



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 Fillet with Mushroom Sauce and Roasted Turmeric Potatoes

☐ Spinach Cheese Cake

-Wild Green Salad (Smart Vinaigrette Dressing)
-Coconut Macaron

- **BREAKFAST:** Manakish
- **DINNER:** Special Salmon Salad (Honey Mustard 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.
Mushrooms are full of Vitamin D and copper.
Potato is a good source of Potassium and Vitamin C. Potassium is important for blood pressure.
The greens in the salad will give us our daily supply of fiber.
Coconut in the dessert is full of phosphorus and riboflavin and it strengthens the immunity.

WEDNESDAY

☐ Pasta Carbonara with Turkey and Cheese

☐ Fatet Hummus with Laban and Tahini (Vegan option available)

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

- **BREAKFAST:** Muffin Fritas
- **DINNER:** Hula Chicken Sandwich with Grilled Pineapple Slices
-Salad: Janarik

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.
White Sauce, the cheese and the turkey in the pasta are the source of protein.
Tuna is a good source of selenium, niacin, and Vitamin B6 but its high in mercury.
Fruits in the dessert are Vitamins A, C and E... which boosts the immunity.

FRIDAY

☐ Fish Cordon Bleu with Corn on the Cob

☐ Chicken in Coconut Almond Butter Sauce with Black Rice

-Beetslaw
-Dark Choco Muffin

- **BREAKFAST:** Foul with Veggies(Vegan)
- **DINNER:** Black Bean Soup with Avocado Salsa (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).
Beets are full of vitamin B9 & folic acid & are good for constipation
Chocolate is full of Magnesium: an anti-stress Vitamin and flavonoids.

TUESDAY

☐ Chicken Mloukchieh with Vinegar and Onion

☐ Seared Shrimps with Chives on a Bed of Leek and Carrot Rice

-No Salad
-Sponge Cake with Choco Sauce

- **BREAKFAST:** Goat Labné with Mini Olive Baguette
- **DINNER:** Aubergine and Halloumi Skewers with Roasted Tomato Sauce
-Salad: Herbed Baked Cauliflower (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.
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.
Chocolate is full of Magnesium: an anti-stress Vitamin and flavonoids.

THURSDAY

☐ Mehshi Koussa (Stuffed Zucchini)

☐ Omlette with Mushrooms and Cheese

-Laban Dip
-Cinnamon Granola Cookies

- **BREAKFAST:** Turkey in Pain de Mie with Parmesan Cheese, Mustard & Avocado
- **DINNER:** Lentil Sliders (Vegan)
-Salad: Panache (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.
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.
Oats in the dessert are good for constipation.

SATURDAY

☐ Fatayer Stuffed Ricotta Cheese, Tomato, Onion, Basil and Parsley (Vegan option available)

-Ratatouille Lentil Soup(Vegan)
-Coconut Carrot Balls

- **BREAKFAST:** Oats and Chia Pudding with Cacao (Vegan)
- **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 is full of Calcium and Protein
Tomato is a good source of Lycopene, a cancer fighting antioxidant which helps specially for prostate cancer.
Basil is a natural tranquilizer and calms nervous system and good for digestion, easing cramp and nausea.
Carrot in the dessert is full of B-Carotene.

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

Other Choice of Dessert Upon Availability

**VISIT OUR
BOUTIQUE**

**FULL BOARD
USD29**

**HALF BOARD
USD27**

**LUNCH
USD17**

Excluding Delivery

Book your Monthly Subscription