

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

BREAKFAST

Homemade Muesli  
with Yoghurt



Traditional Foul  
Medammes



High-Protein  
Scrambled Eggs



Pomegranate and  
Pistachio Power Parfait



Superseeds Eggs



LUNCH MEAL

Kibbeh Bil Laban  
With Rice



Chicken Mandi



Whole Wheat  
Spaghetti Bolognese



Chicken  
Shawarma Platter



Asian BBQ Chicken



DINNER MEAL

Sayyadieh



Spicy Lemongrass  
Sambal Chicken



Koshari



Baked Fish



Beef Qursan



DAY 1

Quinoah Tabbouleh



DAY 2

Caesar Salad



DAY 3

Mixed Greens



DAY 4

Sicilian Eggplant  
Caponata with Basil



DAY 5

Roasted  
Cauliflower Salad



All Green Salad



Blended  
Vegetable Soup



Soothing Carrot  
Ginger-Spiced Soup



Very Green  
Protein Soup



Harissa  
Couscous Salad



SIDE DISHES

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

Low Fat Milk

Low Fat Fruits of  
The Forest Yoghurt

Low Fat Laban

Low Fat Fruits of  
The Forest Yoghurt

Low Fat Milk



Banana

Watermelon Slices

Apple Green

Grapes, Red

Grapefruit Slices



Pumpkin Chia  
Crackers

Healthy  
Bounty Bars

Mango, Orange and  
Red Grapes Fruit Salad

American Chocolate  
Cheesecake

Almond  
Cloud Cookies



MORNING  
BEVERAGE

MORNING  
FRUIT SNACK

AFTERNOON  
SNACK