



## **The Brand Story: A Culinary Journey To Wellness**

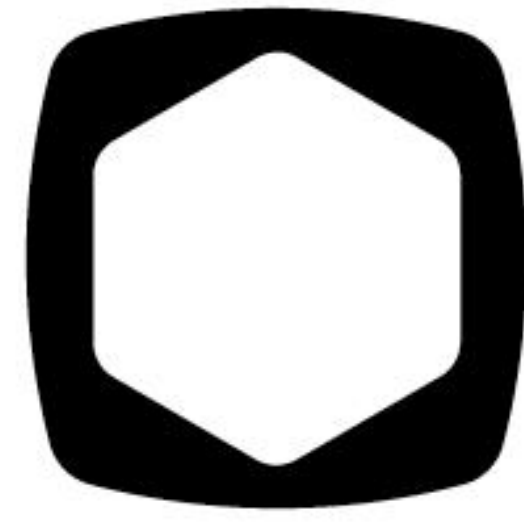
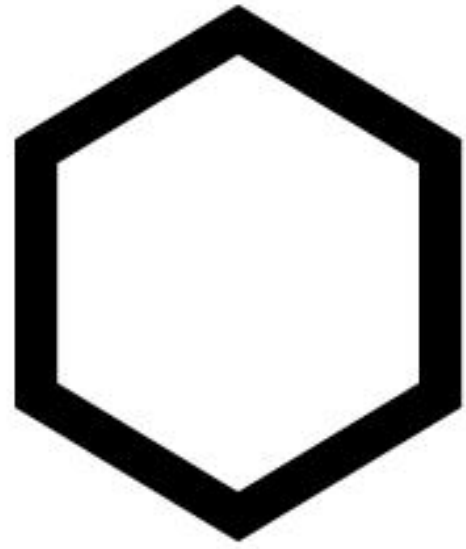
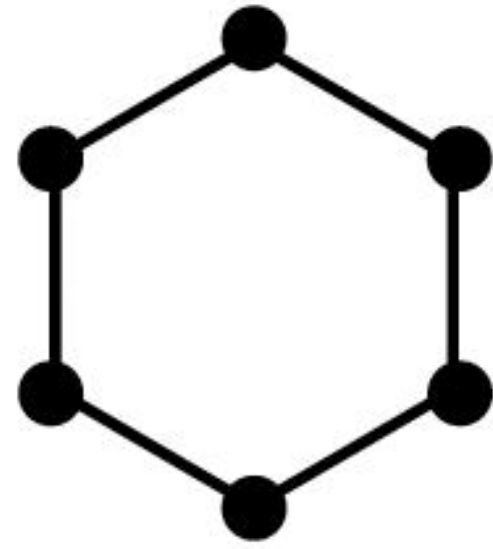
Founded in 2019, FitLab set out to redefine healthy eating by seamlessly blending nutrition with flavor. Recognizing the challenges of maintaining a healthy lifestyle, FitLab created meals that make wellness both accessible and enjoyable. What started as a small initiative quickly gained popularity, helping people achieve their fitness goals while savoring delicious, balanced meals.

Today, FitLab is a leading meal plan provider in the UAE, dedicated to making your journey to wellness a delightful experience.

Welcome to FitLab—where wellness meets taste.

