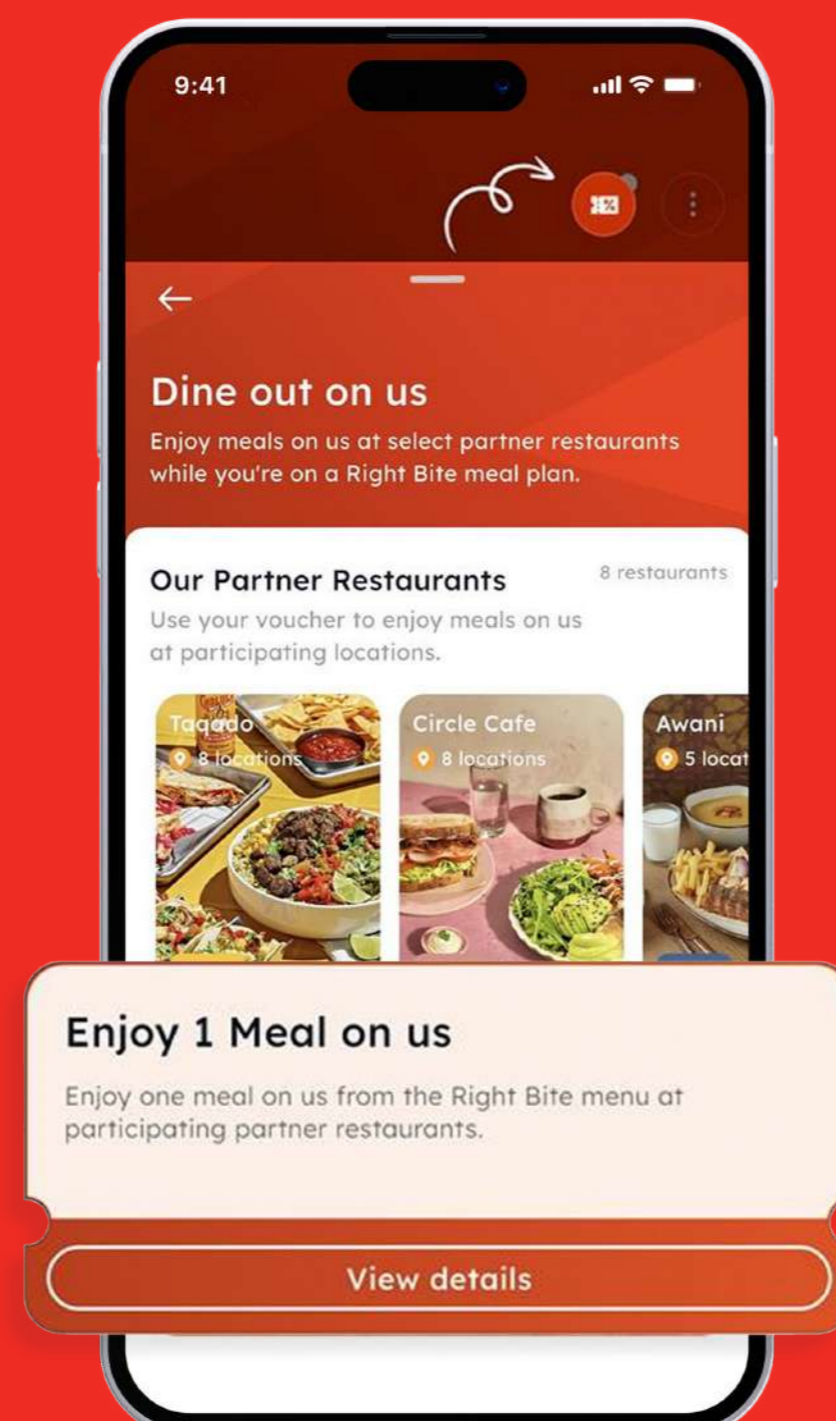


DINE OUT ON US

Enjoy meals at selected partner restaurants while your plan is active, a delicious extra perk of being a Right Bite subscriber.

