



Name: \_\_\_\_\_  
 Mobile: \_\_\_\_\_  
 Client ID: \_\_\_\_\_

Please return your choices within 3 days of receiving the menu by email on ([info@greencentral.ae](mailto:info@greencentral.ae)) OR with our driver. If we do not receive your menu within the time frame, our dietician will make the selection for you.

<b>MENU WEEK 1</b>	<b>Saturday</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
	21-Oct-17	22-Oct-17	23-Oct-17	24-Oct-17	25-Oct-17	26-Oct-17

**BREAKFAST** (kindly select ONE option from below)

<b>Option 1</b>	Berry Parfait	Egg White Omelet	Chocolate Chia Pudding	Asparagus & Mint Frittata	Baked Banana Pecan Oatmeal	Cinnamon Oatmeal Pancakes with Honey Apple Compote
<b>Option 2</b>	Fava Beans (foul mdammas)+ protein bread & veggies	Mango-Cashew Oatmeal	Feta Protein Wrap	Fruit Yogurt & Granola	Labneh Protein Wrap	Halloum Protein Wrap
<b>Option 3</b>	Omelet & Veggies	Halloum Protein Toast	Egg Muffins & Veggies	Mozzarella Protein Toast	Eggs Benedict	Cheese Omelet & Veggies

**LUNCH** (kindly select ONE option from below)

<b>Option 1 (Lean Protein)</b>	Curry-Spiced Chicken & Rice	Salmon w Spinach-Feta Saute & Sweet Potato Wedges	Spiced Steak & Ouzi-Style Rice	Fish Sayadiyyeh (fish & rice)	Feta-Spinach Chicken & Orzo	Sesame Shrimp Skewers & Asian Rice
<b>Option 2 (Vegetarian)</b>	Vegetarian Arabic Bean Stew & Rice	Couscous Royale	Healthy Squash and Kale Casserole	Pasta Verde	Quinoa Salad with Grilled Halloumi	Vegetable-Rice Makloubia
<b>Option 3 (Grills)</b>	Grilled Steak OR Fish & Salad	Grilled Steak OR Chicken & Salad	Grilled Chicken OR Fish & Salad	Grilled Steak OR Chicken & Salad	Grilled Steak OR Fish & Salad	Grilled Steak OR Chicken & Salad

**SNACK**

<b>Sweet Snack</b>	Banana Chocolate Oat Muffins	Peanut Butter Brownie Bites	Cashew Energy Balls	Twix Date Bars	Chocolate Chip Oatmeal Cookies	Healthy Almond Joy
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**DINNER** (kindly select ONE option from below)

<b>Option 1</b>	Beef & Green Bean Stir-Fry	Chef's Salad	Mozzarella Pesto Sandwich	Grilled Tawok Skewers & Hummus	Beef Burger	Whole Wheat Greek Pizza
	Vegan Vegg Soup		Spring Vegg Soup	Lentil & Bulgur Soup	Kale & White Bean Soup	Chicken Barley Soup
<b>Option 2</b>	Grilled Chicken OR Fish	Grilled Steak OR Fish	Grilled Steak OR Chicken	Grilled Steak OR Fish	Grilled Chicken OR Fish	Grilled Steak OR Chicken
	Vegan Vegg Soup	Minestrone with Greens & Beans	Spring Vegg Soup	Lentil & Bulgur Soup	Kale & White Bean Soup	Chicken Barley Soup

For any enquiry contact Green Central on 02-6506677 - email: [info@greencentral.ae](mailto:info@greencentral.ae) - website [www.greencentral.ae](http://www.greencentral.ae)



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MENU WEEK 2	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
	28-Oct-17	29-Oct-17	30-Oct-17	31-Oct-17	1-Nov-17	2-Nov-17
<b>BREAKFAST</b> (kindly select ONE option from below)						
<b>Option 1</b>	Pineapple Parfait	Mediterranean Omelet	Spiced Muesli	Vegetable Frittata	Cinnamon Raisin Chia Pudding	Banana Almond Protein Bread & Yogurt Dip
<b>Option 2</b>	Hummus Balila (chickpeas)+ protein bread & veggies	Cranberry-Pistachio Oatmeal	Feta Protein Wrap	Fruit Yogurt & Granola	Labneh Protein Wrap	Halloum Protein Wrap
<b>Option 3</b>	Omelet & Veggies	Halloum Protein Toast	Egg Muffins & Veggies	Mozzarella Protein Toast	Eggs Florentine	Cheese Omelet & Veggies
<b>LUNCH</b> (kindly select ONE option from below)						
<b>Option 1 (Lean Protein)</b>	Chicken Roll-ups with Goat Cheese, Arugula & Roasted Vegetables	Salmon, Kale & Cabbage w Roasted Sweet Potato & Pineapple	Beef-Pumpkin Couscous Pot	Samkeh Harra & Rice (fish with tahini sauce)	Kabab chicken & Roasted Potato & Veggies	Turkey and Barley Salad
<b>Option 2 (Vegetarian)</b>	Vegetarian Sweet Pea Stew & Rice (bazela w rez)	Roasted Vegg with Lentils	Ratatouille with Pasta	Vegan Quinoa Pot	Sweet Potato Casserole	Vegetarian Rice Beryani-Style
<b>Option 3 (Grills)</b>	Grilled Steak OR Fish & Salad	Grilled Steak OR Chicken & Salad	Grilled Chicken OR Fish & Salad	Grilled Steak OR Chicken & Salad	Grilled Steak OR Fish & Salad	Grilled Steak OR Chicken & Salad
<b>SNACK</b>						
<b>Sweet Snack</b>	Blueberry Oatmeal Muffin	Snickers Oat Bars	Coconut Date Rounds	Chocolate Granola Bar	Apple Oat Crisp	Chocolate Oat Energy Balls
<b>DINNER</b> (kindly select ONE option from below)						
<b>Option 1</b>	Grilled Beef Skewers with Hummus	Chicken Feta Salad	Grilled Halloumi Sandwich	Chicken and Basil Stir-Fry	Fajita Beef Sandwich	Tuna Nicoise Salad
	Vegetarian Ribolita & Barley Bites		Chicken Noodle Soup	Lentil Soup & Barley Bites	Bean & Vegg Soup	
<b>Option 2</b>	Grilled Chicken OR Fish	Grilled Steak OR Fish	Grilled Steak OR Chicken	Grilled Steak OR Fish	Grilled Chicken OR Fish	Grilled Steak OR Chicken
	Vegetarian Ribolita & Barley Bites	Rustic Vegg Soup	Chicken Noodle Soup	Lentil Soup & Barley Bites	Bean & Vegg Soup	Tuscan Kale & Carrot Soup

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