Client: Fitlab

Location: Dubai





Int-Fasting



Athlete



Business



Diabetic



Kids



FitMom



Pescatarian



Wellness



Weight Loss



Vegetarian

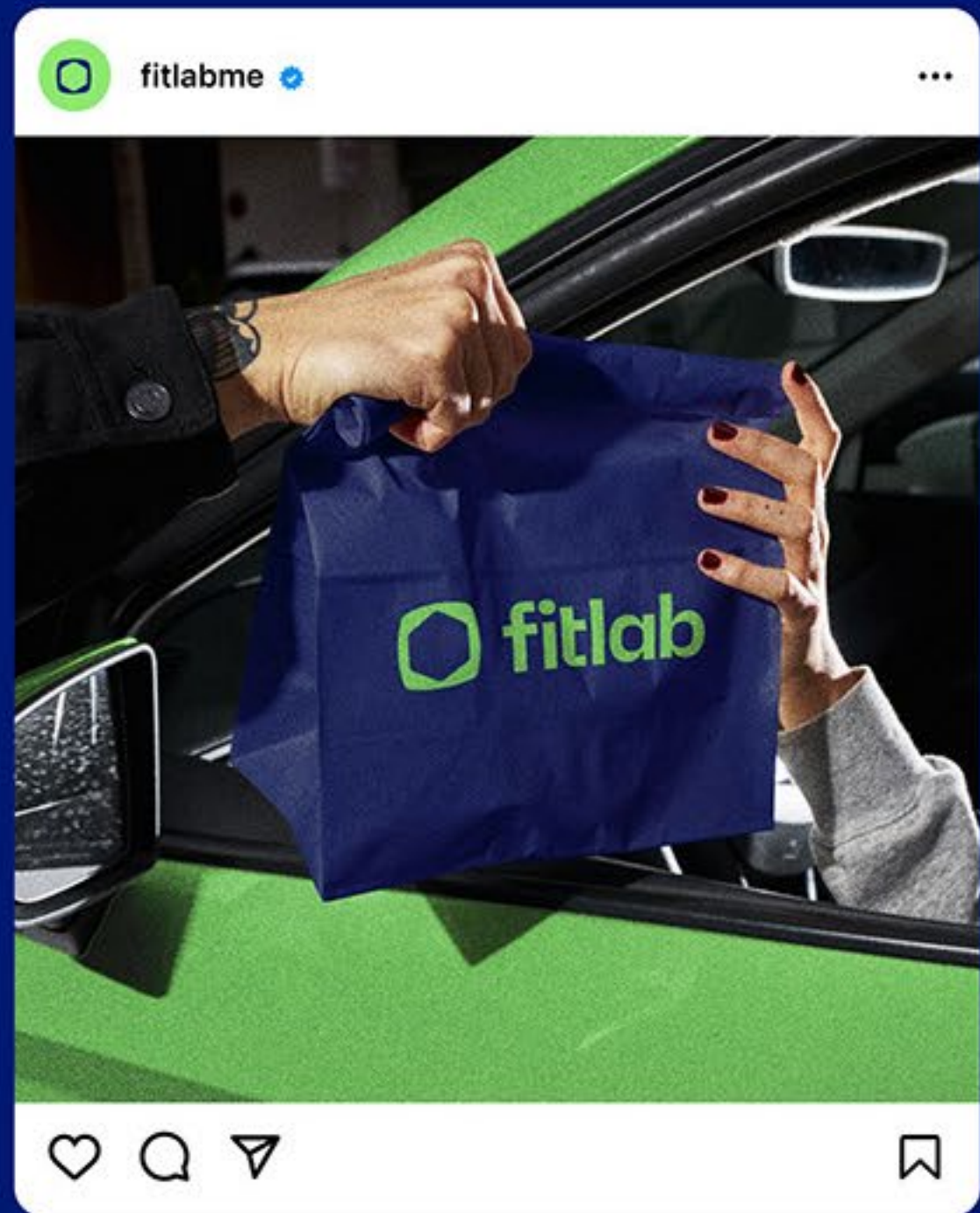
