

THE TANDOOR BOX

MEAL PLAN SUBSCRIPTIONS

Lunch + Dinner | 6 Days per Week | 1 Flexible / Rest Day

Balanced meals. Real ingredients. Practical portions.

Choose between a Weight Management plan with controlled portions or a Balanced Healthy Eating plan with more generous portions. Each delivery day includes lunch, dinner, one low-calorie drink and one small dessert.

Choose Your Plan

Plan	Lunch Target	Dinner Target	2-Meal Target	Typical Protein
Weight Management	400-500 kcal	400-500 kcal	800-1,000 kcal	60-80 g
Balanced Healthy Eating	500-650 kcal	500-650 kcal	1,000-1,300 kcal	65-90 g

Important: Calorie and macronutrient values are approximate recipe-development estimates. They are not a substitute for individualized medical nutrition advice and should not be presented as laboratory-certified nutrition declarations.

Standardised Power Bowl Specifications

Grilled Fish Rice Bowl

Plan	Protein	Rice/Noodles	Vegetables	Oil	Sauce / Butter	kcal	Protein	Carbs	Fat
Weight Mgmt	135 g	110 g rice	200 g	6 g	25 g light herb sauce	~465	~36 g	~48 g	~14 g
Balanced	155 g	150 g rice	190 g	8 g	35 g light herb sauce	~585	~41 g	~65 g	~18 g

Grilled Chicken Rice Bowl

Plan	Protein	Rice/Noodles	Vegetables	Oil	Sauce / Butter	kcal	Protein	Carbs	Fat
Weight Mgmt	125 g	110 g rice	190 g	6 g	25 g light sauce	~475	~39 g	~48 g	~13 g
Balanced	150 g	150 g rice	180 g	8 g	35 g light sauce	~600	~46 g	~65 g	~17 g

Chicken & Vegetable Stir-Fry Bowl

Plan	Protein	Rice/Noodles	Vegetables	Oil	Sauce / Butter	kcal	Protein	Carbs	Fat
Weight Mgmt	125 g	110 g noodles	210 g	6 g	25 g stir-fry sauce	~455	~38 g	~48 g	~13 g
Balanced	150 g	150 g noodles	200 g	8 g	35 g stir-fry sauce	~575	~45 g	~65 g	~17 g

Creamy Prawn Power Bowl

Plan	Protein	Rice/Noodles	Vegetables	Oil	Sauce / Butter	kcal	Protein	Carbs	Fat
Weight Mgmt	135 g	105 g rice	190 g	5 g	30 g light cream sauce	~485	~33 g	~48 g	~17 g
Balanced	155 g	145 g rice	180 g	7 g	40 g cream sauce	~610	~38 g	~64 g	~22 g

Fish & Vegetables Noodle Bowl

Plan	Protein	Rice/Noodles	Vegetables	Oil	Sauce / Butter	kcal	Protein	Carbs	Fat
Weight Mgmt	135 g	105 g noodles	210 g	5 g	25 g light sauce	~460	~35 g	~49 g	~13 g
Balanced	155 g	150 g noodles	200 g	8 g	35 g sauce	~585	~40 g	~66 g	~18 g

Vegetable Noodles Power Bowl

Plan	Protein	Rice/Noodles	Vegetables	Oil	Sauce / Butter	kcal	Protein	Carbs	Fat
Weight Mgmt	0 g animal protein	120 g noodles	250 g	6 g	25 g sauce	~420	~15 g	~64 g	~11 g
Balanced	0 g animal protein	160 g noodles	260 g	8 g	35 g sauce	~535	~18 g	~80 g	~15 g

Garlic Shrimp Noodle Bowl

Plan	Protein	Rice/Noodles	Vegetables	Oil	Sauce / Butter	kcal	Protein	Carbs	Fat
Weight Mgmt	135 g	105 g noodles	200 g	5 g	25 g garlic sauce + 3 g butter	~480	~34 g	~49 g	~16 g
Balanced	155 g	150 g noodles	190 g	7 g	35 g garlic sauce + 5 g butter	~605	~39 g	~66 g	~21 g

