



Full Name:

Date:

To Serve you better, We kindly ask, To Write your name, Mark the convenient choice and
SEND THE PAPER WITH THE BOX BY TOMORROW OR ELSE THE CHOICE WILL BE RANDOM.

MONDAY

☐ Roulade (Fillet Steak Stuffed with Carrot and Garlic) with Mashed Potatoes

☐ Penne with Homemade Pesto Sauce(Vegan)

-Green Salad with Pomegranate and Avocado (Smart Vinaigrette Dressing)
-Lamingtons

- **BREAKFAST:** Croissant

- **DINNER:** -Dinner: Chickpea and Quinoa Salad (Cilantro Dressing)(Vegan)

HEALTH BENEFITS



In case you don't like the dinner choice please specify any kind of sandwich of your choice.

Meat is full of Zinc, Iron, and Vitamin B12.
Carrot is full of -Carotene.
Potato is a good source of Potassium and Vitamin C. Potassium is important for blood pressure.
Coconut in the dessert is full of phosphorus and riboflavin and it strengthens the immunity.

WEDNESDAY

☐ Cheesy Lasagne with Meat

☐ Lentil and Spinach Dahl (Vegan)

-Goat Cheese Salad (Mustard Dressing)
-Fruit Salad with Nuts

- **BREAKFAST:** Deviled Eggs

- **DINNER:** Smoked Almond with Chicken and Rosemary Sandwich

-Salad: Cup Veggies

HEALTH BENEFITS



In case you don't like the dinner choice please specify any kind of sandwich of your choice.

Pasta is the fuel of the muscles with glycemic index lower than the sweets & sugar.
Meat is full of Protein, Zinc and Iron.
Goat cheese in the salad is full of Calcium
Fruits in the dessert are Vitamins A, C and E... which boosts the immunity.

FRIDAY

☐ Fresh Fish Tajen

☐ Chicken Cordon Bleu with Corn on the Cob

-Beetslaw
-Samoa Protein Bars

- **BREAKFAST:** Foul with Veggies(Vegan)

- **DINNER:** Polpetties (Potato and Feta Patties with Dill)

-Salad:Fattouche (Debs el Remane Dressing)

HEALTH BENEFITS



In case you don't like the dinner choice please specify any kind of sandwich of your choice.

Fish is full of Omega-3 which lowers TGD (Triglycerides).
Tahini is full of calcium, magnesium, iron, lecithin and phosphorus.
Beets are full of vitamin B9 & folic acid & are good for constipation
Dates in the dessert are good for constipation.

TUESDAY

☐ Coconut Chicken Curry with Black Rice

☐ Paprika Marinated Salmon with Avocado Salsa

-Steamed Broccoli with Lemon Wedge(Vegan)
-AF Cookies

- **BREAKFAST:** Flavoured Labne with Quinoa Bagel

- **DINNER:** Summer Vegetable Rolls (with Rice Paper) (Vegan)with Sardines in Olive Oil

HEALTH BENEFITS



In case you don't like the dinner choice please specify any kind of sandwich of your choice.

Chicken is a good source of Protein and vitamin B6.
Curry seasoning is good for Diabetes.
Black rice is full of fiber, vitamin B6, selenium, and zinc.
Broccoli is full of vitamin E and A.
Chocolate is full of Magnesium: an anti-stress Vitamin and flavonoids.

THURSDAY

☐ Souzoukakia and Rice Pilaf (Greek Style Meat Kofta with Red Sauce)

☐ Swiss Chard Pie

-Hindbe Sautee (Vegan)
-Almond Choco Clusters

- **BREAKFAST:** Turkey Sandwich

- **DINNER:** Keto Kebet Lakteen(Vegan)

-Salad:Artichoke with Capers and Herb Sauce(Vegan)

HEALTH BENEFITS



In case you don't like the dinner choice please specify any kind of sandwich of your choice.

Meat is full of Zinc, Iron and Vitamin B12 and biotin.
Rice is a fuel for the muscle and full of Vitamin B6, selenium and zinc.
Chicory root (hindbe) relieves constipation and kills worms; keeps liver healthy and fights inflammation.
Almonds provide us with Vitamin E, Omega-3 and are good for cancer.

SATURDAY

☐ Three Cheese Pizza with Olives

-Mexican Shrimp Soup
-Cheese Cake

- **BREAKFAST:** Knafat

- **DINNER:** Grilled Kofta with Carrots, Cilantro and Sesame Seed Salad

HEALTH BENEFITS



In case you don't like the dinner choice please specify any kind of sandwich of your choice.

Cheese in the pizza is full of Calcium
Shrimps are full of Selenium, iron and vitamin B12.
Biscuits in the cheese cake are full of Omega 3.

Please notify that the dessert is subject to change without further notice, thank you.

Other Choice of Dessert Upon Availability

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