



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 3</b>	<b>Saturday</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
	9-Sep-17	10-Sep-17	11-Sep-17	12-Sep-17	13-Sep-17	14-Sep-17

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

<b>Option 1</b>	Tropical Fruit Parfait	Eggwhite Omelete with Goat Cheese	Strawberry Oatmeal	Spanish Frittata	Granola Cups	Sweet Potato-Oat Crumble
<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>	Lemon Chicken with Artichoke Hearts w Brown Rice	Herb-Crusted Salmon with Spinach Salad & Vegg Tian	Beryani Spiced Beef with Rice & Yogurt	Baked Escalope Fish & Roasted Sweet Potato Wedges	Baked Chicken & Rice (Rez bi djej)	Shrimp & Rice Salad w Parsley
<b>Option 2 (Vegetarian)</b>	Vegetarian Okra Stew & Rice	Sweet Potato, Barley & Lentil Salad	Healthy Pumpkin Pasta	Roasted Vegg w Quinoa	Rice & Spinach Casserole with Basil	Curried Lentils & Rice
<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>Healthy Snack</b>	Chocolate Oatmeal Muffin	Crunchy Sesame Cookie	Bounty Bites	Classic Ganola Bar	Oat-Chia Energy Balls	Chocolate Oat Brownies
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**DINNER** (kindly select ONE option from below)

<b>Option 1</b>	Shawarma Beef Mix w Tahini & Veggies	Chicken Burger	Turkey Salad	Stuffed Chicken & Veggies	Feta Thyme Sandwich	Whole Wheat Tomato Basil Pizza
	Quinoa & Spinach Soup	Bean & Pasta Soup		Lentil Vegg Soup	Chicken Vegetable Soup	Everyday Vegg Soup
<b>Option 2</b>	Grilled Chicken OR Fish	Grilled Steak OR Fish	Grilled Steak OR Chicken	Grilled Steak OR Fish	Grilled Steak OR Chicken	Grilled Steak OR Chicken
	Quinoa & Spinach Soup	Bean & Pasta Soup	Root Vegg Soup	Lentil Vegg Soup	Chicken Vegetable Soup	Everyday Vegg 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 4	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
	16-Sep-17	17-Sep-17	18-Sep-17	19-Sep-17	20-Sep-17	21-Sep-17
<b>BREAKFAST</b> (kindly select ONE option from below)						
<b>Option 1</b>	Mango Lime Ricotta Parfait	Eggwhite Omelet with Spinach	Chocolate Banana-Nut Oatmeal	Potato Leek Frittata	Strawberry Chia Seed Pudding	Cornmeal Crepes with Yogurt & Berries
<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 & Spinach Casserole	Salmon with Kale-Apple Salad & Barley Bites	Steak Salad w Spinach & Chilled Sweet Potato Salad	Lemon Baked Fish with Herbed Potato	Moroccan chicken w Rice & Vegetables	Shrimp Skewers with Veggies & Potato
<b>Option 2 (Vegetarian)</b>	Couscous Salad with Roasted Vegetables and Chickpeas	French Lentil & Swisschard Risotto	Grilled Vegg Pasta	Quinoa Salad w Black Beans & Avocado	Turnip & Sweet Potato Gratin	Sweet Potato & Cauliflower Salad
<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>Healthy Snack</b>	Strawberry Oatmeal Muffin	Chocolate Honey Squares	Raisin Bars	Almond-Oat Cheesecake	Chocolate Sunflower Energy Balls	Vanilla Oat Date Squares
<b>DINNER</b> (kindly select ONE option from below)						
<b>Option 1</b>	Crusted Beef Strips & Grilled Veggies	Chicken Caesar Salad	Turkey & Cheese Sandwich	Shawarma Chicken Mix w Veggies	Baked Falafel Sandwich	Taco Beef Salad
	Moroccan Vegg Soup		Roasted Vegg Soup	Lentil & Spinach Soup	Chicken Vermicelli Soup	
<b>Option 2</b>	Grilled Chicken OR Fish	Grilled Steak OR Fish	Grilled Chicken OR Steak	Grilled Steak OR Fish	Grilled Steak OR Chicken	Grilled Chicken OR Steak
	Moroccan Vegg Soup	Tortellini & Basil Minestrone	Roasted Vegg Soup	Lentil & Spinach Soup	Chicken Vermicelli Soup	Vegetable Soup
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