

صحتك أولاً
YOUR HEALTH FIRST



Breakfast

4 Weeks Cycle Menu



Week 1				
Sunday 05-03-17	Monday 06-03-17	Tuesday 07-03-17	Wednesday 08-03-17	Thursday 09-03-17
* Fresh Milk (Low Fat) *Apple * Carrot & Cucumber (60gm-30gm) *Turkey Sandwich (90 gms) (WG bread 60grams; turkey 30 grams)	*Fresh Milk (Low Fat) *Melon *Carrot & Cucumber (60gm-30gm) *Oat Meal Muffin (1 pcs 60 gms) with mozzarella Sticks 30 gm	* Fresh Milk (Low Fat) *Seedless Date 2pcs *Olive & Carrot (30 gm – 1/2cup) *Egg Sandwich (90 grams) (WG bread 60grams; 30g egg filling)	*Fresh Milk (Low Fat) *Banana *Carrot & Cucumber (120 gms) *Cream Cheese Sandwich (70 gm) (on WG brown bread 40grams; Cream Cheese 30g)	* Fresh Milk (Low Fat)) *Mandarin * Carrot & Cucumber (30 gm – 60 gm) *WG Pizza (70 gm)
Week 2				
Sunday 12-03-17	Monday 13-03-17	Tuesday 14-03-17	Wednesday 15-03-17	Thursday 16-03-17
*Fresh Milk (Low Fat) *Apple * Carrot & Cucumber (60gm-30gm) *Cheese Sandwich (70 gm) (on 40gr WG brown bread; mozzarella (30 gr)	* Fresh Milk (Low Fat) *Melon * Carrot & Cucumber (120 gms) *Cheese Manakesh (100 grams)	* Fresh Milk (Low Fat) *Seedless Date 2pcs *Olive & Carrot (30 gm – 1/2cup) *WG Mini Pancakes (60 gm)	* Fresh Milk (Low Fat) *Banana *Carrot & Cucumber (120 gms) * Triangle Cheese & Honey Graham Crackers	* Fresh Milk (Low Fat) * Mandarin * Carrot & Cucumber (120 gms) * Labna & Olive Sandwich (70 gm) (on 40gr WG brown bread; 30g Labneh)



Week 3				
Sunday 19-03-17	Monday 20-03-17	Tuesday 21-03-17	Wednesday 22-03-17	Thursday 23-03-17
* Fresh Milk (Low Fat)	*Fresh Milk (Low Fat)	* Fresh Milk (Low Fat)	*Fresh Milk (Low Fat)	* Fresh Milk (Low Fat))
*Apple	*Melon	*Seedless Date 2pcs	*Banana	* Mandarin
* Carrot & Cucumber (60gm-30gm)	*Carrot & Cucumber (120 gms)	*Olive & Carrot (30 gm – 1/2cup)	*Carrot & Cucumber (120 gms)	*Carrot & Cucumber (120 gms)
*Turkey Sandwich (90 gms)	*Oats Cookies With Cheese Sticks (1 pcs 60 gms)	*Zaatar & Tomato Sandwich (70 gms)	* Cheese Croissant (60 gms)	* Hummus Sandwich (70 gms)
(WG bread 60grams; turkey 30 grams)		(on WG brown bread)		(WG bread 40grams; hummus 30 grams)

Week 4				
Sunday 26-03-17	Monday 27-03-17	Tuesday 28-03-17	Wednesday 29-03-17	Thursday 30-03-17
*Fresh Milk (Low Fat)	* Fresh Milk (Low Fat)	* Fresh Milk (Low Fat)	* Fresh Milk (Low Fat)	* Fresh Milk (Low Fat)
*Apple	*Melon	*Seedless Date 2pcs	*Banana	* Mandarin
* Carrot & Cucumber (60gm-30gm)	* Carrot & Cucumber (120 gms)	*Olive & Carrot (30 gm – 1/2cup)	*Carrot & Cucumber (120 gms)	* Carrot & Cucumber (120 gms)
*Cheese Mozzarella Sandwich (70 grams)	*Zaatar Croissant (60 grams)	*WG Mini Pancakes (60 grams)	* Labna & Olive Sandwich (70 gm)	* Triangle Cheese & Honey Graham Crackers
(on WG brown bread 40grams; 30g Cheese)	(No Seeds on top)		(on 40gr WG brown bread; 30g Labneh)	