Spicy Chicken Ramen Bowl

Plan	Protein	Rice/Noodles	Vegetables	Oil	Sauce / Butter	kcal	Protein	Carbs	Fat
Weight Mgmt	125 g	110 g noodles	180 g	5 g	150 ml broth + 20 g spicy sauce	~495	~40 g	~52 g	~14 g
Balanced	150 g	150 g noodles	180 g	7 g	180 ml broth + 30 g spicy sauce	~625	~47 g	~70 g	~18 g

Creamy Shrimp & Mushroom Bowl

Plan	Protein	Rice/Noodles	Vegetables	Oil	Sauce / Butter	kcal	Protein	Carbs	Fat
Weight Mgmt	135 g	100 g rice	200 g incl. mushroom	5 g	30 g light cream sauce	~480	~33 g	~44 g	~18 g
Balanced	155 g	145 g rice	200 g incl. mushroom	7 g	40 g cream sauce	~610	~38 g	~62 g	~23 g

1-Day Trial Option

Plan	Lunch	Dinner	Drink	Small Dessert	Approx. Package kcal
Weight Management	Grilled Chicken Rice Bowl	Fish & Vegetables Noodle Bowl	Lemon-mint infused water	Fruit & yogurt cup	~1,010-1,040
Balanced Healthy	Grilled Chicken Rice Bowl	Garlic Shrimp Noodle Bowl	Watermelon-mint cooler	Chia yogurt cup	~1,330-1,365

2-Week Subscription - 12 Delivery Days / 24 Main Meals

Day	Lunch	Dinner	Drink	Dessert
Week 1 - Day 1	Grilled Chicken Rice Bowl	Fish & Vegetables Noodle Bowl	Lemon-mint water	Mixed Dried Fruit & yogurt cup
Day 2	Grilled Fish Rice Bowl	Chicken & Vegetable Stir-Fry Bowl	Cucumber-mint water	Dark chocolate square
Day 3	Creamy Prawn Power Bowl	Vegetable Noodles Power Bowl	Ginger-lemon tea	Chia yogurt cup
Day 4	Grilled Chicken Rice Bowl	Garlic Shrimp Noodle Bowl	Berry infused water	Mixed Dried Fruit & yogurt cup
Day 5	Grilled Fish Rice Bowl	Spicy Chicken Ramen Bowl	Lemon-mint water	Dark chocolate square
Day 6	Chicken & Vegetable Stir-Fry Bowl	Creamy Shrimp & Mushroom Bowl	Cucumber-mint water	Chia yogurt cup
Day 7	FLEXIBLE / REST DAY	No scheduled delivery	-	-
Week 2 - Day 8	Grilled Fish Rice Bowl	Garlic Shrimp Noodle Bowl	Ginger-lemon tea	Mixed Dried Fruit & yogurt cup
Day 9	Grilled Chicken Rice Bowl	Vegetable Noodles Power Bowl	Lemon-mint water	Dark chocolate square
Day 10	Creamy Prawn Power Bowl	Chicken & Vegetable Stir-Fry Bowl	Berry infused water	Chia yogurt cup
Day 11	Grilled Fish Rice Bowl	Spicy Chicken Ramen Bowl	Cucumber-mint water	Mixed Dried Fruit & yogurt cup
Day 12	Grilled Chicken Rice Bowl	Fish & Vegetables Noodle Bowl	Ginger-lemon tea	Dark chocolate square
Day 13	Creamy Shrimp & Mushroom Bowl	Garlic Shrimp Noodle Bowl	Lemon-mint water	Chia yogurt cup
Day 14	FLEXIBLE / REST DAY	No scheduled delivery	-	-