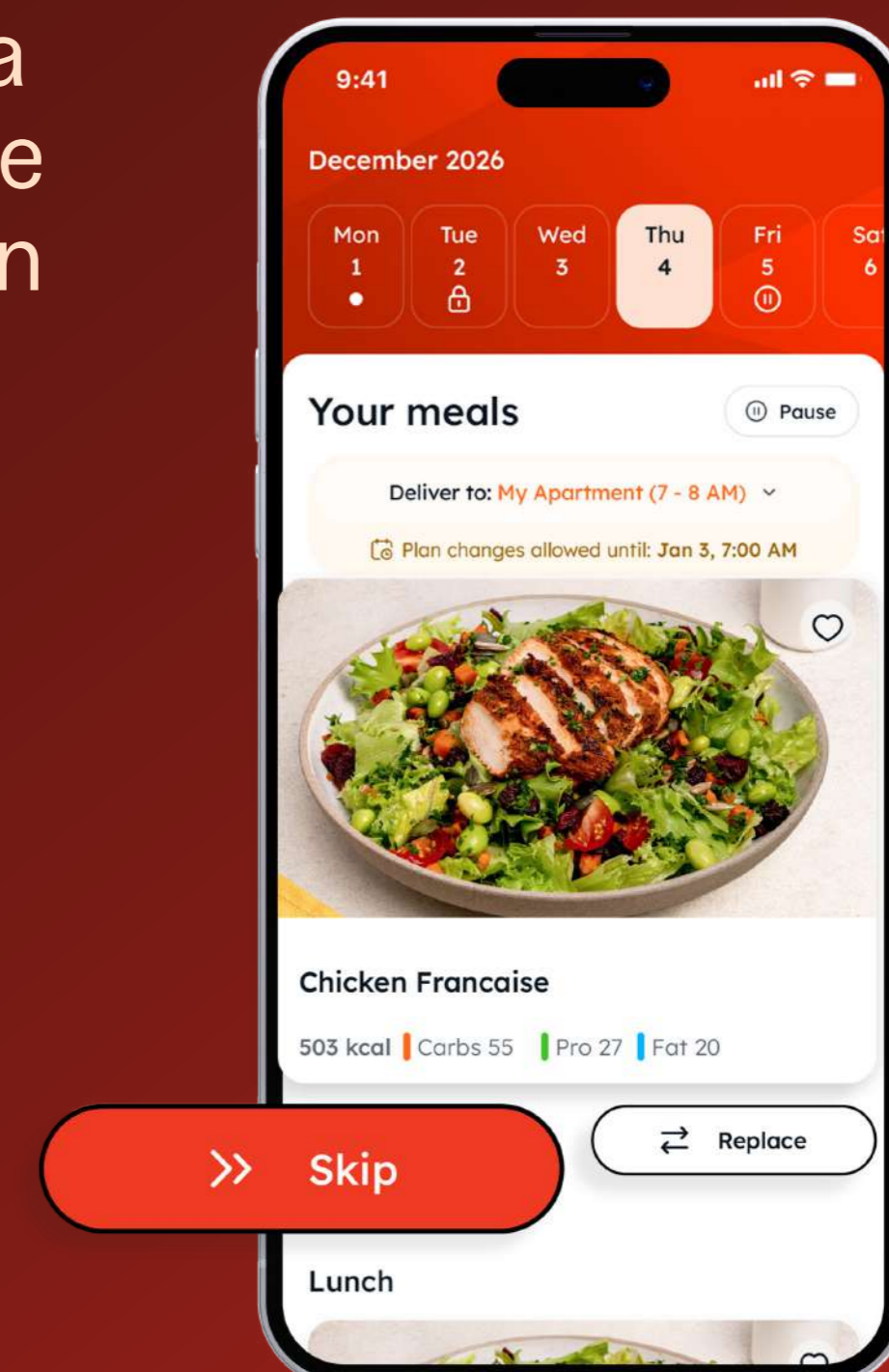


*Features are available on 5 day plans or above



SKIP ANYTIME

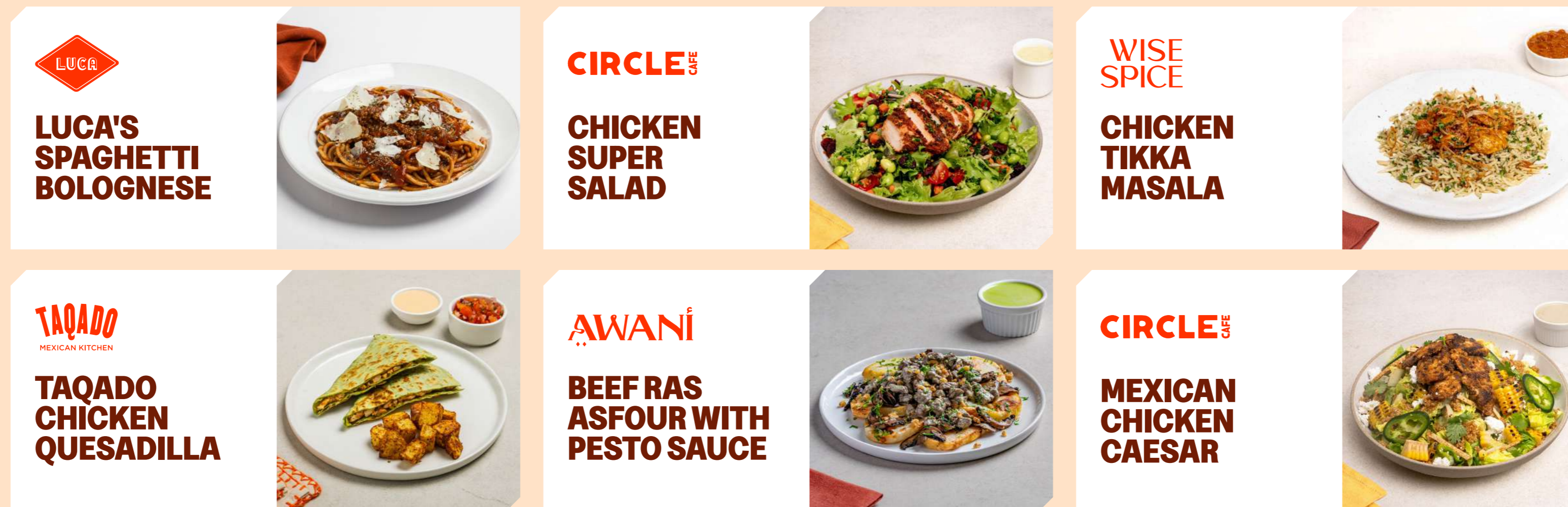
Travelling or need a break? Easily pause your plan directly in the app.



PARTNER BRANDS ON YOUR PLAN

THE RESTAURANTS YOU LOVE, PORTIONED FOR THE WAY YOU EAT.

We bring the region's best kitchens onto your menu —
same flavours, balanced for your goals, delivered with
everything else.



LIVE RIGHT

YOUR WEEK, HANDLED. START YOUR PLAN.

[Start my plan](#)

[Book a consult](#)

right bite

RIGHTBITE.COM LIVE LIFE NEXT LEVEL