



Nourishing Little Tummies

Licensed Expertise

Safe, balanced, and child-approved



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Who We Are

BLite is a pioneer in health and wellness, dedicated to empowering individuals for over 20 years.

Formerly known as Slim'n Lite, we provide personalized nutrition plans, premium- quality meals, and expert guidance to support a healthier lifestyle. Whether you aim for weight loss, muscle gain, managing medical conditions like diabetes and hypertension, or simply eating healthy and nourishing your body with essential nutrients, BLite offers tailored solutions designed for lasting results.

BLite is a proud member of NCC Holding, a diversified group with a strong presence across multiple sectors.

Our licensed dietitians and expert chefs craft balanced, delicious, and effective meal plans, ensuring health meets taste, health, and optimal nutrients. At BLite, we make wellness simple, sustainable, and rewarding.

200M⁺
Meals Served



31,000⁺
Customers



Why Choose BLite?

At BLite, we believe that healthy habits start early. Our nursery meal plans are thoughtfully designed by licensed nutrition experts to support growth, development, and happy mealtimes. With balanced portions, fresh ingredients, and child-friendly recipes, we help nurseries give little ones the nutrition they need to thrive—one delicious bite at a time

Eat Light, Live Bright



What Sets Us Apart



ISO Certified

Demonstrating our commitment to quality, safety, and continuous improvement.



HACCP Certified

Ensuring the highest standards of food safety and quality management.



Weqaya Approved Menu

Adhering to the highest health and safety standards.



ADFASA

A-graded by the Abu Dhabi Agriculture and Food Safety Authority (ADFASA), our products uphold the highest standards of safety, quality, and hygiene.



DHA

Certified by the Dubai Health Authority (DHA), our products comply with the strictest health and safety regulations, ensuring top-quality standards.



Certified Excellence

Approved by Abu Dhabi & Dubai Health Authorities.



Ongoing Support

Regular monitoring and program evaluations to guarantee results.



Accessible Pricing

Making healthy eating affordable and within reach for everyone.



How We Prepare Our Kids' Menu

Freshly Made. Nutrition-Packed. Kid-Approved.

Each meal is designed to be not only nutritious, but also fun, colorful, and delicious—because we know mealtime should be something children look forward to!

Our Approach:

Breakfast Boost: Research shows that a nutritious breakfast enhances memory and focus. Our breakfast options are energy-packed and kid-loved to help fuel their school day.

Lunchtime Variety: From global flavors to comfort classics, we offer a balanced mix of proteins, grains, and vegetables that keep taste buds excited and tummies full.

Smart Snacks: Our wholesome snacks are made in-house with natural ingredients—perfect for that midday brain and energy boost.

At Blite, every meal is made with love and purpose—because we're not just feeding children, we're nurturing healthy habits for life.

How We Take Care Of Allergens

Because Every Bite Matters

At Blite, your child's safety is our top priority. We understand how serious food allergies can be, which is why we go above and beyond to create a secure and supportive mealtime environment.

The Top 8 Common Allergens We Watch Closely:

- ⌕ milk
- ⌕ eggs
- ⌕ peanuts
- ⌕ soy
- ⌕ wheat
- ⌕ tree nuts (such as walnuts and cashews)
- ⌕ fish
- ⌕ shellfish (such as shrimp)

What We Do at Blite:

Our kitchen follows strict hygiene protocols to avoid cross-contamination.

All meals in our nursery program are 100% Nut-Free to ensure peace of mind.

If your child has a specific allergy or intolerance, just let us know—we'll customize their meal plan with care and precision.

From the first bite to the last, we're here to nourish your child safely—every single day.



Menu Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Chia Seed Oatmeal Pudding	Egg Sandwich	Fatayer Zaatar	Mozzarella Sandwich	Banana Oatmeal Pancakes
Snack 1	Assorted Cut Fruits Or Banana				
Lunch Option 1	Maqloube Eggplant	Teriyaki Salmon w/ Sweet Potato	Rice W/ Chicken & Minced Beef	Beef Stroganoff w/ Penne Pasta	Chicken Escalope & Mashed Potato
Lunch Option 2	Penne Alfredo & Mushroom	Stew White Beans & Rice	Vegetarian Potato Souffle	Stuffed Vegetables	Moujaddara (Rice w/ Lentil)
Lunch Salad Veggies	Yogurt & Cucumber Salad	Steamed Broccoli	Cucumber, Corn & Tomato Salad	Steamed Baby Corn	Steamed Zucchini & Cauliflower
Snack 2	Bread Sticks w/ Cheese	Dates W/ Dried Apricots	Veg Samosa	Blueberry Zucchini Cake	Vegetable Sticks W/ Beetroot Hummus

