

DAY 1

Balilas



DAY 2

Oregano Sage
Cheddar Bread



DAY 3

Green Frittata



DAY 4

Feta and Sundried
Tomato Quinoa Croissant



DAY 5

Zaatar and
Olive Roll



BREAKFAST

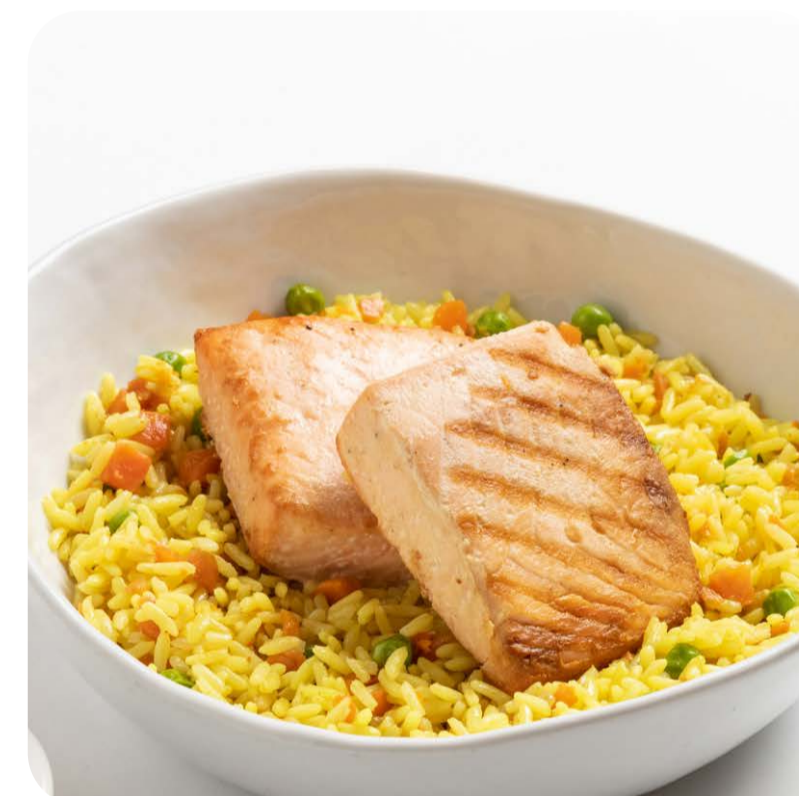
Preserved Lemon
Chicken Couscous Salad



Beef Meatballs



Baked Salmon



Meat and
Vegetable Tajin



Burghul Bidfeen
With Chicken



LUNCH MEAL

Lahm Bi Ajeen



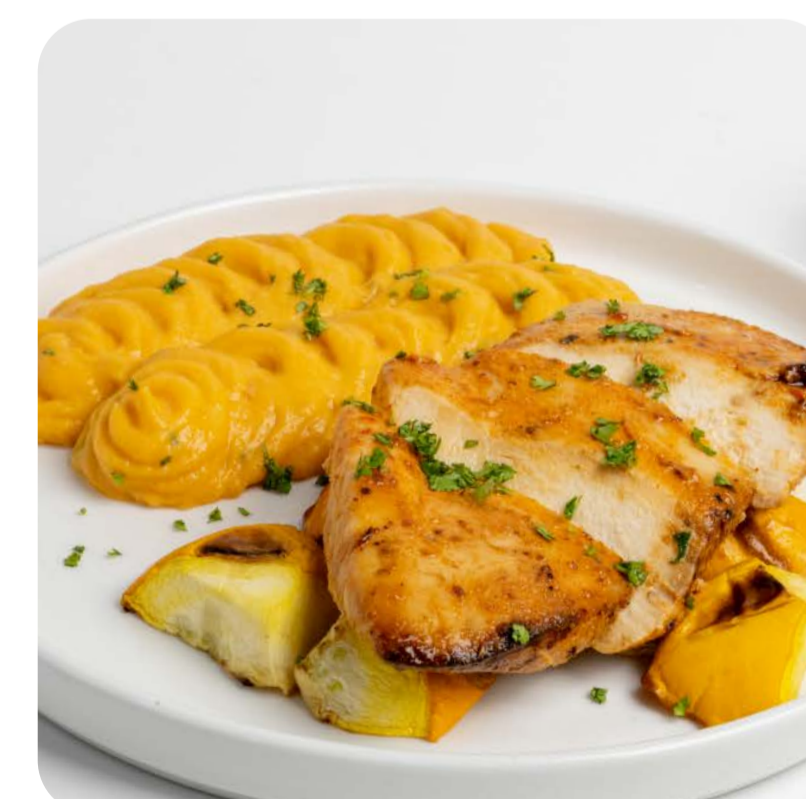
Kung Pao
Chicken



Chicken Saleeg



Roasted
Chipotle Chicken



Fish Machboos



DINNER MEAL

DAY 1

Mayo-Less Almond
Caesar Salad



DAY 2

Green Zucchini Moutabal
with Pumpkin Seeds



DAY 3

Mixed Greens



DAY 4

Artichoke Salad



DAY 5

Moutabbal Bathinjan



Potato
and Carrot Soup



Prebiotic Garlic
Cauliflower Chowder



Very Green
