

FOREVERSLIM

DON'T JUST CHANGE YOUR WEIGHT ... CHANGE YOUR LIFE!
NUTRITION AND DIET CENTER

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Breakfast is the most important meal of the day as it breaks the overnight fast to keep a healthy weight and perform better physically & cognitively.

Eggs are a nutritional Power house providing 18 different vitamins & minerals, high quality protein & important antioxidants.

Seafood is made up of 60% water which makes it a low calorie food.

Blue purple fruits & vegetables contain varying amounts of health promoting phytochemicals such as anthocyanins & phenolics; important for antioxidant & anti-aging benefits.

BREAKFAST

Croissant zaatar (220kcal)

Croissant cheese (215kcal)

Croissant chocolate (240kcal)

ManakishZaatar (194kcal)

Manakish Cheese (196kcal)

Manakishkeshk (184kcal)

Knefeh without kaakeh (230kcal)

Knefeh with kaakeh (310kcal)

APPETIZERS

Wedge Potatoes (130kcal)

Topped with light cheese

Garlic Bread (35kcal/portion)

4 slices of whole baguette topped with light mozzarella, parmesan & garlic

French Fries (200kcal/portion)

Baked potato chips (160 cal/plate)

LEBANESE CORNER

Fattouch (113kcal)

Taboule (197kcal)

Hummus Dip (150kcal)

Grilled halloumi (160kcal)

(grilled light halloumi with tomato slices)

Fatayer cheese (72kcal)

very light dough stuffed with light white cheese & black sesame seeds

SALADS

CHEF SALAD (370kcal)

Organic iceberg, cherry Tomatoes, Cucumber,

Fresh Mushrooms, Low fat mozzarella cheese, gluten

Free Turkey, Sweet Corn & Organic eggs

CRAB SALAD (310kcal)

Organic iceberg, cherry tomatoes,

Cucumber, Sweet corn, Crab, Avocado,

Fresh mushrooms, and orange slices

CHICKEN CAESAR (310kcal)

Organic iceberg, slices of marinated chicken breast,

Light crispy croutons, sprinkle of parmesan Cheese

GREEK SALAD (240kcal)

Organic iceberg, cherry tomatoes,

Light feta cheese, olives, green bell pepper,

Cucumber, and red onions

PASTA SALAD (450kcal)

Fusilli pasta, tuna, grated carrots, sweet corn,

Fresh mushrooms, cherry tomatoes,

olives and green bell pepper

FOREVER SLIM SALMONTINI (440kcal)

Penne, smoked salmon, cherry tomatoes, lemon,

orange rind, fresh cream and parsley

ROCKET MUSHROOMS (106kcal)

Rocket, fresh mushrooms topped with parmesan shaves

SEASON SALAD (72kcal)

Organic iceberg, cucumbers and cherry tomatoes

COLESLAW SALAD (100kcal)

Cabbage and carrots mixed with mayo dressing

FRESH MOZZARELLA SALAD (200kcal)

Tomatoes slices and basil leaves (pesto or balsamic flavored)

NIÇOISE SALAD (300kcal)

Organic iceberg, cucumber, boiled potato, black beans,

green beans, eggs, olives and a sprinkle of parsley

QUINOA SALAD (200kcal)

Organic quinoa, mint, green onion, pine nuts and olive oil

BEETSLAW (100kcal)

Grated beets, mayo, coriander, garlic and toasted walnuts

Salad Dressings: Free with the salad

Balsamic with orange 5kcal/pck

Balsamic 0kcal/pck

Yogurt 20kcal/pck

Mustard 0kcal/pck

Debs El Remane 20kcal/pck

Tomato Basil 17kcal/pck

Mustard & vinegar 30kcal/pck

Yogurt & mint 0kcal/pck

Nicoise 20kcal/pck

White 39kcal/pck

Mayo 64kcal/pck

Cocktail 87kcal/pck

Feta 42kcal/pck

Caesar 70kcal/pck

Yogurt and oregano or mint 2cal

Miso 0 kcal/pck

ALL OUR PRODUCTS ARE GLUTEN FREE
LACTOSE FREE AND VEGAN OPTIONS ARE AVAILABLE

BURGERS

ALL ARE SERVED WITH MULTICEREAL BUN

TOFU (for vegetarians) 250kcal

WALNUT BEAN (for vegetarians) 280kcal

HAMBURGER (385kcal)