Menu Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Egg Muffins	Fatayer Cheese	Cracotte W/ Labne Mixed W/Dried Mint & Olive Oil	Oatmeal Porridge W/ Berries	Scones W/ Cream Cheese
Snack 1	Assorted Cut Fruits Or Banana				
Lunch Option 1	Daoud Basha W/Rice	Fish Fingers W/ Potato	Chicken Madbi	Mongolian Beef W/ Rice	Chicken Lemon Picatta W/ Penne Pasta
Lunch Option 2	Couscous W/ Vegetables	Stew Peas & Carrots W/ Vermicelli Rice	Penne Arrabiata	Arancini Rice Balls	Warak Enab & Stuffed Potato
Lunch Salad Veggies	Cucumber, Carrot, Tomato & Corn Salad	Green Pepper & Cucumber Sticks	Yogurt & Cucumber Salad	Steamed Zucchini	Cucumber, Red Pepper & Tomato Salad
Snack 2	Greek Yogurt W/ Fresh Berries	Mini Pizza	Rice Cakes W/ Honey	Carrot Coconut Balls	Kaak

Menu Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Oatmeal Porridge & Mango	Bulgarian Cheese Sandwich w/ Tomato	Baked Fresh Toast Sticks	Omelet Rounds Mixed w/ Penne Pasta	Fluffy Apple Sauce Pancakes
Snack 1	Assorted Cut Fruits Or Banana				
Lunch Option 1	Kafta W/ Potato	Grilled Salmon W/ Lemon Sauce & Sweet Potato	Chicken Stroganoff W/ Brown Rice	Beef Quiche	Mouhkhieh Chicken w/ Brown Rice
Lunch Option 2	Penne Alla Putanesca ^Y	Stew Spinach W/ Brown Rice ^Y	Vegetarian Lasagna ^Y	Lima Bean Stew W/ Tomato Kale Sauce & Brown Rice ^Y	Vegetable Stew Ratatouille W/ Orzo ^Y
Lunch Salad Veggies	Yogurt & Cucumber Salad	Steamed Carrots & Corn	Cucumber, Cherry Tomato & mixes Green Salad	Roasted Pepper & Cuke	Grilled Pumpkin Fries
Snack 2	Fatayer Zaatar & Cheese	Banana Bread	Cheese Sambousik	Corn on the Cob	Panna Cotta

Menu Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Kashkaval Sandwich	Cornflakes W/ Fresh Fruit Yogurt	Manoushe Cheese	Banana Date Muffin	Boiled Egg W/ Slice Bread & Avocado Paste
Snack 1	Assorted Cut Fruits Or Banana				
Lunch Option 1	Potato Souffle	Fish Sayyadiye	Kebab Chicken Skewers W/ Sweet Potato	Lasagna Bolognese	Creamy Chicken & Veggies W/ Brown Rice
Lunch Option 2	Rigatoni Salsa Primavera ^Y	Stuffed Zucchini W/ Yogurt ^Y	Stew Green Beans W/ Brown Rice ^Y	Bulgur W/ Tomato ^Y	Pumpkin Kibbe ^Y
Lunch Salad Veggies	Yogurt w/ Cucumber Salad	Steamed Broccoli & Corn	Steamed Cauliflower w/ Cocktail Sauce	Cucumber, Shredded Carrots & Cherry Tomato Salad	Celery & Cucumber Sticks
Snack 2	Oatmeal Raisin Cookies	Rice Cakes W/ Labne	Date Balls	Mixed Cheese W/ Cherry Tomato Halves	Fatayer Spinach

Egg Sandwich

Serving Size - recipe in grams: 151g

INGREDIENTS:

Egg, Light cream cheese
Lettuce, Bread

HEALTH BENEFITS:

Eggs are rich in choline.
Choline is essential for brain
development in early life.



CALORIES	PROTEIN	CARBS
300	15G	13G
FAT	DIETARY FIBER	
21G	3G	

Oatmeal Porridge With Mango

Serving Size - recipe in grams: 164g

INGREDIENTS:

Oatmeal, low-fat milk,
mangoes

HEALTH BENEFITS:

Oats are an excellent source
of insoluble fibers & mangoes
are rich in vitamin C that
helps support the body's
immune system.



