

GENERAL FACTS ABOUT OUR GLUTEN, FAT FREE AND SUGAR FREE HIGH PROTEIN SNACKS:

The main ingredients of our HIGH PROTEIN SNACK include whey protein sweetened with sucralose and a selection of all natural fruits.

What sets our snacks apart is that they contain:

- no flour or any other type of processed sugar.
- no butter, nut butter, and oilseeds. They are entirely fat-free, unlike many other high-protein snacks on the market.
- no eggs, milk or yogurt. So its 100% lactose-free.
- have a good amount of fiber.



+961 71 760 160



PRO CAKE 4\$

Flavored Whey isolate mixed with either banana or apple cinnamon or berries & gluten-free, sugar-free cacao.

1 PC (75G) 210CAL, 2.5G FAT, 23G CARB, 2.6G FIBER, 24G PROTEIN



PRO TIRAMISU 4\$

Vanilla whey isolate, coffee, banana & gluten-free, sugar-free cacao.

1 PC (160G) 200 CAL, 4G FAT, 14G CARB, 6G FIBER, 27G PROTEIN



PRO CREAMY CAKE 4\$

Vanilla or chocolate whey isolate, banana & gluten-free, sugar-free cacao.

1 PC (160G) 192 CAL, 4G FAT, 13G CARB, 5G FIBER, 26G PROTEIN



PRO PUDDING 4\$

100% Vanilla or chocolate whey isolate + fruit on top

1 PC (280g) 210cal, 2.5G FAT, 23G CARB, 2.6G FIBER, 24g PROTEIN



PRO MUFFIN+SAUCE 4\$

Flavored Whey isolate mixed with either banana or apple cinnamon or berries & gluten-free, sugar-free cacao.

1 PC (150G) 210 CAL, 2.5G FAT, 23G CARB, 2.6G FIBER, 24G PROTEIN



PROTEIN CAKE (8 SERVINGS) 20\$



GLUTEN
FREE



OAT SOURDOUGH BREAD



10 \$



BUILD YOUR PERFECT HIGH-PROTEIN MEAL

- **High-Protein, Keto (9\$)** For those seeking a low-carb, fat-burning approach. This diet is high in protein and healthy fats, with minimal carbs, perfect for fat loss without muscle loss.
- **High-Protein, Moderate-Carb (11\$)** Ideal for people aiming to improve athletic performance, build muscle, and burn fat. This option balances protein with moderate carbs for sustained energy during workouts.



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STEP 1

CHOOSE YOUR PROTEIN BASE

200g grilled steak

Hand-cut steak, expertly seasoned and grilled to perfection.
248 cal, 52g protein, 10g fat

200g grilled chicken breast

Tender and juicy chicken breast, marinated in our signature blend of herbs and spices
303 cal, 60g pro, 7g fat

250g grilled fish filet +1\$

Delicately seasoned and grilled to perfection fish filet
280 cal, 58g pro, 3g fat

200g grilled salmon +3\$

Packed with heart-healthy omega-3 fatty acids, savor the rich taste of our premium Salmon fillet
269 cal, 47g pro, 9g fat

200g grilled kafta

Lean ground meat blended with aromatic spices and herbs
334 cal, 52g pro, 14g fat

200g hamburger

No eggs, No breadcrumb lean ground beef patty
334 cal, 52g pro, 14g fat

200g grilled tebleh

AKA kebbbeh without burghol
334 cal, 52g pro, 14g fat

200g grilled taouk

Marinated chicken Breast, grilled to perfection
303 cal, 60g pro, 7g fat

STEP 2

CHOOSE YOUR SALAD

CURLY ENDIVE

Curly endive, cherry tomatoes, cucumber, red cabbage, shredded carrots and yellow pepper
200 g, 40 Cal, 7 g carbs, 3 g protein,

CABBAGE

Red and green cabbage, shredded carrots, and coriander
200 g, 40 Cal, 7g carbs, 3 g protein,

KALE BEETROOT

Kale, cherry tomatoes, cucumber and onion
200 g, 52 Cal, 10g carbs, 3 g protein,

GRILLED VEGGIES

Brocoli, zucchini, mushroom and cauliflower
200g, 44 Cal, 8 g carbs, 3 g protein,

TABBOULEH

Parsley, tomatoes and onion .
200 g, 40 Cal, 7g carbs, 3 g protein,

ROCCA

Rocca, cherry tomatoes and onion .
200 g, 36 Cal, 6 g carbs, 3 g protein,

FATTOUCH

Purslane, iceberg, mint leaves, thyme, tomatoes, cucumber and radish
200 g, 36 Cal, 6 g carbs, 3 g protein,



**GLUTEN
FREE**



STEP 3

CHOOSE YOUR DRESSING

LEMON

Freshly squeezed lemon, extra virgin olive oil, salt, and water.

70 ml, 42 Cal, 0.66 g carbs, 0.02 g protein, 4.4 g fat

BALSAMIC

Balsamic vinegar, extra virgin olive oil, salt, and water.

70 ml 82 Cal, 5 g carbs, 0.11 g protein, 6 g fat

APPLE CIDER

Apple cider vinegar, extra virgin olive oil, salt, and water.

70 ml 54 Cal, 0.36 g carbs, 0g protein, 5 g fat

MUSTARD

Mustard, freshly squeezed lemon, extra virgin olive oil, salt, and water.

70 ml 48 Cal, 1.12 g carbs, 1.2 g protein, 4.5 g fat

MAYONNAISE

Mayonnaise, freshly squeezed lemon, salt, and water.

70 ml 229 Cal, 0.2 g carbs, 0.5 g protein, 25 g fat

TAHINI

Tahini, freshly squeezed lemon, salt and water

70 ml 140 Cal, 0.5 g carbs, 4 g protein, 12 g fat

STEP 4

CHOOSE YOUR CARBOHYDRATE

To support muscle growth and performance, make your salad moderate in carbohydrates by adding one of the following complex carbohydrate to your salad.

FALAFEL 60G

LENTIL 120G

QUNIOA 120G

HUMMUS 120G

POTATOES 200G

BROWN RICE 120G

SWEET POTATOES 200G

FRIKEH 120G

RED BEANS 120G

BLACK BEANS 120G

BROWN PASTA 120G



**GLUTEN
FREE**



PROTEIN BURGER

CHICKEN 9\$

200g Grilled chicken breast, topped with tomato, lettuce & mustard. No MAYO no extra fat :).

MEAT 9\$

200g Grilled lean patty meat , topped with tomato, lettuce & mustard. No MAYO no extra fat :).

PROTEIN TORTILLA

CHICKEN 9\$

200g Grilled chicken breast, tomatoes, peppers and onion with tortilla bread

MEAT 9\$

200g Grounded lean meat , tomatoes, peppers and onion with tortilla bread

PROTEIN OPEN SANDWICH

CHICKEN 9\$

Sourdough oat bread topped with 200g chicken and veggies.

MEAT 9\$

Sourdough oat bread topped with 200g meat and veggies.

FISH 9\$

Sourdough oat bread topped with 200g fish filet and veggies.

ARAYES KAFTA 6\$

200g kafta, brown bread and veggies.



SALAD



CHICKEN CAESER 6\$



Chicken and parmesan and iceberg.

320 Cal, 43g protein, 3.4g net carbs, 15g fat

CHEF 6\$



Boiled egg, chicken, turkey, kashksaval and iceberg.

348 Cal, 43g protein, 2.4g net carb, 18.5g Fat

