


LIVE'LY LOW GI MENU

NAME: _____

BRANCH: Mirdiff _____ ; Al Wasl _____ ; Abu Dhabi _____

SEND BEFORE
TUESDAY
FEB 12 2019

Week 700		SUNDAY 17-Feb-19	MONDAY 18-Feb-19	TUESDAY 19-Feb-19	WEDNESDAY 20-Feb-19	THURSDAY 21-Feb-19	FRIDAY 22-Feb-19	SATURDAY 23-Feb-19
		BREAKFAST						
		AM Delivery: Start with lunch and keep breakfast for the following day						
		Daily Low Fat Milk or Yoghurt(Plain or Fruit)						
		Oat Crisps & Cranberries	Peanut Butter & Protein Bread	Hi Protein Granola	Origina Instant Oats Pack with Fresh Blue Berries	Hi Protein Wheat-a-Bix	Hi Protein Granola	Peanut Butter & Protein Bread
		Omlette with Mushrooms	Low Carb Mixed Manousheh (Zaatar & Cheese) & Chopped Veggies	Halloumi with Tomato & Cucumber Box	Labneh with Zaatar & Cucumber & Tomato Box	Plain Omlette and Grilled Veggies	Foul Modammas & Protein Bread	Light Cheddar with Tomato & Lettuce Box
		Daily Fresh Fruits + Low Fat Milk or Yoghurt(Plain or Fruit) (Adjustable)						
		LUNCH						
Appetizer	1	Season Salad with Balsamic	Green Salad	Garden Salad	Cabbage, Cucumber & Tomato Salad	Green Salad with Feta & Pomegranate	Mixed Salad with Yoghurt Sauce	Colored Cabbage & Carrots Salad
	2	Baba Ghannouj	Laban Salad	Eggplant Moutabbal	Curried Veggies	Hummus B' Tahini	Beetroot Moutabbal	Sautéed Veggies
	3	Roca, Tomato & Lettuce Salad	Lentils with Red Peppers & Parmesan	Grilled Cauliflower with Tahini Sauce	Caesar Salad	Grilled Squash with Tahini Sauce	Sautéed Spinach & Lemon	Cooked Lentils with Carrots
Lunch Main Dish	1- MEAT	Baked Kafta in Tahini Sauce & Protein Bread	Honey Balsamic Beef Steak Salad with Beetroot	Okra Stew with Meat & Brown Rice	Kibbeh Summakiyyeh (w/ Sumac & Meat Cubes) & Brown Rice	ALBONDIGAS (Mexican Meatballs) with Brown Rice	Onion & Pepper Smothered Beef Steak & Sweet Potato	Beef Rogan Josh & Brown Rice
	2- CHICKEN	Broccoli Chicken & Cashew Stir Fry with Brown Rice	Grilled Chicken Platter , Roasted Peppers & Pesto with Protein Bread	Chicken & Broccoli Pesto Sauce with Brown Pasta	Barbecue Chicken Low Carb Pizza with Cilantro	Chicken Shawarma Platter with Protein Bread	Aleppo Chicken with Onions & Brown Rice	Baked Chicken with Mustard Tarragon Sauce & Sweet Potato
	3- SEA FOOD	Baked Fish with Roasted Onions & Mushrooms w Sweet Potato	Crispy Almond Fish with Sweet Potato	Spring Lemony Fish & Sweet Potato	Quinoa Fish Kabseh	Shrimps in Hot Spicy Sauce & Brown Rice	Baked Fish with Artichoke & Lemon & Sweet Potato	Baked Fish with Asian Flavors & Brown Rice
PM SNACK	Snack	Roasted Peanuts	Beetroot Hummus & Chopped Veggies	Chocolate Disks with Fruit & Nuts	Peanut Butter & Banana	Roasted Almonds	Dark Chocolate	Hi Protein Snack Bar
		DINNER						
Dinner Main Dish	Select a SOUP or SALAD	Beets Salad	Greek Salad	Green Salad	Mixed Beans Salad	Mixed Cabbage Coleslaw	Corn Salad	Laban Salad
		Italian Beans Soup	Peas & Yoghurt Soup	Carrots & Cauliflower Soup	Creamy Tom Soup	Minestrone Soup	Tom Capsicum Soup	Veg Oats Soup
	1- BIG SALAD	Cumin Lentils Salad with Yoghurt Dressing	Asian Beef Salad with Mushrooms, Cashews & Protein Bread	Greek Tuna Salad with Protein Bread	Cold Cuts Chef's Salad with Protein Bread	Cajun Chicken Salad with Beetroot	Rosemary Beef Steak Salad with Protein Bread	Three Beans Salad with Beetroot & Cashew & Feta
2	Roasted Chicken & Sweet Potato	Chinese Stir fry Veg Brown Rice	Baked Chicken with Italian Sauce & Protein Bread	Beef Escalope with Veggies	Fish Fillet with Lemon Caper Vinaigrette & Protein Bread	Vegetable Omelet & Protein Bread	Roasted Moroccan Kafta with Veggies & Protein Bread	
* Big Salad Dinner does not come with Soup or Side Salad								
Please send your choices maximum by Tuesday FEB 12 with the driver, by fax or by E-mail. In case you're late sending your choices, the Cuisine Dietician will select your choices which might not always satisfy your taste.								



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Calendar Week 7/19

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