

The Vitality, wk. of April 28

MONDAY

- Saj bread whole wheat saj, Akkawi, zaatar, side veggies
25g carbs, 2g fiber, 14g protein, 8g fat
- Tunacado bowl brown rice, tunacado mix, pineapple, pickled radish, cucumbers, sesame
40g carbs, 8g fiber, 32g protein, 26g fat
- salted
- Summer kale kale, quinoa, chicken, carrots, cranberries, feta, almonds, balsamic dressing
35g carbs, 4g fiber, 28g protein, 10g fat

TUESDAY

- Oh Beirut sourdough toast, goat labneh, zaatar leaves, tomatoes, cucumber, zaatar
30g carbs, 3g fiber, 7g protein, 7g fat
- Butter chicken chicken, red coconut & tomato sauce, cauliflower, spices, served with rice
35g carbs, 2g fiber, 43g protein, 40g fat
- fruit salad
- Rainbow salad greens, quinoa, turkey, cucumbers, strawberries, carrots, onions, avocado, raisins, walnuts, berry dressing
45g carbs, 8g fiber, 24g protein, 30g fat

WEDNESDAY

- Halloumi crepe premium wheat, eggs, almond milk, dill, pesto, halloumi, tomatoes, zaatar
45g carbs, 2g fiber, 16g protein, 4g fat
- Salmon teriyaki salmon, peas, carrots, broccoli, potatoes, cashews, Teriyaki sauce
45g carbs, 9g fiber, 30g protein, 15g fat
- apple cupcake quinoa, freekeh, cucumbers, kale, lettuce, tomatoes, beetroot, almonds, seeds, pomegranate, thyme and feta, lemon ginger vinaigrette
- Wellness salad 40g carbs, 10g fiber, 14g protein, 16g fat

THURSDAY

- Apple buckwheat buckwheat, oats, almond milk, apple, cinnamon, walnuts
60g carbs, 8g fiber, 8g protein, 10g fat
- Chicken bbq salad greens, mushrooms, corn, bell pepper, tomatoes, healthy chicken bbq strips, VE dynamite sauce
30g carbs, 4g fiber, 28g protein, 25g fat
- rez b halib VE,
- Philly steak wrap wrap, light mozzarella, beef, onions, mushrooms, tomatoes, arugula, vegan mayo
45g carbs, 3g fiber, 21g protein, 14g fat

FRIDAY

- Turkey n cheese brown baguette, honey mustard, turkey, cheese, lettuce, tomatoes
30g carbs, 2g fiber, 25g protein, 10g fat
- Rezz 3a jej rice, beef, chicken, onions, garlic, almonds, chicken broth, rocket salad
60g carbs, 4g fiber, 25g protein, 10g fat
- choco shake
- Tokyo salad cabbage, spinach, carrots, glass noodles, cucumbers, tomatoes, coriander, mint, edemame, ginger and miso dressing
45g carbs, 10g fiber, 8g protein, 45g fat