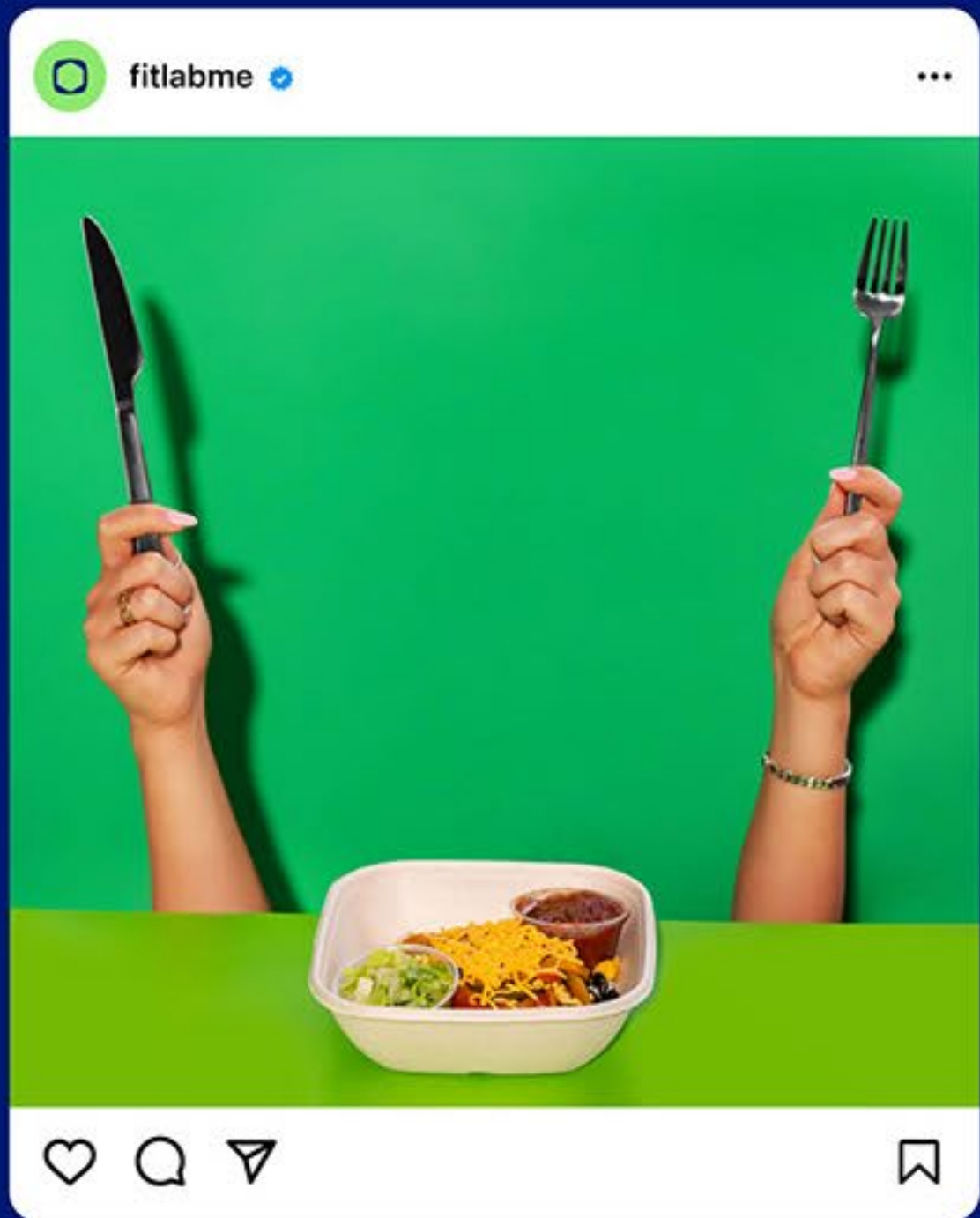
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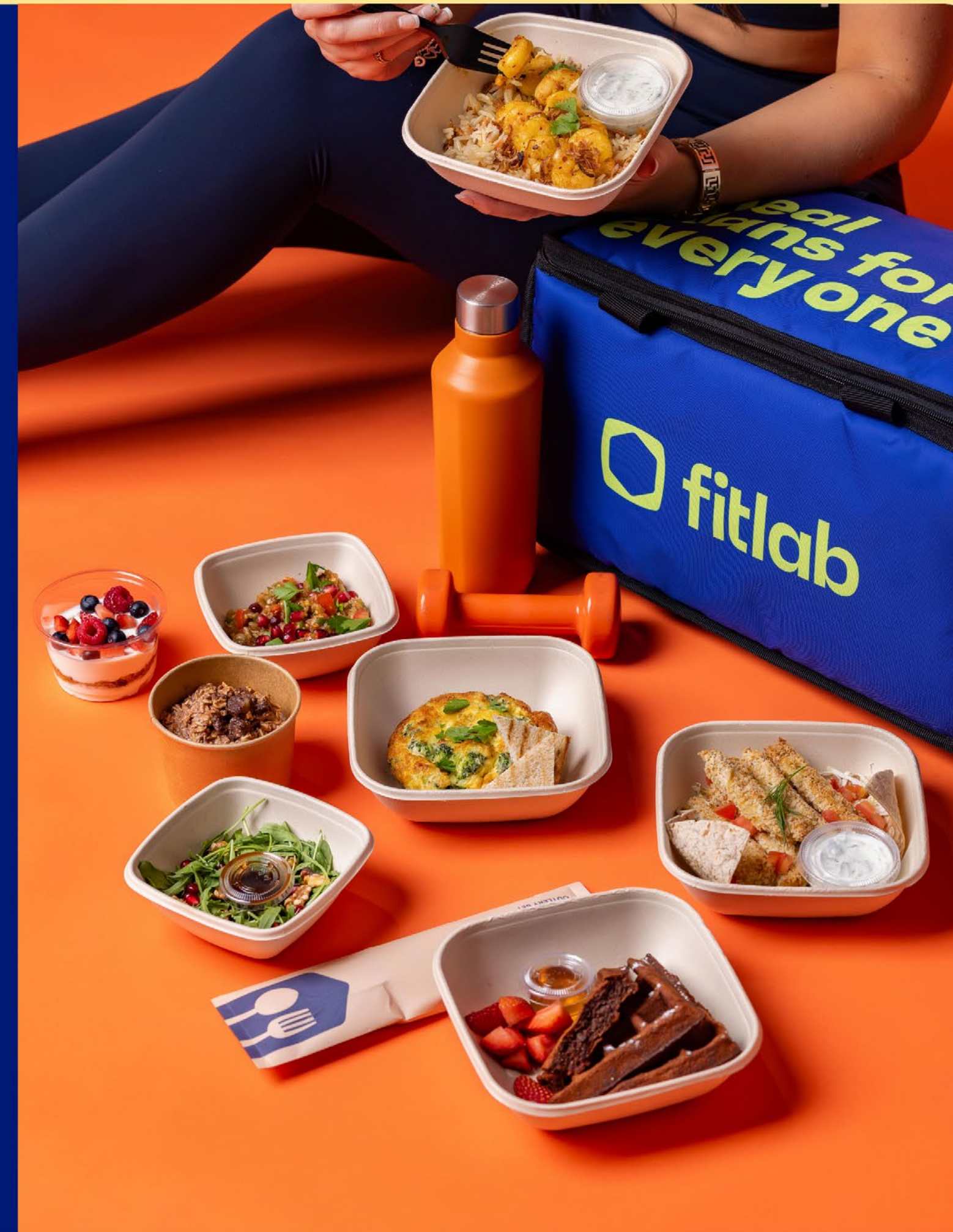
