



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

☐ Roast Beef (Shbaye' with Garlicy Mashed Potatoes)

☐ Lentils Italiano (Vegan)

-Wild Green Salad (Smart Vinaigrette Dressing)
-Sticky Date Pudding Cake

- **BREAKFAST:** Croissant

- **DINNER:** Ciabatta with Fresh Mozzarella, Pesto, Olives and Onion Rings

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.
Potato is a good source of Potassium and Vitamin C and B6. Potassium is important for blood pressure.
Greens in the salad are full of antioxidants helpful of cancer.
Dates in the dessert are good for constipation

TUESDAY

☐ Beryani Chicken with Rice and Yogurt

☐ Italian Shrimps Skewers

-Beetslaw
-Strawberry Cake

- **BREAKFAST:** Goat Labne' with Keto Bread

- **DINNER:** Black Bean Soup with Avocado Salsa (Vegan)

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.
Rice is a fuel for the muscle and full of Vitamin B6, selenium and zinc.
Yogurt is full of Protein and calcium; In addition to lactobacillus probiotics which helps for the intestinal flora.
Beets are full of vitamin B9 & folic acid & are good for constipation
Strawberries in the cake are a good source of Vitamin C.

WEDNESDAY

☐ Linguine with Smoked Salmon and White Sauce

☐ Indian Style Coconut Cauliflower Ragout with Black Rice (Vegan)

-Iceberg, Palmito and Fresh Mushroom Salad (Lemon Dressing)
-Fruit Salad with Nuts

- **BREAKFAST:** Muffin Fritas

- **DINNER:** Almond Butter Coconut Chicken Strips

-Salad: Iceberg and Carrot (Creamy Orange Burst Dressing)

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.
Salmon is low in mercury and is full of Omega-3 which lowers TGD (Triglycerides) .It contains a big amount of vitamin B12, selenium, niacin, and B6.
Mushrooms are full of Vitamin D and copper.
Fruits provide a full supply of all the Vitamins A, C, and E... which boosts the immunity.

THURSDAY

☐ Fresh Bean Ragout (Aysha Khanoum) with Rice Pilaf (Vegan)

☐ Florentine Veal Mozzarella with Rosemary Baked Potatoes

-Fattouche Salad (Debs el Remane Dressing)
-Choco Puffs (Éclair)

- **BREAKFAST:** Turkey Sandwich

- **DINNER:** Spicy Thai Quinoa Salad with Sardines

HEALTH BENEFITS



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

Beans are Full of Plant Proteins and a good source of Iron and Selenium, in addition to fiber.
Rice is a fuel for the muscle and full of Vitamin B6, selenium and zinc.
Fattouche provide us with a mixture of vegetables full of Vitamin A, B1 & Fiber.
Molasses in the dressing (Debs) are full of iron and a good source of Selenium.
Chocolate is full of Magnesium: an anti-stress Vitamin and full of flavonoids.

FRIDAY

☐ Fish Pan Sautéed with Caper and Herb Sauce

☐ Chicken Kebbe Krass

-Sautéed Spinach (Vegan)
-Keto Namoura

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

- **DINNER:** Roasto Mortadelle sandwich with Dip

-Salad: Cup Veggies

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).
Spinach is full of vitamin E and iodine.
Almond flour in the dessert provides us with Vitamin E, Omega-3 and are good for cancer.

SATURDAY

☐ Pizza Foreverslim

-Chicken Ceaser Salad (Ceaser Dressing)
-Brownies Foreveslim

- **BREAKFAST:** Knafat

- **DINNER:** Salmon Chowder (Like Thick Soup)

-Salad: Artichoke with Caper Herb Sauce (Vegan)

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 and Turkey is full of Protein.
Chicken is a good source of Protein and vitamin B6.
Chocolate is full of Magnesium: an anti-stress Vitamin and flavonoids.
Oats are good for digestive system and give satiety.

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

Other Choice of Dessert Upon Availability

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