



BLUE FIG

WEIGHT WATCH PROGRAM

HEALTH & WELLNESS SOLUTIONS
THROUGH CERTIFIED
NUTRITIONALLY TECHNIQUES.

“ Out beyond the idea of right
thinking and wrong thinking is
a field...

I will meet you there...” Rumi

Weight watch, our plan, your way!
When it comes to weight, everyone's needs
are different. What works well for one
person may not work as well for another.

That's why, for the first time ever, we're
offering more than one way to experience
the journey. Introducing Blue Fig's
Weight Watch Program!

With this groundbreaking program, you can
feel confident that you're on the right
path for you. We start with a food plan
that's based on nutrition science, so
your body is getting what it needs and
you're not going hungry. Also keep in
mind, a layer of proven behavioral
techniques can help you build
life-changing habits, one small,
achievable goal at a time. You'll eat
better, be healthier, and shift your
mindset to an "I've got this" way of
thinking—because we're about more than
just weight watch.

We're about success that lasts.

So welcome. This is the start of
something great!

SCIENCE BEHIND THE PROGRAM

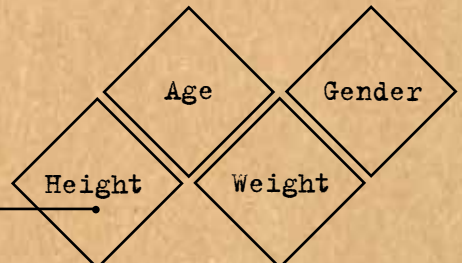
It all starts with a deep understanding and a certified nutrition insights to which it takes complex nutritional data and boils it down to one simple, easy-to-understand number.

Where calories form the baseline, sugar and saturated fat makes the figure go up; protein lowers it.

Blue Fig's Weight Watch Program (WWP) will guide you towards a healthier pattern of eating. The program is personalized to you, a man has different nutritional needs than a woman.

It is based on your age, weight, height and sex to ensure you reach your weight goal.

A 6'3" male has different nutritional needs than a 5'2" female.



WWP 3 ways to live it

The WWP is freeing and flexible for you, because it takes your personal needs into account and figures out which option best aligns with your lifestyle.

We include a breakfast, lunch and dinner scheduled meals to the program.

Each meal is planned by a certified nutritionist that will keep up with you and always on the loop to follow up with your progress and nutritional needs or any questions in mind.

The WWP menu

Everything on the menu taking our strongest stance ever on eating healthier, with less processed food.



View Blue Fig's Weight Watch Program Menu

OUR WWP DISHES NUTRITION FACTS

BREAKFAST FRUIT SALAD

Nutrition Facts

Serving Size (150g)
Servings Per Container

Amount Per Serving

Calories 80 **Calories from Fat** 5

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 20g **7%**

Dietary Fiber 3g **12%**

Sugars 14g

Protein 1g

Vitamin A 4% • Vitamin C 80%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Fruits
150gm

Sugars
14g



Calories
80gm

Total Fat
0g

MALE/FEMALE

*Served with each
course in the menu*



Carbs
28gm

Dairy
185gm

Protein
100gm



Fruits
150gm

BREAKFAST BOILED EGGS

Nutrition Facts

Serving Size (301g)

Servings Per Container

Amount Per Serving

Calories 380 **Calories from Fat** 150

% Daily Value*

Total Fat 16g **25%**

Saturated Fat 7g **35%**

Trans Fat 0g

Cholesterol 400mg **133%**

Sodium 300mg **13%**

Total Carbohydrate 36g **12%**

Dietary Fiber 1g **4%**

Sugars 13g

Protein 22g

Vitamin A 15% • Vitamin C 4%

Calcium 30% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

MALE/FEMALE

BREAKFAST GRILLED SMOKED TURKEY

Nutrition Facts

Serving Size (213g)
Servings Per Container

Amount Per Serving

Calories 260 **Calories from Fat** 50

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 40mg **13%**

Sodium 800mg **33%**

Total Carbohydrate 32g **11%**

Dietary Fiber 1g **4%**

Sugars 9g

Protein 20g

Vitamin A 4% • Vitamin C 4%

Calcium 20% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Carbs
29gm



Dairy
40gm

Protein
55gm

Fruits
150gm



MALE/FEMALE

BREAKFAST GRILLED HALLOUMI CHEESE

Nutrition Facts

Serving Size (328g)
Servings Per Container

Amount Per Serving

Calories 220 **Calories from Fat** 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 6g **30%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 810mg **34%**

Total Carbohydrate 17g **6%**

Dietary Fiber 0g **0%**

Sugars 12g

Protein 18g

Vitamin A 20% • **Vitamin C** 2%

Calcium 50% • **Iron** 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Protein
55gm



