



Orange Juice

عصير برتقال

Text Box 2

GF

V

DF



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



Mango Juice

عصير مانغا

Text Box 2

GF

V

DF



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



Beetroot Salad

سلطة شمندر

Text Box 2

GF

V

DF



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



Tuna Sandwiches

ساندويتش تونا

Text Box 2

G

M

DF



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



Tabbouleh Cup

كوب تبولة

Text Box 2

GF

V

DF



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



Almond Chia Energy Bites

كرات طاقة باللوز والشيا

Text Box 2

GF

V

DF



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