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Mahi Mahi with Asparagus and Quinoa



Ingredient		
Mahi mahi pan fried	Calories	339
Grilled asparagus	Protein	37
Red quinoa	Carb	26
Lettuce	fat	10
Cherry tomatoes		
Olive oil		

Mahi Mahi Mediterranean



Ingredient		
Mahi mahi	Calories	283
Spinach	Protein	37
Zucchini	Carb	13
Lemon zest	fat	8
Tomatoes		

Tuna with Spinach and Red Rice



Ingredient		
Tuna	Calories	423
Red rice	Protein	39
Spinach	Carb	46
tomatoes	fat	10
Olive oil		

Tuna with Quinoa and Spinach



Ingredient		
Tuna	Calories	427
Quinoa	Protein	42
spinach	Carb	41
Radish	fat	12
Olive oil		

Chicken with Cauliflower Rice and Salsa



Ingredient		
Chicken breast	Calories	355
Cauliflower rice	Protein	36
Fresh salsa	Carb	7
Olive oil	fat	38

Steak with Smash Sweet Potato and Spinach



Ingredient		
Beef steak	Calories	509
Sweet smash potatoes	Protein	30
Spinach	Carb	26
Grilled cherry tomatoes	fat	13

Salmon Zoodles Pasta



Ingredient		
Pan fried Salmon	Calories	381
Zucchini noodles	Protein	29
Whole wheat pasta	Carb	45
Olive oil	fat	9

Stir Fry Chicken Pasta



Ingredient		
Whole wheat pasta	Calories	435
100 g chicken	Protein	29
Broccoli	Carb	65
carrot	fat	10
Onion		
Capsicum		
Olive oil		

Teriyaki Salmon



Ingredient			
Red rice	Calories	424	
80 g Salmon	Protein	23	
Avocado	Carb	46	
edamame	fat	13	
Cherry tomatoes			
Teriyaki sauce			
Olive oil			

Quinoa Honey Chicken



Ingredient			
Red quinoa	Calories	426	
100g Chicken	Protein	38	
Honey sauce	Carb	51	
Bell pepper	fat	13	
Onion			
Olive oil			

Stir fry Beef with Red Rice



Ingredient			
Red rice	Calories	374	
Beef	Protein	24	
Broccoli	Carb	49	
Onion	fat	12	
Carrot			
Olive oil			

Chicken/Beef Shawarma

Ingredient		
100g Chicken or beef	Calories	353
Pita wrap	Protein	34g
Lettuce	Carb	47g
Carrot	fat	3g
cucumber		
Tomatoes		
Garlic sauce		

Mango Avo Tuna Wrap



Ingredient		
100g Tuna	Calories	388
Pita wrap	Protein	24
Mango	Carb	42
Red cabbage	fat	15
Carrot		
Salsa		
Guacamole		
Coriander		
Olive oil		

Falafel wrap



Ingredient		
5 falafel Egyptian	Calories	443
Pita wrap	Protein	14g
Onion	Carb	68g
Tomatoes	fat	13g
cucumber		
Lettuce		
Garlic sauce		

Shawarma Tempeh(v)

Ingredient		
tempeh	Calories	374
Pita wrap	Protein	16g
Lettuce	Carb	59
Onion	fat	6g
cucumber		
Tomato		
Garlic sauce		

Keto Tacos

Ingredient		
Lettuce	Calories	217
chicken	Protein	30
Onion	Carb	13
Cucumber	fat	4
Tomatoes		
Garlic sauce		
Carrot		

Californian burrito Wrap



Ingredient		
Chicken	Calories	581
Pita wrap	Protein	42
Guacamole	Carb	72
Red rice	fat	7g
Mozzarella		
Black beans		
Salsa		
Spinach		
Garlic paste		

The Sphinx Bowl



Ingredient		
Red quinoa	Calories	417
Grill capsicum	Protein	15g
Eggplant	Carb	44
Zucchini	fat	22
Avocado		
Cherry tomato		
Egg		
Sunflower seeds		
Pesto homemade		

Solimans bowl



Ingredient		
Red rice	Calories	545
chicken	Protein	55
Beef	Carb	49
Pita bread	fat	17
Grilled capsicum		
Lettuce		
Saba		
Onions		
Solimans sauce		

Keto veggies with Lean Meat



Ingredient		
Lean ground meat	Calories	476
Broccoli	Protein	55
Cauliflower	Carb	21
Asparagus	fat	34
Green capsicum		
Tomatoes cherry		
Mushrooms		
Olive oil		

