1. Diabetes-Friendly

Breakfast

Sweet Balance Bowl – Chia pudding with berries & almond milk – EGP 60

Golden Omelet Fix – Egg white omelet with spinach & tomato – EGP 55

Lunch

Steady Fuel Wrap – Grilled chicken & avocado in a whole wheat wrap – EGP 85

Protein Pulse Plate – Lentils, brown rice & kale salad – EGP 90

Dinner

Evening GlycoGrill – Baked salmon with Brussels sprouts – EGP 120

Root & Roast Medley – Roasted veggies with quinoa & tahini – EGP 95

Snacks

CrunchGuard Cups – Cucumber & celery sticks with hummus – EGP 35

Nutri Nibble Mix – Mixed nuts & pumpkin seeds – EGP 40

Dessert

Berry Zen Parfait – Greek yogurt with blueberries & chia – EGP 50

Cinnamon Apple Bake – Baked apples with cinnamon – EGP 45

Drinks

Low Sugar Glow Smoothie – Spinach, banana, almond milk – EGP 55

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2. Hypertension-Friendly

Breakfast

Low-Salt Sunrise – Avocado toast with cherry tomatoes – EGP 50

Berry Heartlight Bowl – Mixed berries and oats – EGP 60

Lunch

Pulse Perfect Plate – Quinoa, black beans, kale – EGP 90

Beet Breeze Wrap – Beets, goat cheese & arugula – EGP 80

Dinner

Zen Grilled Chicken – Herb chicken with sweet potatoes – EGP 115

Omega Zen Stir-Fry – Tofu and veggies in sesame oil – EGP 95

Snacks

Crunch Calm Pack – Carrot and bell pepper sticks + yogurt dip – EGP 40

Olive Munch Medley – Olives, cucumber slices, low-fat cheese – EGP 45

Dessert

Cinna-Pear Crisp – Baked pears with cinnamon – EGP 50

Drinks

Blood Pressure Booster – Banana-oat smoothie – EGP 55

Hydra-Cooler Tonic – Cucumber, mint & lemon water – EGP 30

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3. Heart Health

Breakfast

Cardio Start Bowl – Oatmeal with almonds and strawberries – EGP 65

Morning Med Toast – Olive oil and tomato on whole grain – EGP 50

Lunch

Omega Wrap Fix – Salmon, spinach, avocado wrap – EGP 95

Power Pulse Salad – Chickpeas, kale, olive oil – EGP 85

Dinner

HeartFuel Stir-Fry – Broccoli, bell pepper, tofu – EGP 95

Artery Guard Plate – Grilled mackerel, lentils & greens – EGP 130

Snacks

Walnut Glow Bites – Walnuts and orange slices – EGP 45

Vital Vibe Sticks – Apple slices with almond butter – EGP 40

Dessert

Breeze Berry Yogurt – Low-fat yogurt and blueberries – EGP 50

Drinks

Circulation Sip – Pomegranate green tea – EGP 35

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4. Weight Loss

Breakfast

Slim Sunrise Scramble – Egg whites, spinach, zucchini – EGP 50

Fresh Start Toast – Almond butter and banana – EGP 45

Lunch

Lean Power Bowl – Chicken, quinoa, mixed greens – EGP 85

Zoodle Zen Toss – Zucchini noodles with pesto – EGP 75

Dinner

Portion Perfect Plate – Steamed broccoli, tofu, wild rice – EGP 90

PowerLite Stir Bowl – Sautéed kale, bell peppers, and black beans – EGP 85

Snacks

SnackLite Munchers – Tomatoes and cottage cheese – EGP 35

Fit Fuel Jar – Overnight oats with strawberries – EGP 45

Dessert

Guilt-Free Fudge Bite – Black bean brownie square – EGP 40

Drinks

Flat Belly Smoothie – Berries, chia, almond milk – EGP 50

Citrus Squeeze Cooler – Lemon-orange water blend – EGP 30