SALMON BURGER (300kcal)

(A mixture of salmon, olives and chives)

CHICKEN BURGER (300kcal)

PLATTERS

ALL ARE SERVED WITH BAKED FRENCH FRIES

OR POTATO CHIPS AND A MINI SALAD (add 110Kcal)

CHICKEN ESCALOPE (350kcal)

Chicken breast marinated and lightly breaded

CORDON BLEU (320kcal)

Beef stuffed with light cheese and turkey

GRILLED FISH (220kcal)

Marinated fresh filet

GRILLED STEAK (310kcal)

Marinated filet steak

GRILLED SHRIMPS (200kcal)

Marinated shrimps

CHICKEN NUGGETS (200KCAL)

Homemade and baked

MANTE (330kcal)

Mini dough stuffed with fat free meat accompanied with red sauce and light yogurt

FISH FINGERS (150kcal)

Baked fish fingers (4 pcs /plate)

SANDWICHES

* also available panini

SOME SANDWICHES CAN BE SERVED AS BREAKFAST AND

ALL ARE WITH MULTICEREAL BAGUETTE

CIABATTA WITH FRESH MOZZARELLA (200kcal)

A light touch of pesto sauce, fresh mozzarella, onion rings and olives

LABNEH (380kcal)

Low fat labneh, olives, cucumbers, tomatoes, and fresh mint

CHEESE (320kcal)

Low fat white cheese, cucumbers, tomatoes, and fresh mint

EGGS (450kcal)

Grilled organic eggs, low fat mozzarella cheese, olives, and Light mayonnaise sauce

TUNA (380kcal)

Special Tuna mixture, rocket leaves, and pickles

SMOKED SALMON (230kcal)

Salmon, light cream cheese, capers, lemon Tidbits

SHRIMP (400kcal)

Shrimp, avocado slices, cocktail sauce, Light mozzarella cheese

TAOUK (380kcal)

Cubes of marinated chicken breast, garlic, mayo sauce, Pickles, and coleslaw

CRAB (350kcal)

Crab, avocado slices, fresh mushrooms, organic iceberg, cocktail sauce

CHICKEN (450kcal)

Grilled chicken strips, light garlic mayo sauce, rocket, mint, and pickles

TURKEY (350kcal)

Gluten free turkey, light cream cheese, lemon tidbits, organic iceberg, and rocket leaves

CLUB SANDWICH (455kcal)

Multicereal toast, gluten free turkey, Low fat mozzarella cheese, organic eggs, Iceberg, shredded carrots, pickles, low fat mayo sauce, cherry tomatoes, and sprinkle of dried basil

ROAST BEEF SANDWICH (380kcal)

Marinated roast beef, lettuce, mayo sauce, pickles

TUNA ROLL SANDWICH (250kcal)

Ciabatta bread, tuna, dill, pickles, sour cream, and lemon juice

PIZZA (299kcal)/serving

Light dough, fresh tomato sauce, Fresh mushrooms, gluten free turkey, Black olives, light mozzarella & parmesan cheese with a sprinkle of basil (topped with rocket if desired)

Add a mini salad next to the Sandwich

AVAILABLE DAILY HOMEMADE PLATTERS.
CHECK THE WEBSITE OR GIVE US A CALL!