Keto Bowl

Ingredient		
Cauliflower rice	Calories	544
Chicken breast	Protein	36g
kale	Carb	11
Feta cheese	fat	48
Egg,		
Avocado		
Black olives		
Olive oil		

Botanical Bowl(V)

Ingredient		
Red quinoa	Calories	518
Broccoli	Protein	31
Mushroom	Carb	66
Tempah	fat	14
Spinach		
corn		
Black beans		
Kale		
Olive oil		

The Mexican Bowl

Ingredient		
Red rice	Calories	546
Chicken	Protein	39
Corn	Carb	70
Capsicum	fat	12
Spinach		
Black bean		
Tomato salsa		
Guacamole		

Breaky Grande



Ingredient			
2 eggs		Calories	493
Chicken sausage		Protein	38
Sweet potato wedges		Carb	29
Spinach		fat	22
Mushrooms			
Tomato grill			

Arabic Platter



Ingredient			
Pita bread		Calories	646
Hummus		Protein	34
Egg		Carb	57
Falafel		fat	27
Black beans			
Tomatoes cherry			

Protein Pancakes



Ingredient			
Egg white		Calories	460
Oats		Protein	31
Protein powder		Carb	44
Flour		fat	11
Almond			
Honey			
Butter			

Eggs Lean Meat Wrap



Ingredient		
Ingredient	Calories	474
Pita wrap	Protein	43g
Egg	Carb	43g
100 g Lean meat	fat	16g
Mozzarella		
Onion		
Garlic sauce		

Keto chicken wrap



Ingredient		
Ingredient	Calories	446
Keto wrap	Protein	41g
Chicken breast	Carb	19g
Capsicum	fat	23g
Mozzarella cheese		
Olive oil		
Black olives		
Onion		
Garlic sauce		

Chicken mozzarella wrap



Ingredient		
Pita wrap	Calories	392
Chicken	Protein	35
Capsicum	Carb	46
Mozzarella	fat	7
Olive oil		
Black olives		
Onion		
Garlic sauce		

Breakfast Burrito



Ingredient		
Pita wrap	Calories	412
2 eggs	Protein	22
Cheese	Carb	33
Mushroom	fat	18
Tomato salsa		
Guacamole		

Keto omelette



Ingredient		
Eggs	Calories	600
Spinach	Protein	35
Black olives	Carb	31
Feta cheese	fat	21
Grilled tomatoes		
Keto bread		

Breakfast Burrito



Ingredient		
Pita wrap	Calories	412
2 eggs	Protein	22
Cheese	Carb	33
Mushroom	fat	18
Tomato salsa		
Guacamole		

Coco chia quinoa oats



Ingredient		
Oats	Calories	478
Quinoa	Protein	16
Granola	Carb	65
Chia seed	fat	12
Strawberry		
Almond		
Coconut milk		
Coconut shaved		

Green Valley



Ingredient		
Lettuce	Calories	346
kale	Protein	25
Spinach	Carb	56
Edamame	fat	6
Broccoli		
Zucchini		
Cabbage		
Carrot		
Tempah		
Celery		
Corn		

Cleopatra Salad

Ingredient		
Red quinoa	Calories	392
Edamame	Protein	23
Broccoli	Carb	59
Asparagus	fat	11
Cherry tomato		
spinach		
Mint		
Coriander		
Zucchini		
Olive oil		

Falafel Quinoa



Ingredient		
Red quinoa	Calories	461
Falafel	Protein	26
kale	Carb	55
Cabbage	fat	21
Coriander		
Onion		
Lettuce		
Balsamic vinegar		

Keto Salad



Ingredient		
lettuce	Calories	476
Chicken	Protein	42
Egg	Carb	20
Zucchini	fat	28
Broccoli		
Cherry tomatoes		
celery		
Avocado		
Sunflower seeds		

Poke Bowl

Ingredient		
Red rice	Calories	424
Cured salmon	Protein	27
Corn	Carb	55
Carrot	fat	10
edamame		
Red cabbage		
Cucumber		
Red radish		
Cherry tomatoes		
Nori		

Haloumi Avocado Toast



Ingredient		
Keto bread	Calories	564
Avocado smashed	Protein	27
Haloumi	Carb	13
Poached eggs	fat	42
Olive oil		
Tomato cherry		

Crostini

Ingredient		
Toast	Calories	360
Feta cheese	Protein	13
Honey	Carb	50
Almonds	fat	13
Dried fruits		

Avo Melted Cheese

Ingredient		
Toast	Calories	314
Avocado	Protein	12
Melted mozzarella	Carb	31
	fat	16

