

DR

Sandwiches

Halloumi

Seven-grain bread - Halloumi (75g)
Sun-dried tomatoes - Mixed greens
Olives - Cherry tomatoes - Cucumber
Pesto sauce



Tuna sandwich

505 calories .
Seven-grain bread - special tuna - avocado
mixed greens - jalapeño
mixed bell peppers - sun-dried tomatoes
green onion



Pesto chicken

610 calories .
Seven-grain mix - Chicken (100g)
Mixed greens - Avocado
Sun-dried tomatoes - Light cheese
Pesto sauce



Beef sandwich

610 calories.
Seven-grain bread - creamy hummus
100g beef - avocado - green onion
sun-dried tomatoes - jalapeño
honey mustard sauce



Chicken Quesadilla

490 calories .
Tortilla bread - 90g grilled chicken
mixed bell peppers - green onions
grilled corn - light cheese - Mayovado sauce



Beef Quesadilla

530 calories.
Tortilla bread - 90g beef - mixed bell peppers
grilled corn - light cheese - red onion
Mayovado sauce



Dr.diet wrap

Tortilla - chicken- potato - quinoa- carrot
mix greens - avocado



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Juice

NO ADDED SUGAR

Red Juice

147 calories .
Beets, apple, orange
250ml



Orange Juice

188 calories .
Orange
250ml



Green Juice

153 calories .
Spinach, ginger, orange, apple, cucumber
250ml



Smoothie

mango boost

162 calories.
low fat milk with banana and mango
with honey



Radiance

280 calories .
milk low fat - banana - honey - avocado



Strawberry

164 calories .
milk low fat - strawberry - banana
honey - chia



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Healthy snacks

Oats mango

Oats - greek yogurt- mango



Mix berry

Oats - greek yogurt- berry .



Tamari granola

Granola chocolate- greek yogurt- dates
banana.



DR.DIET

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MENU

Don't eat less, **eat Right.**

Bowls

Mexican Bowl

778 calories .

Grilled chicken (120g), mixed bell peppers special rice,avocado, jalapeño, onion nachos, diet mayo sauce.



Mix cashew chicken

Mix greens - chicken- potato - mexican rice colored peppers- grilled corn - light cheese cashew sauce



Mushroom Beef Bowl

520 calories .

beef 90grams - steam veg - rice 150 grams



Napoli chicken bowl

514 calories .

Chicken 120grams - pasta 200 grams cheese light - cherry tomatoes Sauce: napoli



Basic Bowl

410 calories .

120grams - Rice 150 grams -mix greens You can choose your sauce



Beef Bowl

100g beef - mixed greens - 150g rice cherry tomatoes - colored bell peppers cucumber - honey mustard sauce



Curry Bowl

475 calories .

120g chicken - 150g rice - sautéed vegetables 42 g protein

42g
PROTEIN



Curry shrimp bowl

505 calories .

Shrimp (75g) - Sautéed vegetables Pineapple - Rice (150g) - Curry sauce .



Fillet hamour bowl

Fish - rice 150grams - stem veg You can choose your sauce



Salad

YOU CAN
WALK
10K STEPS
AFTER THIS

Green Tuna

410 calories .

Mixed greens - special tuna 100grams colored bell - peppers - cherry tomatoes grilled corn - avocado - carrots lemon and oil dressing



Feta salad

490 calories .

MIX GREEN - feta 70g - Beetroot colored Bell Pepper - Cucumber Cherry Tomatoes - Grilled Green Olives Quinoa - Lemon & Oil Dressing



Crab salad

410 calories .

Mixed greens - crab125 grams - carrots green apple - raisins - cucumber dried pomegranate - mayoavocado sauce



Caesar Salad

590 calories .

Green mix - 100g chicken - grilled corn cherry tomatoes - toasted bread light Kashkaval cheese - Mayovado sauce



Crispy beef

540 calories .

Green mix - beef 100g - bell peppers carrots - cherry tomatoes - cucumber avocado - honey mustard sauce



Chicken power

690 calories .

Mix greens - chicken 120 grams - avocado quinoa - apple - feta - almonds dried pomegranate - balsamic sauce



Shrimp mango

390 calories .

Mix greens - avocado- mango dried pomegranate - Sauce lemonade oil .



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