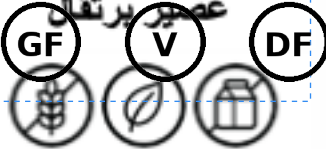


Orange Juice

عصير برتقال  
Text Box 2



Calories: 55 kcal  
Carbohydrates: 13 g  
Protein: 2 g  
Fat: 0 g

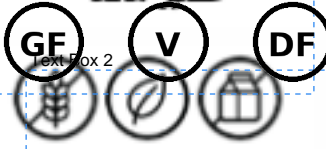


Mango Juice

عصير مانغا  
Text Box 2



Calories: 65 kcal  
Carbohydrates: 16 g  
Protein: 1 g  
Fat: 0 g

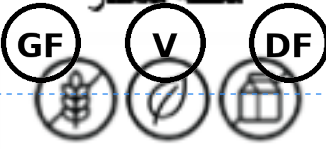


Beetroot Salad

سلطة شمندر  
Text Box 2



Calories: 120 kcal  
Carbohydrates: 25 g  
Protein: 3 g  
Fat: 1 g



Tuna Sandwiches

ساندويش تونا  
Text Box 2



Calories: 75 kcal  
Carbohydrates: 6 g  
Protein: 5 g  
Fat: 3.5 g

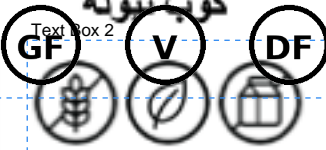


Tabbouleh Cup

كوب تبولة  
Text Box 2



Calories: 180 kcal  
Carbohydrates: 26 g  
Protein: 6 g  
Fat: 10 g



Almond Chia Energy Bites

كرات طاقة باللوز والشيا  
Text Box 2



Calories: 180 kcal  
Carbohydrates: 16 g  
Protein: 5 g  
Fat: 11 g