CALORIES	PROTEIN	CARBS
160	7G	30G
FAT	DIETARY FIBER	
2.5G	3G	

Teriyaki Salmon With Sweet Potato

Serving Size - recipe in grams: 228g



INGREDIENTS:

Salmon, 100g sweet potato

HEALTH BENEFITS:

Salmon is rich in omega-3
supporting brain growth and
functions. Sweet potato is a
good source of vitamin A
which is beneficial for vision
development.

CALORIES	PROTEIN	CARBS
370	29G	21G
FAT	DIETARY FIBER	
18G	3G	



Lima Bean Stew With Kale & Brown Rice

Serving Size - recipe in grams: 299g



INGREDIENTS:

1Lima beans cooked, Olive oil, Red onion, Minced Garlic, Tomato Sauce, Red Vinegar, Green Olive Slice, Green Kale, Carrot, Paprika, Cumin, Cloves Powder, Black Pepper, Vegetables Stock, Salt

HEALTH BENEFITS:

Rich in Fiber & have a low glycemic index. Beneficial for bone growth, eye health & have immuno-boosting properties.

CALORIES	PROTEIN	CARBS
280	11G	44G

FAT	DIETARY FIBER
7G	10G



Yogurt & Cucumber Salad

Serving Size - recipe in grams: 70g



INGREDIENTS:

Yogurt, Cucumber, Mint

CALORIES	PROTEIN	CARBS
46	4G	6G

HEALTH BENEFITS:

Rich in calcium which is beneficial for bone growth & healthy teeth.

FAT	DIETARY FIBER
1G	0G

Veggie Sticks With Beetroot Hummus

Serving Size - recipe in grams: 205g



INGREDIENTS:

Carrots, cucumbers, tahini chickpeas, lemon, salt, beetroot

CALORIES	PROTEIN	CARBS
180	6G	21G

HEALTH BENEFITS:

High in potassium, fibers and iron and supports immune-health

FAT	DIETARY FIBER
9G	5G

Date Balls

Serving Size - recipe in grams:
30g (1 ball)

CALORIES	PROTEIN	CARBS	FAT	DIETARY FIBER
81	1G	15G	3G	2G

INGREDIENTS:

Dates, oats, coconut, maple syrup, cocoa powder, sunflower seeds

HEALTH BENEFITS:

Sunflower seeds are rich in oleic and linolenic acid & magnesium. Dates are an excellent source of potassium



Spinach Fatayer

Serving Size - recipe in grams:
2 mini -53grams

CALORIES	PROTEIN	CARBS	FAT	DIETARY FIBER
120	2G	13G	7G	1G

INGREDIENTS:

Flour all purpose, whole meal, sugar, salt, active dry yeast, bread improver, veg oil, water, spinach, white onion, sumac, salt, white pepper, sweet pepper, lemon, salt, olive oil

HEALTH BENEFITS:

Rich in iron, vitamins and minerals. Improves bone health



Our Team



Kiram El Tbaytli



Clinical Dietitian

To eat is necessity, but eat intelligently is an Art

- DHA & HAAD Licensed
- 16 Years of experience
- B.Sc In nutrition & dietetics from AUB
- Specializes in obesity, maternal nutrition & bariatric surgery

Mireille ahmad



Clinical Dietitian

It's not a short term diet, It's a long term lifestyle change

- DHA Licensed
- 10+ Years of experience
- Masters In sports nutrition
- B.Sc in nutrition & dietetics
- Specializes in weight management, sports & child nutrition

Sara obeid



DHA Licensed Nutritionist

Every bites is a choice. Choose wisely to nourish your body, mind & soul

- 6+ Years Of experience
- B.Sc In nutritional sciences
- Specializes in weight management, sports nutrition & medical nutrition therapy

Our Team



Nermin makhoul



Clinical Dietitian

Create Healthy Habits, Not Restrictions

- DHA Licensed
- 6+ Years of experience
- B.Sc in health science
- Specializes in malnutrition, Pre & Post natal care & child nutrition

Marisa bousaba



Clinical Dietitian

Small steps lead to big changes. Lets take the first step together!

- DHA Licensed
- 6+ Years of experience
- M.Sc food safety & quality management
- B.Sc in nutrition & dietetics
- Specializes in weight management, sports nutrition and emotional eating

Eman baker



Clinical Dietitian

It always seems impossible until it's done

- DHA & HAAD Licensed
- 13 Years of experience
- B.Sc in nutrition & dietetics from UAEU
- Specializes in Pre & Post surgical nutrition & weight management

Our Corporate Partners

Blite provides exclusive discounts and tailors collaborations to meet the unique needs of our corporate partners.





EAT LIGHT, LIVE BRIGHT

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Join us on the journey to a brighter, healthier tomorrow. Let's thrive together!



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