



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

- Meat Barbeque with Baked French Fries
- Brown Rice with Beans and Avocado Dip with Grilled Halloumi

-Eggplant Dip
-Flourless Choco Cake

- **BREAKFAST:** Croissant
- **DINNER:** Turkey Sandwich Stacks with Aeoli Sauce
-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.

Meat is full of Zinc, Iron and Vitamin B12.
Potato is a good source of Potassium and Vitamin C and Vitamin B6. Potassium is important for blood pressure.
Eggplant is a good source of Potassium and Fiber which is suitable for constipation.
Chocolate is full of Magnesium: an anti-stress Vitamin and flavonoids.

WEDNESDAY

- Nouille
- Cordon Bleu with Peas and Corn Sautee

-Tuna Niçoise Salad (Niçoise Dressing)
-Fruit Salad with Nuts

- **BREAKFAST:** Omlette with Veggies
- **DINNER:** Asian Chicken Lettuce Wraps
-Salad: Sesame Noodles with 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.
Cheese is full of Calcium and Turkey is full of Protein.
Tuna is a good source of selenium, niacin, and Vitamin B6 but its high in mercury.
Fruits provide a full supply of all the Vitamins A, C, and E... which boosts the immunity.

FRIDAY

- Moroccan Fish with Chickpea Couscous
- Creamy Dijon Chicken with Sweet Potato Chips

-Beetslaw
-Moughli

- **BREAKFAST:** Foul with Veggies
- **DINNER:** Polpetties (Potato and Feta Patties with Dill)
-Salad: Fattouche (Lemon 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).
Chickpeas are a good source of Vitamin B12, some minerals and proteins.
Beets are full of vitamin B9 & folic acid & are good for constipation
The nuts on the Moughli will provide us with Vitamin E, Omega-3 and folic acid.

TUESDAY

- Chicken Mloukchieh with Brown Rice Pilaf (Onion and Vinegar)
- California Salmon Burger with Olives and Dill

-No Salad
-Anzac Cookies

- **BREAKFAST:** White Cheese with Keto Baguette
- **DINNER:** Moroccan Harira with Chickpeas
-Salad: Baked Herbed Cauliflower

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.
Mloukchieh is full of Phosphorus, Potassium, Vitamin A, B2, B6, Vitamin C, folic acid, iron, calcium, magnesium and Fiber.
Brown rice is full of fiber, vitamin B6, selenium and zinc.
Coconut is a good source of thiamin, Vitamin B1 and zinc.
Oats are good for digestive system and give satiety.

THURSDAY

- Mante (Armenian Shish Barak) with Red Sauce and Yogurt
- Broad Beans with Tahini and Dried Mint

-Sautéed Chicory
-Hazelnut Butter Cups

- **BREAKFAST:** Almond Pancake with Apple Sauce and Cinnamon
- **DINNER:** Shrimp Patties with Mango Salsa
-Salad: Steamed Broccoli

HEALTH BENEFITS

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

Meat in Manteh is full of Protein, Zinc and Iron.
Yogurt is full of Protein and Calcium. In addition to lactobacillus Probiotics which helps for the intestinal flora.
Chicory root relieves constipation and kills worms; keeps liver healthy and fights inflammation.
Hazelnut is full of calcium and omega-3.

SATURDAY

- Three Cheese Pizza with Olives and Chives

-Chicken Caesar Salad (Caesar Dressing)
-Choco Coco Balls

- **BREAKFAST:** Semi Sweet Yogurt with Homemade Granola
- **DINNER:** Beef Fajita Wraps with Guacamole
-Salad: Coleslaw

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
Chicken is a good source of Protein and vitamin B6.
Chocolate is full of Magnesium: an anti-stress Vitamin and flavonoids.
Coconut is a good source of thiamin, Vitamin B1 and zinc.

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

Other Choice of Dessert Upon Availability

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