***Garden Salad Recipe:***

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| Mixed Greens | 30 g | 2 Cal. |
| Iceberg Lettuce | 30 g | 4.2 Cal. |
| Cherry Tomato | 40 g | 7 Cal. |
| Cucumber | 60 g | 12 Cal. |
| Carrot (Slice) | 20 g |  |
| ***TOTAL*** | ***180 g*** | ***25.2 Cal.*** |
| ***Sauce*** | ***35 g*** | 80.5 Cal |
| **Item Name** | **Quantity** | **Calorie** |
| **Item Name** | **Quantity** | **Calorie** |
| **Italian Dressing: for 1000G** |
| Olive Oil | 150 ml | 1350 Cal |
| Lemon Juice | 150 g | 30 Cal |
| Sugar | 50 g | 200 Cal |
| Red Vinegar | 100 g | 0 Cal |
| Mayonnaise light | 400 g | 720 Cal |
| Black pepper | 5 g | 0 cal |
| Salt | 30 g | 0 Cal |
| Garlic fresh | 10 g | 20 Cal |
| Dried Oregano | 10 g | 30 Cal |
| Dried onion | 10 g | 30 Cal |
| Water | 100g | 0 Cal |
|  | 1015 g | 2380 Cal  2.3 Cal/g |

***Pomegranate Fattoush Salad Recipe:***

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| Iceberg Lettuce | 30 g | 5 cal |
| Romain Lettuce | 30 g | 5 Cal |
| Cucumber Slices | 50 g | 8 Cal. |
| Yellow Pepper | 20 g | 4 Cal. |
| Red Pepper | 20 g | 4 Cal. |
| Shredded Radish | 10 g | 1.5 Cal |
| Chopped Parsley | 3 g | 3 Cal. |
| Rocca | 5 g | 1.5 Cal. |
| Cherry Tomato | 40 g | 7 Cal. |
| Pomegranate Seeds | 5 g | 4 Cal. |
|  | 213g | 43 Cal |
| ***Fattoush Sauce*** | ***45 g*** | ***108 Cal.*** |
|  | ***248g*** | ***151 Cal*** |
| ***Fattoush Dressing*** | | |
| Lemon Juice | 30 g | 7 Cal |
| Olive Oil | 20 g | 190 Cal |
| Salt | 2 g | 0 Cal |
| Pomegranate Molasses | 15 g | 60 Cal |
| Sumac | 30 g | 0 Cal |
| Water | 10 g | 0 Cal |
|  | 107g | 257 Cal  2.4 Cal/g |

|  |  |  |
| --- | --- | --- |
| **Tzatziki** | | |
|  | **Recipe** | |
| Yogurt (Dandy) Low fat | 2500 g | 1575 Cal |
| Fresh Cucumber Shaves | 600 g | 90 Cal |
| Water | 300 g | 0 Cal |
| Salt | 3 g | 0 Cal |
| Dried Mint | 2 g | 5 Cal |
| Garlic | 2 g | 3 Cal |
| **Total Calories** | 3407 g | 1673 Cal |
| So oriental yogurt is 0.45 Cal/g | | |
| **Total mix** | **1P** | |
| 200g | 90 calories | |

***Hummus with Crudites***

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| Chickpeas (Garbanzo Beans), Boiled | 1 kg | 1,640 Cal. |
| Ice Cubes | 400 g | 0 Cal. |
| Tahini | 350 g | 2,100 Cal. |
| Canola Oil | 100 g | 900 Cal. |
| Salt | 12 g | 0 Cal. |
| Lemon Salt | 12 g | 12 Cal. |
| ***Total*** | ***1874g*** | ***4652 Cal***  ***2.48 Cal/g*** |

|  |  |
| --- | --- |
| **Item Name** | **1p and 2p same portion** |
| **Hummus** | **60g = 150 Cal** |
| **Celery Sticks** | **40g = 6 Cal** |
| **Cucumber Sticks** | **40g = 8 Cal** |
| **Carrot Sticks** | **40g = 16 Cal** |
| ***Total*** | ***180 g/180 Cal*** |

