



Saturday

GYM FOOD

جيم فود

45 SR

Madghout Salmon

Fat Carb Protein Calories
26 41 45 578

13 SR **Hijazi saqadana with mango**

Fat Carb Protein Calories
13.5 4.5 6 223

29 SR

Mollokhia with chicken

Fat Carb Protein Calories
6 59 48 480

24 SR

Caesar Super Bowl

Fat Carb Protein Calories
12 35 18 320

18 SR

House salad

Fat Carb Protein Calories
10 20 2 178

29 SR

Tandoori chicken with rice

Fat Carb Protein Calories
7 61 48 498

18 SR

PB Banana Protein Shake

Fat Carb Protein Calories
14 48 39 472

13 SR

Protein cookies

Fat Carb Protein Calories
16 18 20 296

29 SR

Chicken Pesto Pasta

Fat Carb Protein Calories
13 37 51 473

18 SR

Lemon mint Protein shake

Fat Carb Protein Calories
0.5 1 28 114

13 SR

Protein cookies chocolate

Fat Carb Protein Calories
16 18 20 296

29 SR

Indian creamy chicken with rice

Fat Carb Protein Calories
7 57 45 470

7 SR

Coffee day - small

35 SR

Chinese beef with peanuts

Fat Carb Protein Calories
17 60 43 565

13 SR

Banofee

Fat Carb Protein Calories
15 27 3 277

9 SR

Coffee day - large

GYM FOOD

جِمْ فُود



45 SR

Madghout Salmon



Fat Carb Protein Calories
26 41 45 578

13 SR

Saudi coffee tiramisu



Fat Carb Protein Calories
13.5 18 6 217.5

29 SR

Palestinian Maqluba with chicken



Fat Carb Protein Calories
7 58 43 465

24 SR

Caesar Super Bowl



Fat Carb Protein Calories
12 35 18 320

13 SR

Greek yogurt with blueberries



Fat Carb Protein Calories
9 30 21 283

35 SR

Dawoud Pasha with vermicelli rice



Fat Carb Protein Calories
15 65 40 555

18 SR

PB Banana Protein Shake



Fat Carb Protein Calories
14 48 39 472

24 SR

Chicken thai salad



Fat Carb Protein Calories
13 20 37 341

29 SR

Italian tuscan chicken spinach pasta



Fat Carb Protein Calories
23 41 51 574

18 SR

Lemon mint Protein shake



Fat Carb Protein Calories
0.5 1 28 114

13 SR

Protein cookies



Fat Carb Protein Calories
16 18 20 296

29 SR

Spicy chicken burrito bowl



Fat Carb Protein Calories
11 45 44 455

7 SR

Coffee day - small



Fat Carb Protein Calories
0.5 1 28 114

13 SR

Protein cookies chocolate



Fat Carb Protein Calories
16 18 20 296

18 SR

Quinoa salad



Fat Carb Protein Calories
8 22 8 192

9 SR

Coffee day - large



Fat Carb Protein Calories
0.5 1 28 114

35 SR

Chinese beef with peanuts



Fat Carb Protein Calories
17 60 43 565

13 SR

Fruit Salad

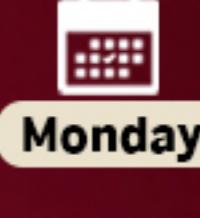


Fat Carb Protein Calories
4 32 2 172

GYM FOOD

جِمْ فُود

 Monday

45 SR Madghout Salmon  Fat Carb Protein Calories 26 41 45 578	13 SR Greek yogurt mango and almond granola  Fat Carb Protein Calories 9 29 22 285	29 SR Sicilian chicken parmigiana pasta  Fat Carb Protein Calories 23 41 52 578
24 SR Caesar Super Bowl  Fat Carb Protein Calories 12 35 18 320	13 SR Caramel cream  Fat Carb Protein Calories 9 30 3 213	29 SR Thai Curry chicken with coconut  Fat Carb Protein Calories 11 59 48 529
18 SR PB Banana Protein Shake  Fat Carb Protein Calories 14 48 39 472	18 SR Fattoush salad  Fat Carb Protein Calories 12 22 6 220	35 SR Spaghetti bolognese with beef  Fat Carb Protein Calories 16 45 45 503
18 SR Lemon mint Protein shake  Fat Carb Protein Calories 0.5 1 28 114	13 SR Chocolate almond cake  Fat Carb Protein Calories 15 21 4.5 237	32 SR Fish Andalusian  Fat Carb Protein Calories 8 58 47 496
7 SR Coffee day - small  Everyday	13 SR Protein cookies  Fat Carb Protein Calories 16 18 20 296	25 SR Btata Harra Tikka sandwich  Fat Carb Protein Calories 21 42 52 565
9 SR Coffee day - large  Everyday	13 SR Protein cookies chocolate  Fat Carb Protein Calories 16 18 20 296	18 SR Areika with protein  Fat Carb Protein Calories 21 50 30 512
35 SR Chinese beef with peanuts  Everyday	24 SR Tuna Pasta Salad  Fat Carb Protein Calories 17 60 43 565	

