


# LIVE'LY LOW GI MENU

NAME: \_\_\_\_\_

Mobile No: \_\_\_\_\_

BRANCH: Mirdiff \_\_\_\_\_; Al Wasl \_\_\_\_\_; Abu Dhabi \_\_\_\_\_

SEND BEFORE  
TUESDAY  
JUN 29 2021

Week 824		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		04-Jul-21	05-Jul-21	06-Jul-21	07-Jul-21	08-Jul-21	09-Jul-21	10-Jul-21
		<b>BREAKFAST</b>						
		AM Delivery: Start with lunch and keep breakfast for the following day						
		Daily Low Fat Milk or Yoghurt(Plain or Fruit)						
		Oat Crisps and 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)						
		<b>LUNCH</b>						
Appetizer	1	Garden Salad	Green Salad	Halloumi Salad with Balsamic Dressing	Lentils & Leaves Salad with Balsamic	Season Salad with Chickpeas	Green Salad	Colored Cabbage & Carrots Salad
	2	Hummus B' Tahini	Laban & Dill	Eggplant Moutabbal	Laban Salad	Beetroot Moutabbal	Baba Ghannouj	Curried Veggies
	3	Roca, Tomato & Lettuce Salad	Lentils & Red Peppers Salad with Parmesan	Marinated Artichoke Hearts	Caesar Salad	Sautéed Spinach with Lemon	Grilled Cauliflower with Tahini Sauce	Sautéed Veggies
Lunch Main Dish	1- MEAT	Green Beans Stew with Meat & Brown Rice	Thai Beef Steak Salad with Protein Bread	Beef & Mushroom Curry with Brown Rice	Tomato & Thyme Roast Beef & Sweet Potato	Kabab Hindi with Eggplant & Brown Rice	Beef Steak in Mushroom Pepper Sauce & Sweet Potato	Beef Rogan Josh & Brown Rice
	2- CHICKEN	Chicken in Mushroom Gravy Sauce & Sweet Potato	Iranian Chicken with Brown Rice	Chicken Escalope with Mustard Cream Sauce & Sweet Potato	Grilled Chicken with Veggies & Quinoa	Hawaiian Chicken & Brown Rice	Chicken Pomodoro & Brown Pasta	Baked Chicken in Parmesan Sauce & Protein Bread
	3- SEA FOOD	Baked Fish with Asian Flavors & Brown Rice	Crisp Curried Fish with Mint Raita & Sweet Potato	Tagine of Fish, Sweet Potato, Cherry Tomato & Olives	Baked Fish with Salsa Verde & Sweet Potato	Baked Fish with Parsley Walnut Pesto & Sweet Potato	Grilled Fish with Veggies & Sweet Potato	Curried Shrimps with Lemon & Tomato & Brown Rice
PM SNACK	Snack	Roasted Peanuts	Peanut Butter & Banana	Minted Labneh with Chopped Veggies	Thai Hummus with Peanut Butter & Veggies	Roasted Almonds	Peanut Butter & Banana	Hi Protein Snack Bar
		<b>DINNER</b>						
Dinner Main Dish	Select a SOUP or SALAD	Mixed Cabbage Coleslaw	Garden Salad	Beets Salad	Mixed Beans Salad	Greek Salad	Season Salad	Laban Salad
		Tom Parsley Soup	Minestrone Soup	Tomato Oats Soup	Black Lentils Soup	Curried Veg Soup	Carrot Ginger Soup	Tom Basil Soup
	1- BIG SALAD	Cumin Lentils Salad with Yoghurt Dressing	Cold Cuts Chef's Salad & Protein Bread	Marinated Chicken with Almonds & Sultana & Protein Bread	Indian Marinated Chicken Salad with Protein Bread	Beef, Beans & Parmesan Salad with Protein Bread	Greek Tuna Salad with Protein Bread	Fattoush & Halloumi with Protein Bread
	2	Italian Chicken Cutlets with Olives & Protein Bread	Beef Escalope with Veggies	Spiced Kofta with Baby Onions, Tomato & Protein Bread	Vegetable Omelet & Protein Bread	Grilled Fish with Cilantro Mint Sauce & Protein Bread	Roasted Kafta 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 JUN 29 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 27/21