***Roasted Chickpeas & Vegetables Salad***

|  |  |  |
| --- | --- | --- |
| **Chickpeas Marinated Grilled** | | |
| **Item Name** | **Quantity** | **Calories** |
| Boiled Chickpeas | 500 g | 820 Cal |
| Olive Oil | 15 ml | 135 Cal |
| Cumin | 2 g | 6 Cal |
| Paprika | 1 g | 3 Cal |
| Salt | 2 g | 0 |
| ***Total*** | ***520 g*** | ***964 Cal***  ***1.85 Cal/g*** |

|  |  |  |
| --- | --- | --- |
| ***Dill Mint Dressing*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Light Mayonnaise | 85 g | 200 Cal |
| Low Fat Yogurt | 55 g | 35 Cal |
| Fresh Dill | 5 g | 0 Cal |
| Fresh Mint | 5 g | 0 Cal |
| Lemon Juice | 10 g | 0 Cal |
| Water | 70 g | 0 Cal |
| Salt | to taste | 0 Cal |
| ***Total*** | ***230 g*** | ***235 Cal*** |
| ***1.0 Cal/g*** | |

|  |  |  |
| --- | --- | --- |
| Portions |  |  |
| Mixed Greens (Iceberg, Rocca, Lola Rossa | 80 g | 12 Cal |
| Sweet Pepper | 20 g | 5 Cal |
| Cucumber | 20 g | 3 Cal |
| Cherry Tomato | 30 g | 6 Cal |
| Parsley | 10 g | 1 Cal |
| **Chickpeas Marinated Grilled** | 30g | 55 Cal |
| Dill Mint Sauce | 50 g | 50 Cal |
| Total | 240 g | 132 Cal |

***Tabbouleh Recipe:***

|  |  |  |
| --- | --- | --- |
| Item Name | Quantity | Calorie |
| Chopped Tomato | 75 g | 13 |
| Chopped Parsley | 32 g | 7 |
| Shredded Cabbage | 15 g | 5 |
| Red Onion | 10 g | 7 |
| Burgul Raw | 6 g | 22 |
| All Vegetables must be chopped well excluding cabbage. | | |
| Pomegranate Seeds | 5 g | 3 |
| ***Total*** |  | ***54 Cal*** |
| ***Dressing*** | ***30g*** | ***93 Cal*** |
|  |  | ***148 Cal*** |

|  |  |  |
| --- | --- | --- |
| ***Tabbouleh Dressing or 1 liter*** | | |
| Lemon Juice | 450 g | 99 Cal |
| Olive Oil | 250 g | 2250 |
| Salt | 15 g | 0 |
| Pomegranate Molasses | 60 g | 240 |
| Water | 60 g | 0 |
| ***Total*** | ***835g*** | ***2589 Cal***  ***3.1 Cal/g*** |

***Cesar Salad Recipe:***

|  |  |  |
| --- | --- | --- |
| **Item Name** | **Quantity** | **Calorie** |
| Iceberg Lettuce | 100 g | 15 Cal |
| Croutons | 10 g | 20 Cal |
| Parmesan Cheese | 10 g | 45 Cal |
| Cherry Tomato | 30 g (3pcs) | 6 Cal |
| Caesar Sauce | 40 g | 100 Cal |
| ***Total*** | ***190 g*** | 186 Cal |
| ***Cesar Dressing: for 1 KG*** | | |
| Corn Oil | 80 g | 710 Cal |
| Chopped Garlic | 6 g | 10 Cal |
| White Vinegar | 6 g | 0 Cal |
| Lemon Juice | 15 g | 0 Cal |
| Egg | 1 pc | 80 Cal |
| Dijon Mustard | 10 g | 10 Cal |
| Salt | 2 g | 0 Cal |
| Parmesan Cheese | 10 g | 120 Cal |
| Black Pepper | 2 g | 10 Cal |
| Parsley | 2 g | 0 Cal |
| Water | 100 g | 0 Cal |
|  | 301 g  After mixing – 380 g | 920 Cal  2.4 Cal/g |