Carbs
28gm

Dairy Full Fat 180gm
Skimmed 250gm
Almond 200gm

Fruits
150gm



MALE/FEMALE

LUNCH / DINNER

GRILLED

FILLET STEAK

Nutrition Facts

Serving Size (213g)
Servings Per Container

Amount Per Serving

Calories 260 **Calories from Fat** 50

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 40mg **13%**

Sodium 800mg **33%**

Total Carbohydrate 32g **11%**

Dietary Fiber 1g **4%**

Sugars 9g

Protein 20g

Vitamin A 4% • Vitamin C 4%

Calcium 20% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Carbs
115gm



Protein
115gm

Vegetables
110gm



Salad
170gm



Fruits
150gm

MALE

LUNCH / DINNER GRILLED CHICKEN BREAST

Nutrition Facts

Serving Size (345g)
Servings Per Container

Amount Per Serving

Calories 310 **Calories from Fat** 50

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 45mg **15%**

Sodium 660mg **28%**

Total Carbohydrate 42g **14%**

Dietary Fiber 7g **28%**

Sugars 4g

Protein 24g

Vitamin A 110% • Vitamin C 120%

Calcium 4% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Carbs
115gm



Protein
115gm

Vegetables
110gm



Salad
170gm



Fruits
150gm

MALE

LUNCH / DINNER ROASTED WHITE FISH

Nutrition Facts

Serving Size (345g)
Servings Per Container

Amount Per Serving

Calories 380 **Calories from Fat** 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 70mg **23%**

Sodium 170mg **7%**

Total Carbohydrate 45g **15%**

Dietary Fiber 6g **24%**

Sugars 6g

Protein 29g

Vitamin A 110% • Vitamin C 180%

Calcium 4% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Vegetables
110gm



Protein
115gm

Carbs
115gm



Salad
170gm



Fruits
150gm

MALE



Total Fat
20g

Sugars
5g

Calories
250gm

Vegetables
250gm

JARASH ARENA SALAD

Nutrition Facts

Serving Size (250g)
Servings Per Container

Amount Per Serving

Calories 250 **Calories from Fat** 180

% Daily Value*

Total Fat 20g **31%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 610mg **25%**

Total Carbohydrate 10g **3%**

Dietary Fiber 3g **12%**

Sugars 5g

Protein 3g

Vitamin A 130% • Vitamin C 40%

Calcium 6% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

MALE

ORIENTAL SALAD

Nutrition Facts

Serving Size (250g)
Servings Per Container

Amount Per Serving

Calories 240 **Calories from Fat** 180

% Daily Value*

Total Fat 20g **31%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 570mg **24%**

Total Carbohydrate 9g **3%**

Dietary Fiber 2g **8%**

Sugars 4g

Protein 2g

Vitamin A 40% • **Vitamin C** 150%

Calcium 2% • **Iron** 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Total Fat
20g

Sugars
4g



Calories
240g

Vegetables
250gm

MALE

Total Fat
20g

Sugars
2g



Calories
230gm

Vegetables
250gm

ROCCA SALAD

Nutrition Facts

Serving Size (250g)
Servings Per Container

Amount Per Serving

Calories 230 Calories from Fat 180

% Daily Value*

Total Fat 20g **31%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 530mg **22%**

Total Carbohydrate 6g **2%**

Dietary Fiber 2g **8%**

Sugars 2g

Protein 4g

Vitamin A 0% • Vitamin C 100%

Calcium 15% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

MALE

LUNCH / DINNER

GRILLED

FILLET STEAK

Nutrition Facts

Serving Size (255g)
Servings Per Container

Amount Per Serving

Calories 340 **Calories from Fat** 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 75mg **25%**

Sodium 540mg **23%**

Total Carbohydrate 32g **11%**

Dietary Fiber 4g **16%**

Sugars 2g

Protein 29g

Vitamin A 100% • Vitamin C 30%

Calcium 2% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Carbs
85gm



Protein
85gm

Vegetables
110gm



Salad
115gm



Fruits
150gm

FEMALE

LUNCH / DINNER GRILLED CHICKEN BREAST

Nutrition Facts

Serving Size (255g)
Servings Per Container

Amount Per Serving

Calories 230 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 490mg **20%**

Total Carbohydrate 31g **10%**

Dietary Fiber 5g **20%**

Sugars 3g

Protein 18g

Vitamin A 100% • Vitamin C 80%

Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Carbs
85gm



Protein
85gm

Vegetables
110gm



Salad
115gm



Fruits
150gm

FEMALE

LUNCH / DINNER ROASTED WHITE FISH

Nutrition Facts

Serving Size (255g)
Servings Per Container

Amount Per Serving

Calories 280 **Calories from Fat** 60

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 120mg **5%**

Total Carbohydrate 33g **11%**

Dietary Fiber 5g **20%**

Sugars 5g

Protein 22g

Vitamin A 100% • Vitamin C 120%

Calcium 2% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Vegetables
110gm



Protein
85gm

Carbs
85gm



Salad
115gm



Fruits
150gm

FEMALE



Total Fat
20g

Sugars
3g

Calories
230gm

Vegetables
197gm

JARASH ARENA SALAD

Nutrition Facts

Serving Size (197g)
Servings Per Container

Amount Per Serving

Calories 230 Calories from Fat 180

% Daily Value*

Total Fat 20g **31%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 550mg **23%**