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HOMEMADE DESSERTS

Chocolate Cake (160 kcal/pc)
Chocolate Crepe (160kcal/pc)
Crepe with Jam (95kcal/pc)
Tiramisu (110kcal/pc)
Brownies (150kcal)
Lazy Cake (150kcal/pc)
Suisse Roll (150kcal/pc)
Chocolate Mousse (110kcal/pc)
Sponge cake (160kcal/pc)
Mille feuille (168kcal/pc)
Custard Cake (120kcal/pc)
Éclair (120kcal/pc) (2 small, 1 large)
Nescafe Cake (150kcal/pc)
Muffin (160kcal/pc)
Black Forest (180kcal/pc)
Strawberry Tart (125kcal/pc)
Kiwi Tart (120kcal/pc)
Apple pie (130kcal/pc)
Charlotte Forever Slim (135kcal/pc)
Coco Balls (2pieces)(150kcal/pc)
Cheese Cake (190kcal/pc)
Orange Coconut Cake (160kcal/pc)
Jello (50kcal/pc)
Custard (120kcal/pc)
Rice Milk (100kcal/pc)
Meghleh (70kcal/pc)
Mouhalabieh (100kcal/pc)
Maakroun Bdebs (3pieces)(100kcal/pc)
Namoura (120kcal/pc)
Sfouf Bdebs (190kcal/pc)
Yogurt Cake (180kcal)
Knefeh (320kcal)
Chocolate Tart (135kcal)
Chocolate Chip oat Cookies (150kcal/2pcs)
Aysh El Saraya (118kcal)
Banana Bread (100kcal)
Pancake with Chocolate (140kcal/pc)
Chilled chocolate biscuit cake (127kcal/pc)
Lamingtons (100kcal/pc)
Chocolate cupcake (200kcal/2pcs)

Sticky date pudding cake (127kcal)
Chocolate bubble cake (150kcal/pc)
Ginger Orange Biscuits 300grs (33kcal/pc)
Upside down chocolate caramel nut cake (170kcal)
Fruit Salad 60 (kcal/cup)
Almond cookies (100/2pcs)
Chocolate charlotte with sauce anglaise (170kcal/pc)
Chocolate chip cookies (100kcal/2 pcs)
Sachert tarte (120kcal)
Chestnut Cake (180kcal)
Chocolate Coconut Slice (130kcal)
Lumberjack (140kcal)
Date and walnut cake (100kcal)
Almond Cake (110kcal)
Cheese cake muffin (100kcal)
Apple and cramberry cake (100kcal)
Tia maria cake (120cal)
Beklewa (130kcal)
Peanut butter cookies (100kcal/2 pcs)
Carrot Muffin (100kcal)
Maamoul (100kcal/3 pcs)
Raisin cake (100kcal)
Kashta tart (100kcal)
Banana Bread (100kcal)
Apple Truffles (100kcal)

FOR SPECIAL OCCASIONS

You can order any cake from the list below according to the number of persons.

Cheese Cake	(10 or 16prs.)
Tiramisu	(10-12 or 18prs.)
Brownies	(14prs.)
Carrot Cake	(14prs.)
Orange coconut Cake	(14prs.)
Lemon Poppy Seed Cake	(14prs.)
Black Forest	(14prs.)
Strawberry Tart	(8 or 12prs.)
Sponge Cake (With Jam or plain)	(14prs.)
Lazy Cake	(12prs.)
Apple Pie	(8prs.)
Fruit yogurt cake	(8prs.)
Rasin Loaf	(16prs.)
Banana Bread	(16prs.)
Strawberry Cake(fraisier)	

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BEVERAGES

Diet Pepsi
Diet Seven up
Diet Mirinda
Tropical Light
Apple Light
Orange Light
Pineapple Light
Water Small
Laban Ayrar
Fresh Orange Juice
Cranberry light

HOMEMADE SHAKES WITH FRESH JUICES

Strawberry with almond milk and yogurt (113kcal)
Banana and almond milk smoothie (61kcal)
Grapefruit and bloody orange (150kcal)
Watermelon and mint (67kcal)
(during the season of watermelon)

OTHER

Crab cake (150kcal)
Kebbe chicken (67kcal/pcs)
Baked chicken krass stuffed with corn,
cheese, mushrooms and turkey
Lahm Beajin (230kcal/2pcs)
Mini lahem beajin with light topping
Crepe with cheese and turkey (230kcal/2 pcs)
Very light crepe stuffed with turkey, cheese
and a sprinkle of oregano

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Nuts are highly nutritious foods, packed with protein, vitamin E, and healthy fats, so make sure you serve them at home. Finely chopped, crushed nuts & nut butters are best for children under five.

Many yogurts contain beneficial bacteria known as live active cultures that help boost the levels of good bacteria. Research shows that probiotic yogurts can help recover from a bout of gastroenteritis.

Bananas are rich in fiber, known as resistant starch that are important for bowel health. Green or firm bananas are higher in resistant starch than ripe bananas.

After a workout make sure that you don't feel hungry. Hunger means your body is burning more muscles and less fat. When you burn more fat you will have satiety sensation.

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