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5. General Wellness

Breakfast

Glow Up Oats – Oats with seeds & honey – EGP 60

Smart Fuel Toast – Cottage cheese & peach – EGP 50

Lunch

Vitality Veggie Wrap – Zucchini, peppers & hummus – EGP 70

Balanced Rainbow Bowl – Roasted sweet potato & chickpeas – EGP 85

Dinner

Harmony Stew Bowl – Veggie-lentil stew – EGP 90

Calm Curry Delight – Chickpea coconut curry – EGP 95

Snacks

Mini Energy Balls – Dates, oats & peanut butter – EGP 40

Zest Munch Mix – Pumpkin seeds & carrots – EGP 35

Dessert

Feel-Good Fruit Mix – Mango, pineapple, kiwi – EGP 45

Yogurt Calm Cup – Plain yogurt with apples – EGP 50

Drinks

Wellness Water Elixir – Mint, lemon, cucumber water – EGP 25

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6. Vegan Nutrition

Breakfast

Tofu Sunrise Scramble – Tofu, turmeric, veggies – EGP 55

Sweet Maple Toast – Whole grain with almond butter – EGP 45

Lunch

Root Bowl Delight – Quinoa, roasted carrots, chickpeas – EGP 85

PlantJoy Wrap – Avocado, black beans, spinach – EGP 80

Dinner

Earth Stew Mix – Lentil, potato, and kale stew – EGP 90

Herb Harmony Plate – Grilled mushrooms, couscous, lemon tahini – EGP 95

Snacks

Crunch & Hummus Box – Bell pepper, cucumber, hummus – EGP 40

Zesty Chickpea Salad – Spiced chickpeas & cucumber – EGP 50

Dessert

Baked Banana Boat – Banana, cinnamon & almonds – EGP 45

Drinks

Green Glow Smoothie – Kale, banana, flaxseed – EGP 50

Herbal Hydration Elixir – Hibiscus & lemon tea – EGP 30

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7. Vegetarian Nutrition

Breakfast

Berry Patch Yogurt – Yogurt, granola & berries – EGP 55

Sunrise Egg Cups – Baked eggs with spinach – EGP 50

Lunch

Paneer Power Bowl – Grilled paneer, quinoa, spinach – EGP 90

Veggie Stack Sandwich – Roasted veggies with hummus – EGP 75

Dinner

Eggplant Delight Bake – Baked eggplant with herbs – EGP 95

Herb Garden Stir-Fry – Zucchini, peas, tofu – EGP 85

Snacks

Fruit Fuel Mix – Grapes, apples & pistachios – EGP 40

Zing Trail Mix – Cashews, cranberries & seeds – EGP 45

Dessert

Minty Mango Mousse – Mango & yogurt blend – EGP 50

Drinks

Cucumber Cooler – Cucumber-mint lemonade – EGP 30

8. Bodybuilder Nutrition

Breakfast

Protein Power Pancakes – Oats, egg whites, banana, protein powder – EGP 70

Muscle Fuel Scramble – Scrambled eggs with turkey and spinach – EGP 75

Lunch

Beef Bulk Bowl – Brown rice, lean beef, broccoli – EGP 110

Chicken Quinoa Stack – Grilled chicken, quinoa, bell peppers – EGP 100

Dinner

Salmon Strength Plate – Baked salmon, sweet potato, asparagus – EGP 125

Tofu Protein Stir-Fry – Tofu, brown rice, mixed veggies – EGP 95

Snacks

Muscle Munch Mix – Almonds, dried cranberries, protein crisps – EGP 50

Greek Power Cup – Greek yogurt, granola, honey – EGP 60

Dessert

Protein Brownie Bite – Whey-infused chocolate brownie – EGP 55

Peanut Butter Energy Bar – Oats, peanut butter, seeds – EGP 50

Drinks

Recovery Shake – Banana, whey protein, almond milk – EGP 65

Electro Boost Drink – Coconut water, lime, sea salt – EGP 35