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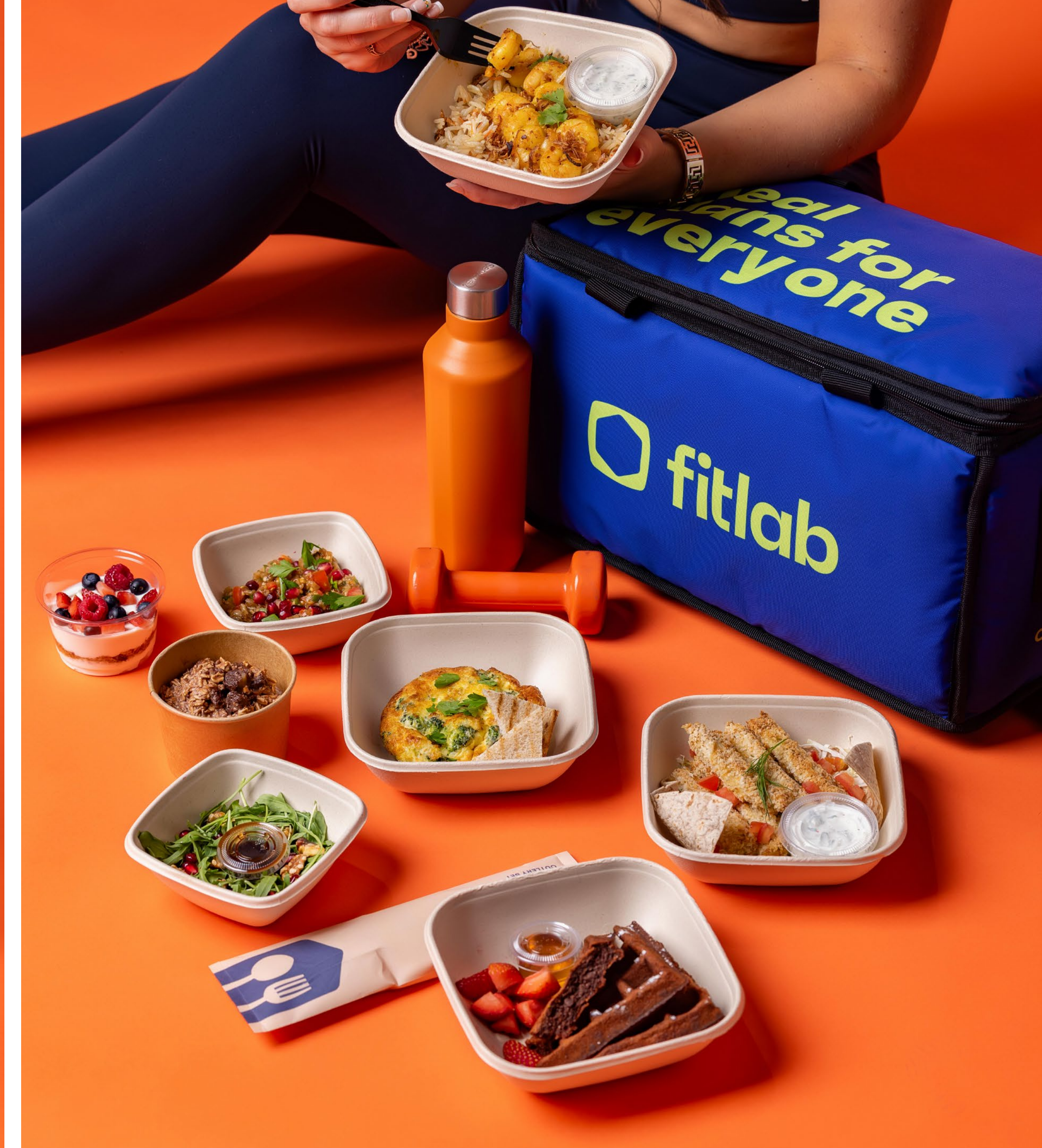


