



DAY 1

DAY 2

DAY 3

DAY 4

Pomegranate and

Pistachio Power Parfait

DAY 5

Superseeds Eggs

Homemade Muesli with Yoghurt



Kibbeh Bil Laban

With Rice

Traditional Foul Medammes



Chicken Mandi





Whole Wheat Spaghetti Bolognese



Chicken Shawarma Platter



Asian BBQ Chicken



Sayyadieh



Spicy Lemongrass Sambal Chicken



Koshari



Baked Fish



Beef Qursan



















DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

Quinoah Tabbouleh

Caesar Salad

Mixed Greens

Sicilian Eggplant Caponata with Basil

Roasted Cauliflower Salad



All Green Salad



Blended Vegetable Soup



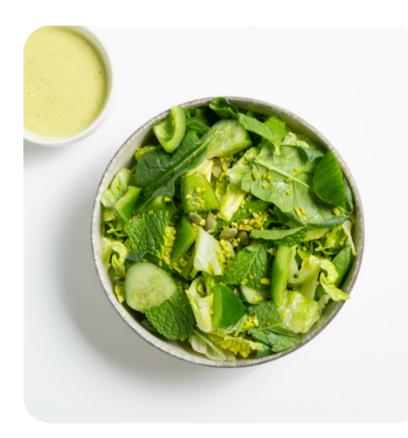
Soothing Carrot Ginger-Spiced Soup



Very Green Protein Soup



Harissa Couscous Salad











DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

Low Fat Milk

Low Fat Milk



Low Fat Fruits of The Forest Yoghurt



Low Fat Laban



The Forest Yoghurt

Low Fat Fruits of



Banana



Watermelon Slices

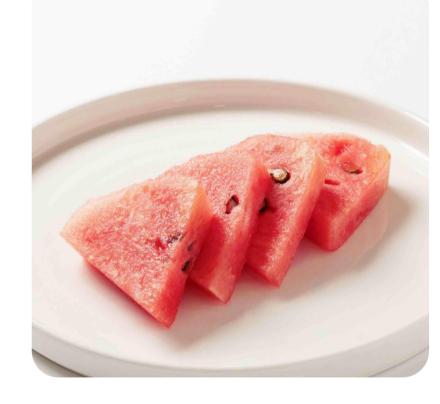
Apple Green

Grapes, Red

Grapefruit Slices



Pumpkin Chia Crackers



Healthy **Bounty Bars**



Mango, Orange and Red Grapes Fruit Salad



American Chocolate Cheesecake



Almond **Cloud Cookies**









