


LIVE'LY LOW GI MENU

NAME: _____

Mobile No: _____

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

SEND BEFORE
TUESDAY
JUL 6 2021

Week 825		SUNDAY 11-Jul-21	MONDAY 12-Jul-21	TUESDAY 13-Jul-21	WEDNESDAY 14-Jul-21	THURSDAY 15-Jul-21	FRIDAY 16-Jul-21	SATURDAY 17-Jul-21
		BREAKFAST						
		AM Delivery: Start with lunch and keep breakfast for the following day						
		Daily Low Fat Milk or Yoghurt(Plain or Fruit)						
		Peanut Butter & Protein Bread	Hi Protein Granola	Origina Instant Oats Pack with Fresh Blue Berries	Hi Protein Wheat-a-Bix	Peanut Butter & Protein Bread	Hi Protein Granola	Peanut Butter & Protein Bread
		Labneh with Zaatar & Cucumber & Tomato Box	Halloumi with Tomato & Cucumber Box	Labneh with Zaatar & Cucumber & Tomato Box	Plain Omlette and Grilled Veggies	Halloumi with Tomato & Cucumber Box	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	Garden Salad	Cabbage Salad with Tomato & Cucumber	Green Salad with Feta & Pomegranate	Season Salad with Chickpeas	Mixed Salad with Yoghurt Sauce	Colored Cabbage & Carrots Salad
	2	Laban Salad	Baba Ghannouj	Beetroot Moutabbal	Hummus B' Tahini	Eggplant Moutabbal	Grilled Squash with Tahini Sauce	Sautéed Veggies
	3	Marinated Artichoke Hearts	Grilled Cauliflower & Tahini Sauce	Caesar Salad	Sauteed Veggies	Tomato Rocca & Lettuce Salad	Sautéed Mushrooms	Sautéed Spinach in Lemon
Lunch Main Dish	1- MEAT	Salisbury Steak with Mushroom Sauce & Sweet Potato	Squash & Carrots Stew with Meat & Brown Rice	Beef Steak Bourguignon & Sweet Potato	Greek Beef Steak Salad with Protein Bread	Kafta & Sweet Potato in Oven	Beef Steak as in Flanders & Sweet Potato	Flavorful Minced Beef w/Veggies & Brown Rice
	2- CHICKEN	Lemon Chicken with Quinoa & Sauteed Balsamic Mushrooms	Chicken Fajita Platter with Guacamole, Salsa & Protein Bread	Barbecue Chicken Low Carb Pizza with Fresh Cilantro	Chicken Taouk Platter with Protein Bread	Sweet & Sour Chicken & Brown Rice	Chicken Thai Red Curry w/ Peanuts & Brown Rice	Baked Chicken in Mushroom Sauce & Brown Pasta
	3- SEA FOOD	Grilled Salmon with Veggies & Sweet Potato	Baked Fish with Cilantro Sauce & Sweet Potato	Shrimp Tikka Masala & Brown Rice	Baked Fish with Tomato Curry & Brown Rice	Greek Fish & Sweet Potato	Alexandria Style Baked Fish & Protein Bread	Moroccan Shrimps in Tomato Sauce & Brown Rice
PM SNACK	Snack	Roasted Almonds	Peanut Butter & Banana	Pesto Hummus with Chopped Veggies	Minted Labneh with Chopped Veggies	Roasted Peanuts	Peanut Butter & Banana	Hi Protein Snack Bar
		DINNER						
Dinner Main Dish	Select a SOUP or SALAD	Beets Salad	Green Salad	Mixed Beans Salad	Mixed Cabbage Coleslaw	Greek Salad	Green Salad	Season Salad
		Greek Beans Soup	Yellow Lentil Soup	Cream of Tomato Soup	Vegetable Soup	Tomato Oats Soup	Carrot Coriander Soup	Tom Vermicelli Soup
	1- BIG SALAD	Mediterranean Salad with Feta & Walnuts & Portein Bread	Sumac Flavored Chicken Salad & Protein Bread	Beetroot, Feta & Roca Salad with Walnuts	Cold Cuts Chef's Salad with Protein Bread	Fattoush & Halloumi with Protein Bread	Asian Beef Salad with Mushrooms, Cashew & Protein Bread	Dijon Chicken Salad & Protein Bread
		2	Roasted Chicken & Sweet Potato	Kofta Kabab with Veggies & Sumac Yoghurt & Protein Bread	Beef Escalope with Veggies	Grilled Fish Fillet with Tahini Parsley Sauce & Protein Bread	Kafta Fingers & Sweet Potato	Grilled Chicken with Veggies & Protein Bread
* Big Salad Dinner does not come with Soup or Side Salad								
Please send your choices maximum by Tuesday JUL 6 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 28/21