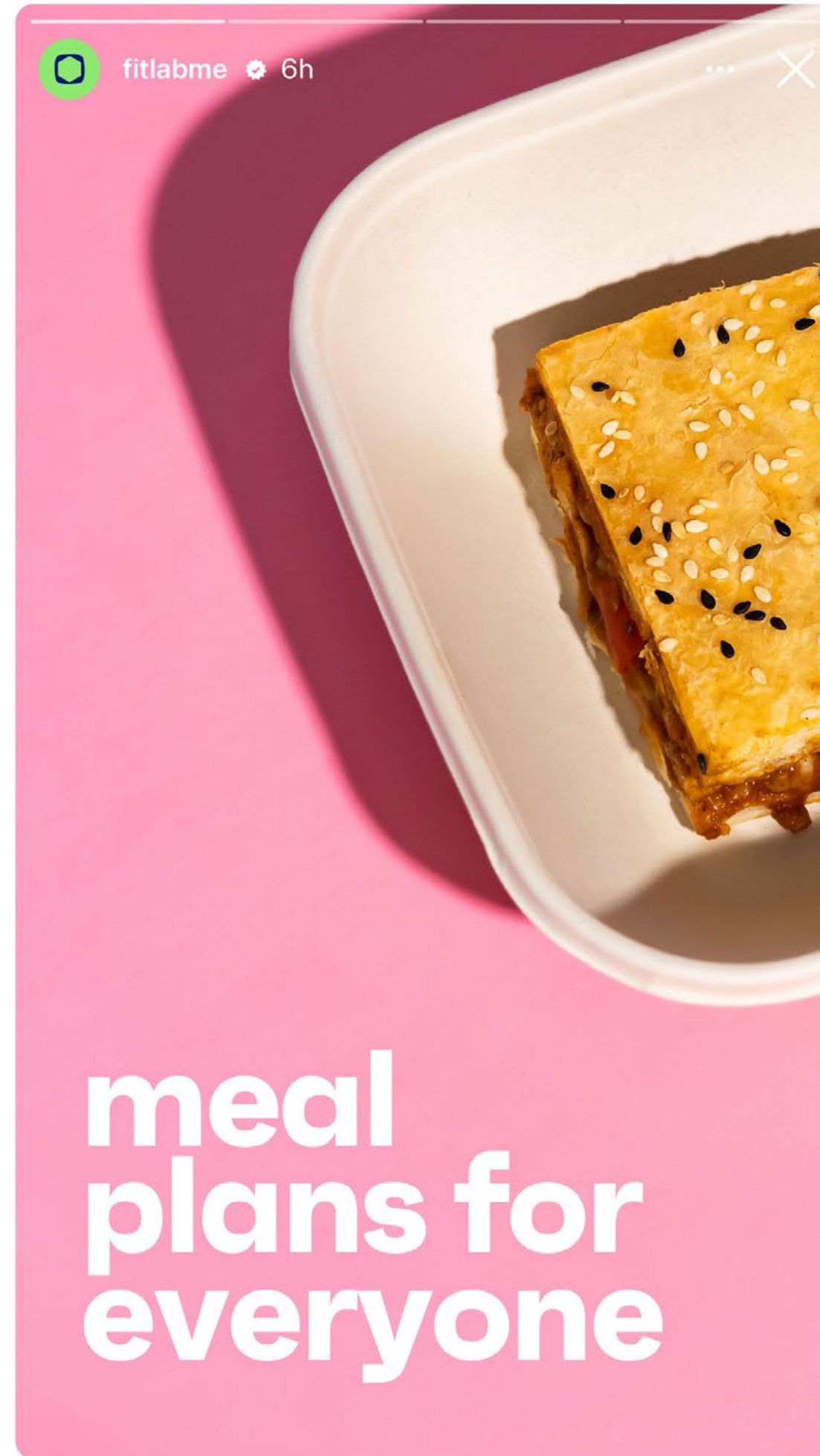


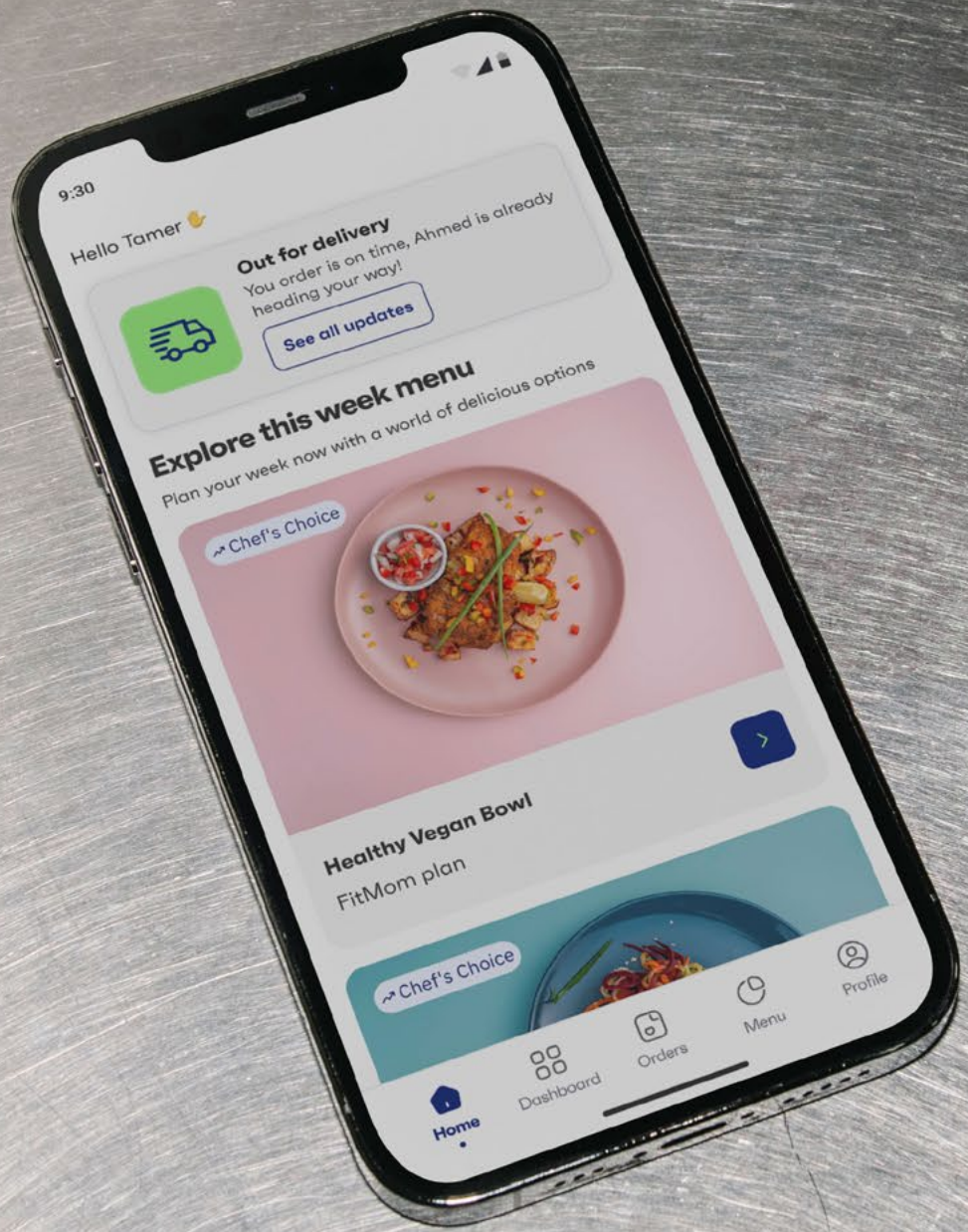
**Discover  
the meal plan  
that best fits  
your goal!**