Protein Soup



Gazpacho Soup



Lentil Soup



SIDE DISHES

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

MORNING
BEVERAGE

Low Fat Fruits of
The Forest Yoghurt



Low Fat
Plain Yoghurt



Low Fat Milk



Low Fat Laban

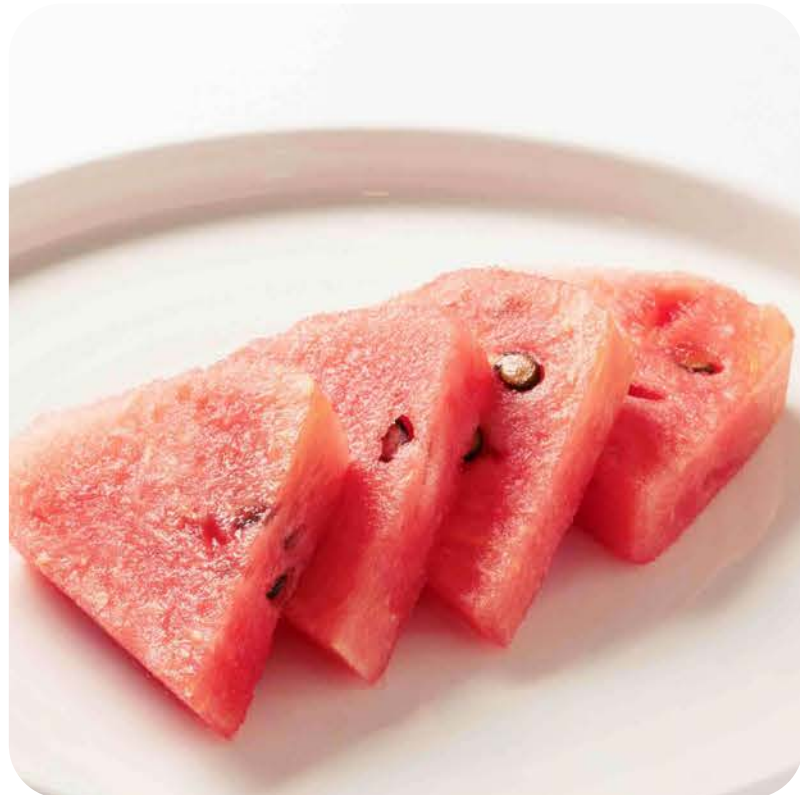


Low Fat
Apricot Yoghurt



MORNING
FRUIT SNACK

Watermelon Slices



Pineapple, Orange
and Grapefruit Salad



Grapes, Red



Grapefruit Slices



Sweet Melon Slices



MOMMY'S SIGNATURE
AFTERNOON SNACK

Truffle Brownies



Lemon and Almond
Cake Bites



English Chocolate
Pecan Cake



Whole Meal
Cinnamon Pecan Roll



Choco-Banana
Bread Bites



Grapes & Low-fat
Halloumi Cheese



Broccoli and
Cauliflower Bites



Spicy Crispy
Tortilla



Dates Stuffed with
Chopped Walnut



Riz Bil Halib

