



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 (Shebaye) with Mashed Potatoes
- ☐ Oven Baked Broad Beans with Tomato Sauce (Vegan)

-Iceberg, Palmito, Fresh Mushroom and Baby Rocket Salad (Dijon Mustard Dressing)
-Lamberjack

- **BREAKFAST:** Croissant
- **DINNER:** Club Sandwich
-Salad: Cup Veggies

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.
Potato is a good source of Potassium and Vitamin C. Potassium is important for blood pressure.
Rocket contains vitamin K, A, folate, vitamin C and is a Cholesterol decreasing vegetable.
Coconut in the dessert is a good source of thiamin, Vitamin B1 and zinc.
Dates are good for constipation.

TUESDAY

- ☐ Soya Sesame Marinated Salmon with Coconut Rice
- ☐ Eggplant Based Pizza with Grilled Halloumi

-Kale Salad (Lemon Tahini Dressing)
-AF Cookies

- **BREAKFAST:** White Cheese with Mini Olive Baguette
- **DINNER:** Artichoke & Spinach Dip with Potato Chips (Vegan Option Available)
-Salad: Loz Akhdar

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.
Rice is a fuel for the muscle and full of Vitamin B6, selenium and zinc.
Kale lettuce is full of vitamin K and A.
Chocolate is full of Magnesium: an anti-stress Vitamin and flavonoids.

WEDNESDAY

- ☐ Penne with Chicken, White Sauce and Broccoli
- ☐ Fattet Hummus with Laban and Tahini (Vegan Option Available)

-Wild Green Salad (Lemon Dressing)
-Fruit Salad with Nuts

- **BREAKFAST:** Boiled Eggs with Veggies
- **DINNER:** Kofta Skewers with Roasted Cauliflower and Garlic Tahini Dip

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.
Chicken is a good source of Protein and vitamin B6.
The greens in the salad will give us our daily supply of fiber.
Fruits in the dessert are Vitamins A, C and E... which boosts the immunity.

THURSDAY

- ☐ Fresh Spinach Ragout with Rice Pilaf
- ☐ Fish Cordon Bleu with Herbed Cubed Potatoes

-Accompanied with Grilled Steak to Fulfill your Protein Needs
-Keto Namoura

- **BREAKFAST:** Foul with Veggies (Vegan)
- **DINNER:** Almond Butter Coconut Chicken Strips
-Salad: Iceberg and Carrot (Mayo Dressing)

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.
Spinach is full of vitamin E and iodine.
Rice is full of fiber, vitamin B6, selenium and zinc.
Almond flour provides us with Vitamin E, Omega-3 and is good for cancer.

FRIDAY



**GOOD
FRIDAY**

SATURDAY

- ☐ Chipotle Sloppy Joes (Mexican Style Burger with Minced Meat)

-Crunchy Coleslaw
-Chocolate Cubes

- **BREAKFAST:** Knafat
- **DINNER:** Vegetable Shrimp Tortilla
-Salad: Artichoke with Caper 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.
Cabbage in the salad is full of vitamin C, K and folate.
Dates and oats 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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