1-Month Subscription - 4 Weeks / 24 Delivery Days / 48 Main Meals

Day	Lunch	Dinner	Drink	Dessert
W1 D1	Grilled Chicken Rice Bowl	Fish & Vegetables Noodle Bowl	Lemon-mint water	Mixed Dried Fruit & yogurt cup
W1 D2	Grilled Fish Rice Bowl	Chicken & Vegetable Stir-Fry Bowl	Cucumber-mint water	Dark chocolate square
W1 D3	Creamy Prawn Power Bowl	Vegetable Noodles Power Bowl	Ginger-lemon tea	Chia yogurt cup
W1 D4	Grilled Chicken Rice Bowl	Garlic Shrimp Noodle Bowl	Berry infused water	Mixed Dried Fruit & yogurt cup
W1 D5	Grilled Fish Rice Bowl	Spicy Chicken Ramen Bowl	Lemon-mint water	Dark chocolate square
W1 D6	Chicken & Vegetable Stir-Fry Bowl	Creamy Shrimp & Mushroom Bowl	Cucumber-mint water	Chia yogurt cup
W1 D7	FLEXIBLE / REST DAY	No scheduled delivery	-	-
W2 D1	Grilled Fish Rice Bowl	Garlic Shrimp Noodle Bowl	Lemon-mint water	Mixed Dried Fruit & yogurt cup
W2 D2	Grilled Chicken Rice Bowl	Vegetable Noodles Power Bowl	Cucumber-mint water	Dark chocolate square
W2 D3	Creamy Prawn Power Bowl	Chicken & Vegetable Stir-Fry Bowl	Ginger-lemon tea	Chia yogurt cup
W2 D4	Grilled Fish Rice Bowl	Spicy Chicken Ramen Bowl	Berry infused water	Mixed Dried Fruit & yogurt cup
W2 D5	Grilled Chicken Rice Bowl	Fish & Vegetables Noodle Bowl	Lemon-mint water	Dark chocolate square
W2 D6	Creamy Shrimp & Mushroom Bowl	Garlic Shrimp Noodle Bowl	Cucumber-mint water	Chia yogurt cup
W2 D7	FLEXIBLE / REST DAY	No scheduled delivery	-	-
W3 D1	Grilled Chicken Rice Bowl	Fish & Vegetables Noodle Bowl	Lemon-mint water	Mixed Dried Fruit & yogurt cup
W3 D2	Creamy Prawn Power Bowl	Chicken & Vegetable Stir-Fry Bowl	Cucumber-mint water	Dark chocolate square
W3 D3	Grilled Fish Rice Bowl	Garlic Shrimp Noodle Bowl	Ginger-lemon tea	Chia yogurt cup
W3 D4	Grilled Chicken Rice Bowl	Spicy Chicken Ramen Bowl	Berry infused water	Mixed Dried Fruit & yogurt cup
W3 D5	Vegetable Noodles Power Bowl	Creamy Shrimp & Mushroom Bowl	Lemon-mint water	Dark chocolate square
W3 D6	Grilled Fish Rice Bowl	Chicken & Vegetable Stir-Fry Bowl	Cucumber-mint water	Chia yogurt cup
W3 D7	FLEXIBLE / REST DAY	No scheduled delivery	-	-
W4 D1	Creamy Prawn Power Bowl	Fish & Vegetables Noodle Bowl	Lemon-mint water	Mixed Dried Fruit & yogurt cup
W4 D2	Grilled Chicken Rice Bowl	Garlic Shrimp Noodle Bowl	Cucumber-mint water	Dark chocolate square
W4 D3	Grilled Fish Rice Bowl	Vegetable Noodles Power Bowl	Ginger-lemon tea	Chia yogurt cup
W4 D4	Chicken & Vegetable Stir-Fry Bowl	Spicy Chicken Ramen Bowl	Berry infused water	Mixed Dried Fruit & yogurt cup
W4 D5	Grilled Chicken Rice Bowl	Creamy Shrimp & Mushroom Bowl	Lemon-mint water	Dark chocolate square
W4 D6	Grilled Fish Rice Bowl	Garlic Shrimp Noodle Bowl	Cucumber-mint water	Chia yogurt cup
W4 D7	FLEXIBLE / REST DAY	No scheduled delivery	-	-



Customer Guidance

- The meal-plan calories shown refer to the food and included add-ons supplied by The Tandoor Box, not a person's complete daily energy requirement.
- Choose the Weight Management plan for smaller, portion-controlled servings. Choose Balanced Healthy Eating for a more generous everyday meal portion.
- Water and unsweetened beverages remain the preferred hydration choices. Coolers should contain no added sugar.
- Customers with diabetes, kidney disease, pregnancy, food allergies, eating disorders or other medical nutrition needs should obtain individualized advice from a qualified healthcare professional.
- Allergen information should be confirmed at ordering because recipes may contain dairy, gluten, nuts, sesame, soy, shellfish or other allergens.