



Detoxifying Only 1860AED 1 Month of Healthy Detoxifying Organic Meals

Exotic Low-Calorie, Low Carb, Right-Protein
Low Sodium Diet in Par-Cooked Lunch Pack Meals

WEEK 1	LOW GI Breakfast	Slimmer high protein Lunch	Light Carbs Fibrous Dinner
Sunday	Roasted quinoa sauteed mix peppers and mustard seeds with cilantro	Soy free egg free heavenly 4 Layer whole meal square sandwich with high proteins of avocado and sun dried tomato	Festive season greetings of Chickpea flour tart topped with veggies and walnuts
	Honeydew, Kiwi Freshness into your morning	Proper blends of sweet potato thai style baked pattie with the exotic brown peanut ginger sauce served with parley salad on side	Green Fatoush arabic style Salad garnished with pomegranets
Monday	Pink Power Detox Smoothie..way to the glow on your face	Golden red lentil protein pulses served on cumin seed brown rice..enjoy your proteins	Molly made munch bunch in light white sauce (ask for gluten free options)
	Heavenly carrot cake baked oatmeal pie	Quinoa Spring Salad	Flair Chickpeas Protein rich batata vada fully baked in organic herbs and lemon
Tuesday	Chunky Monkey Cocoa Banana Smoothie...its fun taste	Light pink fussilli whole wheat pasta in VEGAN STYLE CHEESY STYLE topped with iron rich spinach, french beans, frshly squeezed lem-	Minced Blackeye beans in Chickpeas flour topped with mint sauce (Gluten free) served with whole wheat pizza style sticks
	Apple oatmeal pancakes	Coucous salad with parsley, mint, cilantro served with light pesto sauce on side	Lentil Carrot thick soup
Wednesday	Light Tofu wrap with all your favourite veggies	Delicious Dil, chickpea, green lentil, cucumbers tossed in lemon and herbs	Roasted brocolli babe with pesto sauce spread over a gluten free flat bread...enjoy the non guilt carbs
	Chocolate chia pudding to awaken those taste buds..really non guilt pudding	Scarf trio Stuffed peppers make life colorful	Broccoli corn Calzones....lets keep light
Thursday	Greens in your body, dancing into the iron rich smoothie today	Baked filafel, sundried tomatoes rolled in tahina style veggie burger	Spring pea asparagus healthy Risotto garnished with parsley
	Simplicity with sweet melon and water melon balls in your smoothie cup	Baked molly made munch buch cabbage balls in exotic organic gluten free soya sauce	Veggie clear soup with chinks of veggies grounded
Friday	Tropical Raspberry Lime ginger Blend with crushed ice	Jamaican Curried Tofu With Chickpeas tossed in poppy seeds	Glten free low carb baked stuffed Carrot pomegranate samosa (cheeseoptional)
	Fruit Rainbow mix with soaked Chia seeds... now u see the magic of chia	Fun filling Whole wheat tacos with your favourite hummus dip	Celebrate your Friday with your nonguilt free vegan brownie
Saturday	Crushed Ice Peach green tea to detox again	Skinny Salad Bowl...Happy glow	Brian Style Aubergine low carb potato Smashed potato Cooked in Tomato pesto sauce.(Low GI) Saucy style
	Naughty and Nice enchalada topped with baked tacos ...fibrous for the morning freshness	Spinach, pea crushed soup style with light almond milk touch giving the thickness to it	Simple cool Cucucumber , Onion chopped finely tossed in fresh Dil& thick mint sauce to keep the colon clean



Eat Healthy Feel Great Your Body Will Love You For It!!

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WhatsApp' your inquiry on 0557178866 or Call 044224116