


LIVE'LY LOW GI MENU

NAME: _____

Mobile No: _____

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

SEND BEFORE
TUESDAY
JAN 5 2021

Week 799		SUNDAY 10-Jan-21	MONDAY 11-Jan-21	TUESDAY 12-Jan-21	WEDNESDAY 13-Jan-21	THURSDAY 14-Jan-21	FRIDAY 15-Jan-21	SATURDAY 16-Jan-21
		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	Labneh with Zaatar & Cucumber & Tomato Box	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	Mixed Cabbage Coleslaw	Mixed Salad with Dates & Pine Nuts	Mixed Greens with Feta & Raisins	Fattoush	Assorted Lettuce with Carrots	Broccoli Slaw
	2	Hummus B' Tahini	Curried Veggies	Beetroot Moutabbal	Eggplant Moutabbal	Sautéed Veggies	Baba Ghannouj	Grilled Squash with Tahini Sauce
	3	Grilled Eggplant with Feta & Pomegranate	Roca, Tomato & Lettuce Salad	Marinated Artichoke Hearts	Caesar Salad	Mushrooms & Lentils Goat Cheese Salad	Sautéed Spinach with Lemon	Laban Salad
Lunch Main Dish	1- MEAT	Kafta Khashkhash with Tomato Garlic Sauce & Brown Rice	Kebbeh Aranabiyeh	Sheikh el Mahshi (Eggplant with Mincd Meat in Yoghurt Sauce) & Brown Rice	Beef Stroganoff with Brown Rice	Sicilian Steak Salad & Protein Bread	Beef Steak with Pepper Sauce & Sweet Potato	Moroccan Quinoa with Meat & Veggies
	2- CHICKEN	Greek Chicken Capsicum & Protein Bread	BBQ Ranchero Chicken Salad with Protein Bread	Colorful Chicken Low Carb Pizza	Lemon Chicken with Quinoa with Sauteed Balsamic Mushrooms	Sweet Potato & Chicken Curry with Chickpeas	Chicken Ragu with Olives & Brown Rice	Baked Chicken in Mushroom Sauce & Brown Pasta
	3- SEA FOOD	Baked Fish with Spicy Herb Sauce & Sweet Potato	Onion Crusted Fish Escalope w/ Roasted Corn & Peppers	Shrimp Dhania Masala (with Coriander) & Brown Rice	Baked Fish with Tahini Sauce & Sweet Potato	Baked Fish with Salsa Verde & Sweet Potato	Arabic Style Baked Fish with Cumin & Sweet Potato	Shrimps with Tomato, Basil & Cumin with Brown Rice
PM SNACK	Snack	Roasted Almonds	Peanut Butter & Banana	Minted Labneh with Chopped Veggies	Roasted Peanuts	Hummus B' Tahini & Chopped Veggies	Peanut Butter & Banana	Hi Protein Snack Bar
		DINNER						
Dinner Main Dish	Select a SOUP or SALAD	Garden Salad	Greek Salad	Beets Salad	Cabbage, Cucumber Tomato Salad	Mixed Beans Salad	Corn Salad	Season Salad
		Tomato Parsley Soup	Minestrone Soup	Carrot Cauliflower Soup	Black Lentils Soup	Curried Veg Soup	Carrot Ginger Soup	Tom Basil Soup
	1- BIG SALAD	Cheese Salad with Grapes & Walnuts & Protein Bread	Spaghetti & Tuna Nicoise Salad	Sumac Flavored Chicken Salad with Protein Bread	Cold Cuts Chef's Salad with Protein Bread	Steak Salad with Pesto Vinaigrette & Protein Bread	Dijon Chicken Salad with Protein Bread	Mixed Beans Salad with Tomato & Olives
2	Spiced Indian Roast Chicken with Raita & Protein Bread	Spanish Omelet with Protein Bread	Mushroom Salsa Beef Chili with Protein Bread	Beef Escalope with Veggies	Grilled Fish with Sweet Potato	Kafta Fingers with Veggies & Protein Bread	Zesty Grilled Chicken with Veggies & Protein Bread	
* Big Salad Dinner does not come with Soup or Side Salad								
Please send your choices maximum by Tuesday JAN 5 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.								

 New on Menu
 Spicy Hot Food

Phone: +971-4-3481008; Mobile: +971-55-3481008; Fax: +971-4-3481006; E-mail: info@lively.ae For online menu selection: visit www.lively.ae

Calendar Week 2/21