YolaFood

How it works

Menu and rates

Frequently Asked Questions (FAQ)

YoolaFood is a nutritional delivery service that calculates the reference nutrient intake (RNI). Every day we prepare and deliver balanced rations consisting of 5-6 meals, as well as meals and complex lunches. We use technologies that preserve the taste and benefit of the food and ensure safety through resealable packaging.

How YooolaFood Works

Choose your diet

You can calculate the calories on our website, or check with our manager.

Place an order

Fill out the application below by selecting the number of days of meals We’ll cook

With fresh farm products according to the recipe developed by the Chef

Free delivery

To your door

Choose your menu from ready-made nutrition programs

The program is individually tailored to your preferences

For orders of more than 5 days a 10% discount

Frequently Asked Questions (FAQ)

What times are rations delivered?

The rations are delivered every day in the morning and in the evening. You just have to choose the time, and we will deliver our delicious and healthy food.

Who counts and how reference nutrient intake (RNI). Our production facility employs technologists and nutritionists who calculate RNI of each dish by performing random, blind laboratory analysis of dishes using specialized software, regulatory documents and reference books with RNI values.

What is the shelf life of your dishes?

The shelf life of our each dish is 48 hours. You can find the storage conditions, manufacturing date, composition and other useful information on the packaging, or ask our specialist by phone, online chat or messengers.

How to pay?

Payment by card or cash upon receipt

Find out more

Let's go

Choose a diet

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Leave a request

Name

Your Email

Phone

Choose a program

Your nutritional goal

A healthy and balanced diet

Weight loss

Muscle building

Choose delivery start day

Choose the day delivery ends

Select a convenient delivery time

Choose delivery city

Address

Comment

Send

Delivery will start on October 17

Payment by card or cash on receipt