

WEEK 1 LUNCH MENU OPTIONS

CHOOSE YOUR RIGHT MEAL FOR YOUR DIET

*You can add side salad for 2\$

MONDAY

HIGH
PROTEIN

200g Steak+Rocca&thym salad

371 cal, 7g net carbs, 52g pro, 15g fat

LOW
CAL

Chicken, penne arabiata

450 cal, 45g net carbs, 27g pro, 16g fat

KETO

Escalope, veggies, mayo sauce

500 cal, 7g net carbs, 33g pro, 37g fat

VEGAN

Thai veggie noodles

450 cal, 59g net carbs, 17g pro, 15g fat

TUESDAY

HIGH
PROTEIN

200g Taouk+Cabbage salad

380 cal, 8g net carbs, 60g pro, 12g fat

LOW
CAL

Coconut curry rice, Salmon

450 cal, 45g net carbs, 27g pro, 16g fat

KETO

Chicken parmigiana

500 cal, 7g net carbs, 33g pro, 37g fat

VEGAN

Kebbet batata, bread

450 cal, 59g net carbs, 17g pro, 15g fat

WEDNESDAY

HIGH
PROTEIN

250G Fish filet+Curly endive salad

336 cal, 8g net carbs, 58g pro, 8g fat

LOW
CAL

Rosto with mashed potatoes

450 cal, 45g net carbs, 27g pro, 16g fat

KETO

Caulirice, coconut, salmon

500 cal, 7g net carbs, 33g pro, 37g fat

VEGAN

Coconut Rice,Veggies

450 cal, 59g net carbs, 17g pro, 15g fat

THURSDAY

HIGH
PROTEIN

200g Kafta+Fattouch

407 cal, 7g net carbs, 52g pro, 19g fat

LOW
CAL

Koussa bi laban

450 cal, 45g net carbs, 27g pro, 16g fat

KETO

Lasagna

500 cal, 7g net carbs, 33g pro, 37g fat

VEGAN

Arabiata pasta

450 cal, 59g net carbs, 17g pro, 15g fat

FRIDAY

HIGH
PROTEIN

200g Salmon+Beetroot kale salad

391 cal, 11g net carbs, 47g pro, 14g fat

LOW
CAL

Shrimp thai noodles

450 cal, 45g net carbs, 27g pro, 16g fat

KETO

Fajita shrimps

500 cal, 7g net carbs, 33g pro, 37g fat

VEGAN

Mjadara

450 cal, 59g net carbs, 17g pro, 15g fat

SATURDAY

HIGH
PROTEIN

200g Grilled chicken+Tabboule

425 cal, 8g net carbs, 60g pro, 17g fat

LOW
CAL

Chicken mushroom

450 cal, 45g net carbs, 27g pro, 16g fat

KETO

Koussa ablama

500 cal, 7g net carbs, 33g pro, 37g fat

VEGAN

Fassoulya, rice

450 cal, 59g net carbs, 17g pro, 15g fat



+961 71 760 160

HIGH
PROTEIN

LOW
CAL

KETO

VEGAN

9\$

5\$

6\$

4\$

DELICIOUSLY
NUTRITAS
HEALTHY