

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

BREAKFAST

Peach and
Strawberry Crepe



Whole Wheat
Flaxseed Bagel



Toasted
Cinnamon Oats



Nutty Falafel
Breakfast



Low Fat Feta on
Zaatar Ciabata



LUNCH MEAL

Chicken Milanese



Mahshi Kousa



Chicken Kabsa



Kafta Wa Batata



Pan Seared Dory



DINNER MEAL

Shrimp Machboos



Vegetable Green Thai
Curry with Brown Rice



Thai-Spiced Shrimp



So Thai Chicken
Rice Bowl



Meat Biryani



DAY 1

Beetroot Salad
with Lemon Dressing



DAY 2

Moroccan Zaalouk



DAY 3

Rocca and Zaatar
Salad



DAY 4

Raw Vegetable Salad



DAY 5

Mixed Greens, Feta



SIDE DISHES

Roasted Tomato Soup



Mushroom Soup



Artichoke and
Potato Soup



Lentil Soup



Pumpkin Soup



DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

Low Fat Fruits of
The Forest Yoghurt

Low Fat Milk

Low Fat Laban

Plain Yoghurt

Low Fat Fruits of
The Forest Yoghurt



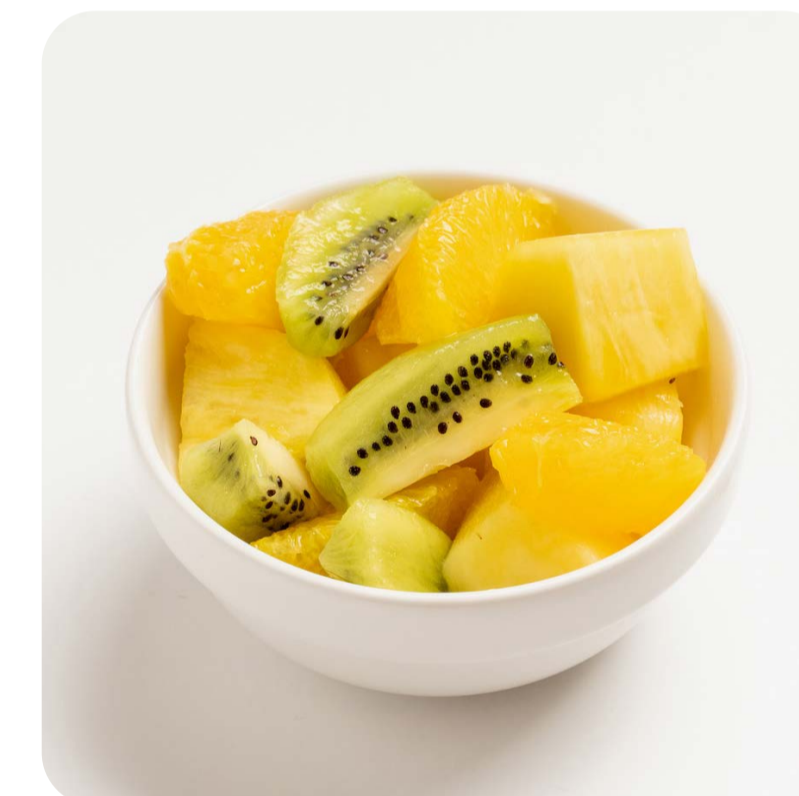
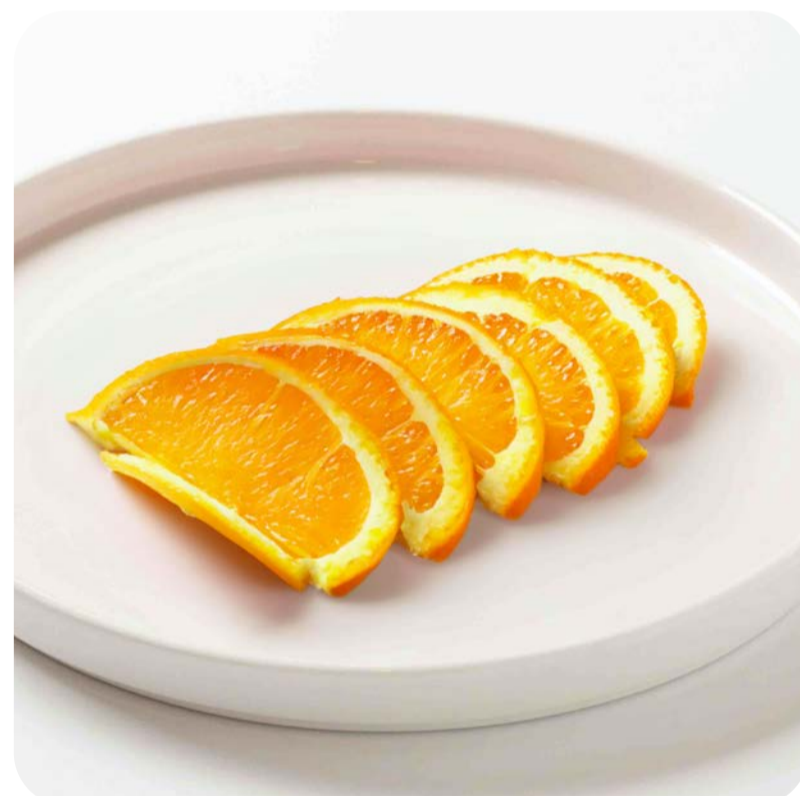
Orange Slices

Grapes, Red

Sweet Melon Slices

Citrus Fruit Salad

Kiwi Slices



Twix Bites

Chocolate Tahina Balls

Chocolate
Pumpkin Truffles

Low Fat Mozzarella and
Cheddar Cheese Roll

Chocolate
Fudge Cake



MORNING
BEVERAGE

MORNING
FRUIT SNACK

AFTERNOON
SNACK