



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

☐ Chicken Fajita with Tortilla Bread, Avocado Dip and Tomato Salsa

☐ Moujadara with Veggies (Vegan)

-Iceberg, Palmito, Fresh Mushroom & Baby Rocket Salad (Dijon Mustard Dressing)
-Anzac Cookies

- **BREAKFAST:** Manakish

- **DINNER:** Quinoa Salad with Shrimps and Strawberries with Special Dressing

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.
Avocados are full of vitamin E, vitamin B7 (Biotin), omega 3 and helps for hair loss.
Mushrooms are full of Vitamin D and copper.
Coconut in the dessert is full of phosphorus and riboflavin and it strengthens the immunity.
Oats are good for digestive system and give satiety.

WEDNESDAY

☐ Cheesy Lasagne with Meat

☐ Lemon and Ginger Spicy Beans (Vegan)

-Goat Cheese Salad (Smart Vinaigrette Dressing)
-Fruit Salad with Nuts

- **BREAKFAST:** Labne' with Mini Lentil Buns

- **DINNER:** Summer Vegetable Rolls with Almond Butter Dip (Vegan)

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 is full of Calcium.
Fruits provide a full supply of all the Vitamins A, C, and E... which boosts the immunity.

FRIDAY

☐ Tarragon Fish with Vegetables

☐ Wine Country Meatloaf

-Quinoa Mix
-Vegan Riz Bhalib with Cinnamon

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

- **DINNER:** Mini Lentil Sliders with Ciabatta and Cocktail Sauce (Vegan)

-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).
Vegetables are full of Vitamin A, B1 & Fiber.
Quinoa is a gluten free food full of amino acids and manganese.
Cinnamon regulates blood sugar.

TUESDAY

☐ Salmon on Skewers with Tartare Dip

☐ Roasted Eggplant with Flavored Rice and Grilled Halloumi

-Green Salad with Pomegranate and Avocado (Lemon Dressing)
-Swiss Roll

- **BREAKFAST:** Boiled Eggs with Bread

- **DINNER:** Fatayer Meat/Cheese/Vegan

-Salad: Greens with Tomato (Cilantro Tahini Dressing)

HEALTH BENEFITS



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

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.
Pomegranate (reman) has vitamin C and fiber and helps for prostate health.
Chocolate is full of Magnesium: an anti-stress Vitamin and flavonoids.

THURSDAY

☐ Mehshi Koussa (Stuffed Zucchini)

☐ Omlette with Mushrooms and Cheese

-Laban Dip
-Chocolate Cup Cake

- **BREAKFAST:** Almond Pancakes with Apple Sauce and Cinnamon (Vegan)

- **DINNER:** Mexican Chicken Soup with Avocado Salsa

-Salad: Herbed Baked Cauliflower

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.
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.
Chocolate is full of Magnesium: an anti-stress Vitamin and flavonoids.

SATURDAY

☐ Sesame Mustard Chicken with Baked French Fries

-Beetslaw
-Chocolate Cubes

- **BREAKFAST:** Semi-Sweet Yogurt with Homemade Granola

- **DINNER:** Thai Beef Salad with Lemongrass Dressing and Baby Olive Baguette

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.
Sesame is full of fiber, Vitamin E and Calcium.
Potato is a good source of Potassium and Vitamin C and B6. Potassium is important for blood pressure.
Beets are full of vitamin B9 & folic acid & are good for constipation.
Dates in the dessert are good for constipation.

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

Other Choice of Dessert Upon Availability

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