 fitlab

**Bringing healthy  
meal plans to  
everyone.**



DOWNLOAD  
OUR APP



**OUTFRONT**

M-7427



How to Stop Worrying and Start Living  
DALE CARNEGIE

White wireless keyboard and yellow mouse.

Clear plastic bottle filled with orange juice.

White takeout container with food and green sauce.

White takeout container with salad and white sauce.



Vincent Van Gogh  
Single. April 1889

meal plans for everyone  
fitlab

fitlab





CEO  
& Founder  
Tamer Shraira



fitlab

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# Bringing healthy meal plans to everyone.

Join our community and start your weight loss journey today!



City of Los Angeles

BUCKLE UP LA

RIGHT LANE



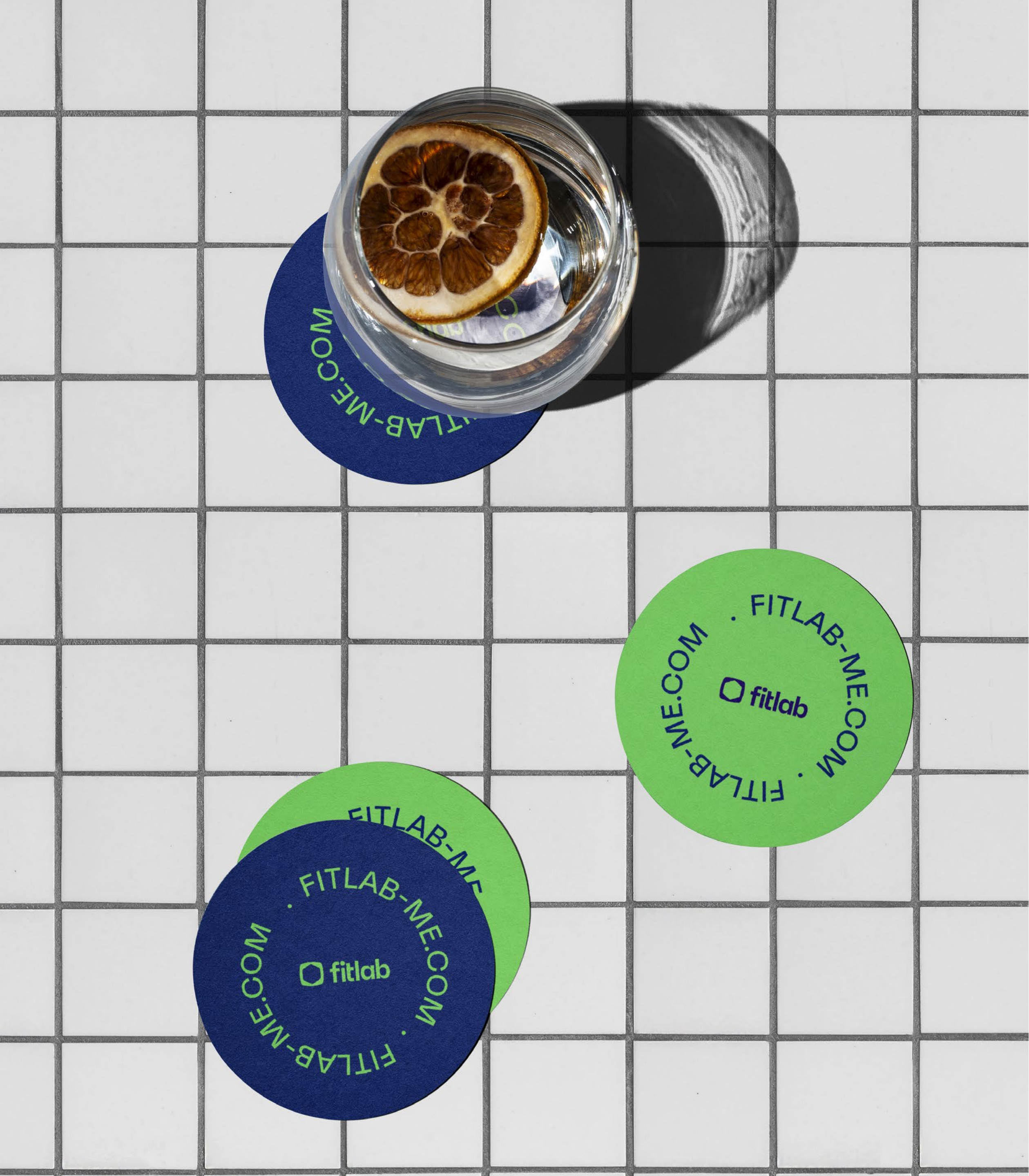
SHARE THE ROAD

WHOLE FOODS MARKET

LIQUI MOLY

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**fitlab**

**SNAK**

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kcal	Carb	Fat	Pro
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**FRESHLY 100% PACKAGED**

**fitlab**

**Vegetable salad**

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kcal	Carb	Fat	Pro
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**Chemistry Of Nutritions**

checked and sealed

checked and sealed

**fitlab**

**Vegetable salad**

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kcal	Carb	Fat	Pro
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**Chemistry Of Nutritions**



[Login](#)

## Maintain a nutritious every day for optimal health

Fuel your body with healthy meals, reach your goals, and change your lifestyle one bite at a time.

[Start now](#)



Download on the App Store

GET IT ON Google Play

## Fitlab's healthy meal plans

Your day-to-day healthy meal in Dubai is prepared to nourish your body

**IF Plan**  
Starting AED 129/day  
[View plan](#)

**Athlete**  
Starting AED 129/day  
[View plan](#)

**Business**  
Starting AED 129/day  
[View plan](#)

**Diabetic**  
Starting AED 129/day  
[View plan](#)

**Kids**  
Starting AED 129/day  
[View plan](#)

**FitMom**  
Starting AED 129/day  
[View plan](#)

**Pescatarian**  
Starting AED 129/day  
[View plan](#)

**Wellness**  
Starting AED 129/day  
[View plan](#)

**Weight Loss**  
Starting AED 129/day  
[View plan](#)

**Vegetarian**  
Starting AED 129/day  
[View plan](#)



DALE  
CARNEGIE





# Delicious

Diabetic Control With  
Every Bite





# THANKS

Gmail:  
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Whatsapp: +201010431600  
[www.behance.net/almowafy](http://www.behance.net/almowafy)

Credits:  
Creative & Brand Director: Mahmoud Ismail  
Sr. Brand Designer: Mahmoud Mowafy  
Animation: Ahmed Omran