Keto Toast



Ingredient		
Keto bread	Calories	454
Avo smashed	Protein	37
Poached eggs	Carb	9g
Salmon cured	fat	37

Avo Salmon Toast

Ingredient		
Toast	Calories	442
Avocado smashed	Protein	34
Salmon	Carb	31
	fat	20

Keto Feta

Ingredient		
Keto bread	Calories	419
Feta cheese	Protein	15
Olives	Carb	8g
Olive oil	fat	8

Eggs Benedict

Ingredient		
Toast	Calories	394
spinach	Protein	24
Poached eggs	Carb	39
Florentine sauce	fat	15

Chicken Zoodle Pesto Pasta



Ingredient			
Pasta whole wheat	Calories	485	
Zucchini (zoodle)	Protein	47	
Pesto homemade	Carb	55	
130 g Chicken breast	fat	11	
Broccoli			
Cherry tomatoes			

Arabic Rice with Beef Patty



Ingredient			
Red rice	Calories	437	
Corn	Protein	35	
Carrot	Carb	45	
Bell pepper	fat	14	
Almond			
Beef patty			
Egg			
Cherry tomatoes			

Tuna Sushi with edamame Salad



Ingredient			
Nori	Calories	390	
Red rice	Protein	29	
Tuna	Carb	30	
Red cabbage	fat	12	
Cucumber			
Carrot			
Mayonnaise light			
lettuce			
Edamame			
Cherry tomatoes			

Arabic Rice with Chicken Meat Balls



Ingredient			
Chicken breast meatballs	Calories	416	
Red rice	Protein	40	
corn	Carb	45	
Carrots	fat	8	
Bell pepper			
Almond			
Cherry tomatoes			
Olive oil			

Chicken Zoodle Pesto Pasta



Ingredient		
Pasta whole wheat	Calories	485
Zucchini (zoodle)	Protein	47
Pesto homemade	Carb	55
130 g Chicken breast	fat	11
Broccoli		
Cherry tomatoes		

Arabic Rice with Beef Patty



Ingredient		
Red rice	Calories	437
Corn	Protein	35
Carrot	Carb	45
Bell pepper	fat	14
Almond		
Beef patty		
Egg		
Cherry tomatoes		

Tuna Sushi with edamame Salad



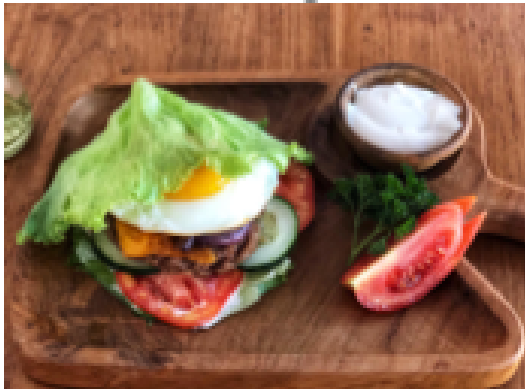
Ingredient		
Nori	Calories	390
Red rice	Protein	29
Tuna	Carb	30
Red cabbage	fat	12
Cucumber		
Carrot		
Mayonnaise light		
lettuce		
Edamame		
Cherry tomatoes		

Arabic Rice with Chicken Meat Balls



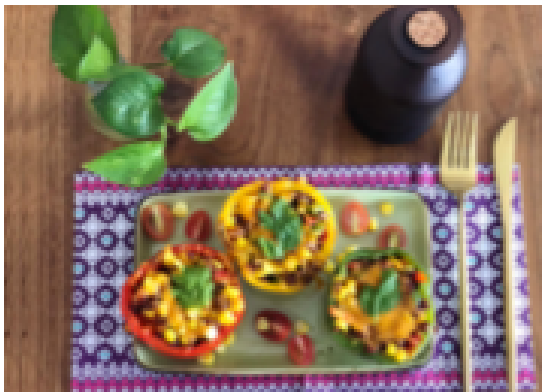
Ingredient		
Chicken breast meatballs	Calories	416
Red rice	Protein	40
corn	Carb	45
Carrots	Fat	8
Bell pepper		
Almond		
Cherry tomatoes		
Olive oil		

Keto burger s



Ingredient		
Lettuce	Calories	427
Beef patty	Protein	29
Egg	Carb	29
Tomato	Fat	8
Onion		
Cucumber		
Mushrooms		

Capsicum filling with tuna



Ingredient		
capsicum	Calories	429
Tuna	Protein	39
Red rice	Carb	51
Corn	fat	8
Carrot		
Mushrooms		
Almond		
Cherry tomatoes		