Total Carbohydrate 7g **2%**

Dietary Fiber 2g **8%**

Sugars 3g

Protein 2g

Vitamin A 100% • Vitamin C 35%

Calcium 4% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

FEMALE

ORIENTAL SALAD

Nutrition Facts

Serving Size (195g)
Servings Per Container

Amount Per Serving

Calories 230 **Calories from Fat** 180

% Daily Value*

Total Fat 20g **31%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 550mg **23%**

Total Carbohydrate 7g **2%**

Dietary Fiber 1g **4%**

Sugars 3g

Protein 1g

Vitamin A 30% • **Vitamin C** 120%

Calcium 2% • **Iron** 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Total Fat
20g

Sugars
3g



Calories
230gm

Vegetables
195gm

FEMALE

Total Fat
20g

Sugars
1g

Calories
220gm

Vegetables
195gm



ROCCA SALAD

Nutrition Facts

Serving Size (195g)
Servings Per Container

Amount Per Serving

Calories 220 Calories from Fat 180

% Daily Value*

Total Fat 20g **31%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 520mg **22%**

Total Carbohydrate 4g **1%**

Dietary Fiber 1g **4%**

Sugars 1g

Protein 3g

Vitamin A 0% • Vitamin C 80%

Calcium 10% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

FEMALE

YOUR TOP QUESTIONS

Glad you asked!

1. Does Weight Watch Program work?

There is good evidence for the efficacy of Weight Watch Program method and particularly for maintenance of weight loss over the longer term.

2. How do Weight Watch Program make sure the program is nutritionally sound?

Our Weight Watch Program have a registered dietitian and certified nutritionist advising the program. She input regularly to make sure that the program and its menu materials are scientifically sound, evidence based and accurate.



Check out our Acknowledgement Certificate

3. Does It Allow for Dietary Restrictions or Preferences?

Whether you're a vegetarian or vegan or need to limit salt or fat, WWP is designed to be flexible enough that you can follow it.

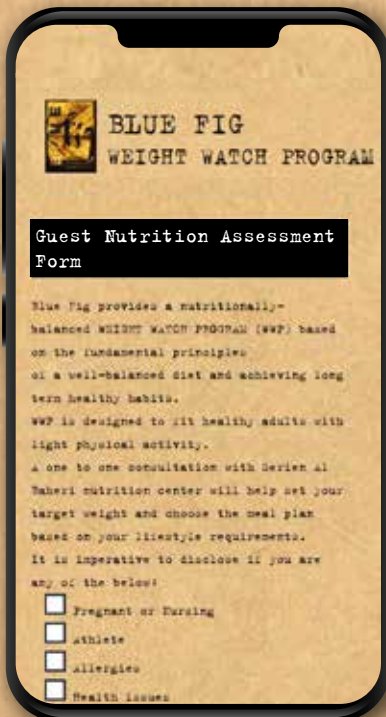
Weight Watch Program - Monthly plan



VIEW THE WWP MONTHLY PLAN

Want to sign in to Blue Fig's WWP?

Please fill out our Weight Watch Program



BLUE FIG
WEIGHT WATCH PROGRAM

Guest Nutrition Assessment Form

Blue Fig provides a nutritionally-balanced WEIGHT WATCH PROGRAM (WWP) based on the fundamental principles of a well-balanced diet and achieving long term healthy habits.

WWP is designed to fit healthy adults with light physical activity.

A one to one consultation with Serien Al Baheri nutrition center will help set your target weight and choose the meal plan based on your lifestyle requirements.

It is imperative to disclose if you are any of the below:

- ☐ Pregnant or Nursing
- ☐ Athlete
- ☐ Allergies
- ☐ Health issues



BLUE FIG WWP

CLIENT ASSESSMENT
& DISCLAIMER FORM

Easy to join!

Proper Follow-up.

Noticeable Progress.



BLUE FIG

A culture within all cultures

Learn more



Health & safety measures.



Tribute of the month.



Abdoun special offers.



Corner special offers.



Take & Bake solutions.



Gourmet & Catering.



Delivery menu.



Cafe & Bar QAIA.



Whatsapp business.



Rate us on TripAdvisor.