



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

- Kebbe' Labanieh with Rice Pilaf
- Swiss Chard Pie

-Baklé, Zaatar, Red Onion, Radish and Tomato Salad (Lemon Dressing)
-Rocky Road

- **BREAKFAST:** Manakish
- **DINNER:** Baked Goat Cheese Salad (Creamy Orange Burst Dressing)

TUESDAY

- Smoked Paprika Drumsticks with Roasted Sweet Potatoes
- Baked Falafel with Veggies and Taratour (Vegan)

-Wild Green Salad (Smart Vinaigrette Dressing)
-Double Color Cookies

- **BREAKFAST:** Labne' with Mini Olive Baguette
- **DINNER:** Salmon Poke Bowl

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.
Yogurt is full of Protein and Calcium. In addition to lactobacillus probiotics which helps for the intestinal flora.
Rice is a fuel for the muscle and full of Vitamin B6, selenium and zinc.
Baklé and thyme (zaatar) in the Salad are a Cholesterol decreasing vegetable.
Chocolate is full of Magnesium: an anti-stress Vitamin and flavonoids.

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.
Sweet potato is full of beta carotene, vitamin A and low GI value.
The greens in the salad will give us our daily supply of fiber.
Oats are good for digestive system and give satiety.

WEDNESDAY

- White Lasagne with Creamy Truffle Mushroom Sauce
- Grilled Steak with Gouda Mashed Potato Casserole

-Chicken Ceaser Salad (Ceaser Dressing)
-Fruit Salad with Nuts

- **BREAKFAST:** Deviled Eggs
- **DINNER:** Confetti Chicken Salad with Tortilla Strips (Cocktail Dressing)

THURSDAY

- Mini Lahem Beajin with Yogurt
- Baked Spinach Cheese Eggplant with Grilled Halloumi

-Raheb salad (Lemon Juice)
-Choco Tarte

- **BREAKFAST:** Turkey Sandwich
- **DINNER:** Kebet Lakteen Keto
-Salad: Cheesy Baked Vegetables

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.
Mushrooms are full of Vitamin D and copper.
Chicken is a good source of Protein and vitamin B6.
Fruits provide a full supply of all the Vitamins A, C, and E... which boosts the immunity.

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.
Yogurt is full of Protein and calcium; In addition to lactobacillus probiotics which helps for the intestinal flora.
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.

FRIDAY

- Seafood Curry with Black Rice
- Rosemary Oven Baked Chicken

-Beetslaw
-Upside Down Caramel Nut Cake

- **BREAKFAST:** Foul with Veggies
- **DINNER:** Lentil Soup
-Salad: Herbed Baked Cauliflower

SATURDAY

- Asian Burger with Ginger Lemon Mayo

-Coleslaw
-Choco Cubes

- **BREAKFAST:** Knafat
- **DINNER:** Tuna Balls
-Salad: Panache (Mayo Dressing)

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

Seafood is rich in zinc and Omega-3 which lowers TGD (Triglycerides).
Black rice is full of fiber, vitamin B6, selenium and zinc.
Beets are full of vitamin B9 & folic acid & are good for constipation
The Nuts provide Vitamin E, Omega-3 and folic acid.

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.
Ginger is a good antioxidant and fights cancer.
Cabbage is full of vitamin C, K and folate.
Dates 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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