GYM FOOD

جِمْ فُود

 **Tuesday**

35 SR **Chinese beef with peanuts**

Fat	Carb	Protein	Calories
17	60	43	565



Everyday

18 SR **Arugula salad with orange**

Fat	Carb	Protein	Calories
10	26	8	2



Tuesday

29 SR

Chinese rice noodles with chicken

Fat	Carb	Protein	Calories
8	60	43	485



Tuesday

24 SR **Caesar Super Bowl**

Fat	Carb	Protein	Calories
12	35	18	320



Everyday

17 SR

House salad

Fat	Carb	Protein	Calories
10	20	2	178



Tuesday

29 SR **Spicy peri peri chicken pasta**

Fat	Carb	Protein	Calories
18	41	51	529



Tuesday

45 SR **Madghout Salmon**

Fat	Carb	Protein	Calories
26	41	45	578



Everyday

29 SR **Butter chicken with rice**

Fat	Carb	Protein	Calories
15	48	43	498



Tuesday

29 SR **Hasawian chicken kabsa**

Fat	Carb	Protein	Calories
10	64	49	542



Tuesday

18 SR **PB Banana Protein Shake**

Fat	Carb	Protein	Calories
14	48	39	472



Everyday

13 SR **Protein cookies**

Fat	Carb	Protein	Calories
16	18	20	296



Everyday

32 SR

Sayadia fish

Fat	Carb	Protein	Calories
8	58	47	496



Tuesday

18 SR **Lemon mint Protein shake**

Fat	Carb	Protein	Calories
0.5	1	28	114



Everyday

13 SR **Protein cookies chocolate**

Fat	Carb	Protein	Calories
16	18	20	296



Everyday

13 SR

Carrot cake

Fat	Carb	Protein	Calories
12	22.5	4.5	216



Tuesday

7 SR **Coffee day - small**



Everyday

9 SR **Coffee day - large**



Everyday



Wednesday

GYM FOOD

جِمْ فُود

45 SR

Madghout Salmon

Fat Carb Protein Calories
26 41 45 578

18 SR

Mango salad

Fat Carb Protein Calories
10 30 4 226

29 SR

Hadrami chicken madhbi

Fat Carb Protein Calories
7 64 50 520

24 SR

Caesar Super Bowl

Fat Carb Protein Calories
12 35 18 320

13 SR

Mini brownies

Fat Carb Protein Calories
13.5 15 4.5 199.5

35 SR

Meat burger with cheese

Fat Carb Protein Calories
24 47 40 562

18 SR

PB Banana Protein Shake

Fat Carb Protein Calories
14 48 39 472

24 SR

Chicken thai salad

Fat Carb Protein Calories
13 20 37 341

29 SR

Chicken burger with cheese

Fat Carb Protein Calories
15 47 51 528

18 SR

Lemon mint Protein shake

Fat Carb Protein Calories
0.5 1 28 114

13 SR

Protein cookies

Fat Carb Protein Calories
16 18 20 296

29 SR

BBQ chicken with mashed potatoes

Fat Carb Protein Calories
14 48 54 534

7 SR

Coffee day - small

13 SR

Protein cookies chocolate

Fat Carb Protein Calories
16 18 20 296

25 SR

Pesto chicken sandwich

Fat Carb Protein Calories
17 51 40 517

9 SR

Coffee day - large**Chinese beef with peanuts**

Fat Carb Protein Calories
17 60 43 565

13 SR

Jizan mango cake

Fat Carb Protein Calories
10.5 28.5 4.5 226.5



Thursday

GYM FOOD

جِمْ فُود

13 SR	Protein cookies chocolate	 Everyday	
Fat	Carb	Protein	Calories
16	18	20	296

18 SR	Protein Maesub with banana	 Thursday	
Fat	Carb	Protein	Calories
14	60	28	480

29 SR	Chicken kung pao spicy	 Thursday	
Fat	Carb	Protein	Calories
15	60	43	548

35 SR	Chinese beef with peanuts	 Everyday	
Fat	Carb	Protein	Calories
17	60	43	565

18 SR	Rocca salad	 Thursday	
Fat	Carb	Protein	Calories
6	20	4	150

32 SR	Fish kabsa	 Thursday	
Fat	Carb	Protein	Calories
10	58	50	523

45 SR	Madghout Salmon	 Everyday	
Fat	Carb	Protein	Calories
26	41	45	578

13 SR	San sebastian	 Thursday	
Fat	Carb	Protein	Calories
18	15	7.5	252

29 SR	Scandinavian creamy dill chicken	 Thursday	
Fat	Carb	Protein	Calories
19	51	45	554

24 SR	Caesar Super Bowl	 Everyday	
Fat	Carb	Protein	Calories
12	35	18	320

24 SR	Tuna Pasta Salad	 Thursday	
Fat	Carb	Protein	Calories
14	18	33	330

29 SR	Fettucine Alfredo with chicken	 Thursday	
Fat	Carb	Protein	Calories
12	50	47	496

18 SR	PB Banana Protein Shake	 Everyday	
Fat	Carb	Protein	Calories
14	48	39	472

13 SR	Greek yogurt with red berries	 Thursday	
Fat	Carb	Protein	Calories
9	30	21	283

30 SR	Old Jeddah Beef shawarma	 Thursday	
Fat	Carb	Protein	Calories
16	63	43	566

18 SR	Lemon mint Protein shake	 Everyday	
Fat	Carb	Protein	Calories
0.5	1	28	114

13 SR	Protein cookies	 Everyday	
Fat	Carb	Protein	Calories
16	18	20	296

20 SR	Buffalo chicken pizza	 Thursday	
Fat	Carb	Protein	Calories
14	43	38	452

7 SR	Coffee day - small	 Everyday	
Fat	Carb	Protein	Calories

9 SR	Coffee day - large	 Everyday	
Fat	Carb	Protein	Calories