



Saturday

GYM FOOD جم 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





Sunday

GYM FOOD جم فود

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



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



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





Monday

GYM FOOD

جم فود

45 SR

Madghout Salmon

Fat Carb Protein Calories
26 41 45 578



24 SR

Caesar Super Bowl

Fat Carb Protein Calories
12 35 18 320



18 SR

PB Banana Protein Shake

Fat Carb Protein Calories
14 48 39 472



18 SR

Lemon mint Protein shake

Fat Carb Protein Calories
0.5 1 28 114



7 SR

Coffee day - small



9 SR

Coffee day - large



13 SR

**Greek yogurt mango
and almond granola**

Fat Carb Protein Calories
9 29 22 285



13 SR

Caramel cream

Fat Carb Protein Calories
9 30 3 213



18 SR

Fattoush salad

Fat Carb Protein Calories
12 22 6 220



13 SR

Chocolate almond cake

Fat Carb Protein Calories
15 21 4.5 237



13 SR

Protein cookies

Fat Carb Protein Calories
16 18 20 296



13 SR

Protein cookies chocolate

Fat Carb Protein Calories
16 18 20 296



35 SR

Chinese beef with peanuts

Fat Carb Protein Calories
17 60 43 565



29 SR

Sicilian chicken parmigiana pasta

Fat Carb Protein Calories
23 41 52 578



29 SR

Thai Curry chicken with coconut

Fat Carb Protein Calories
11 59 48 529



35 SR

Spaghetti bolognese with beef

Fat Carb Protein Calories
16 45 45 503



32 SR

Fish Andalusian

Fat Carb Protein Calories
8 58 47 496



25 SR

Btata Harra Tikka sandwich

Fat Carb Protein Calories
21 42 52 565



18 SR

Areika with protein

Fat Carb Protein Calories
21 50 30 512



24 SR

Tuna Pasta Salad

Fat Carb Protein Calories
14 18 33 330





Tuesday

GYM FOOD جم فود

35 SR Chinese beef with peanuts

Fat Carb Protein Calories
17 60 43 565



18 SR Arugula salad with orange

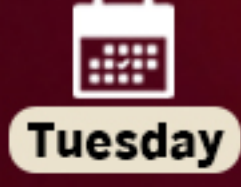
Fat Carb Protein Calories
10 26 8 2



29 SR

Chinese rice noodles
with chicken

Fat Carb Protein Calories
8 60 43 485



24 SR Caesar Super Bowl

Fat Carb Protein Calories
12 35 18 320



17 SR House salad

Fat Carb Protein Calories
10 20 2 178



29 SR Spicy peri peri chicken pasta

Fat Carb Protein Calories
18 41 51 529



45 SR Madghout Salmon

Fat Carb Protein Calories
26 41 45 578



29 SR Butter chicken with rice

Fat Carb Protein Calories
15 48 43 498



29 SR Hasawian chicken kabsa

Fat Carb Protein Calories
10 64 49 542



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



32 SR Sayadia fish

Fat Carb Protein Calories
8 58 47 496



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



13 SR Carrot cake

Fat Carb Protein Calories
12 22.5 4.5 216



7 SR Coffee day - small



9 SR Coffee day - large





Wednesday

GYM FOOD

جم فود

45 SR	Madghout Salmon Fat Carb Protein Calories 26 41 45 578 Everyday	18 SR	Mango salad Fat Carb Protein Calories 10 30 4 226 Wednesday	29 SR	Hadrami chicken madhbi Fat Carb Protein Calories 7 64 50 520 Wednesday
24 SR	Caesar Super Bowl Fat Carb Protein Calories 12 35 18 320 Everyday	13 SR	Mini brownies Fat Carb Protein Calories 13.5 15 4.5 199.5 Wednesday	35 SR	Meat burger with cheese Fat Carb Protein Calories 24 47 40 562 Wednesday
18 SR	PB Banana Protein Shake Fat Carb Protein Calories 14 48 39 472 Everyday	24 SR	Chicken thai salad Fat Carb Protein Calories 13 20 37 341 Wednesday	29 SR	Chicken burger with cheese Fat Carb Protein Calories 15 47 51 528 Wednesday
18 SR	Lemon mint Protein shake Fat Carb Protein Calories 0.5 1 28 114 Everyday	13 SR	Protein cookies Fat Carb Protein Calories 16 18 20 296 Everyday	29 SR	BBQ chicken with mashed potatoes Fat Carb Protein Calories 14 48 54 534 Wednesday
7 SR	Coffee day - small Everyday	13 SR	Protein cookies chocolate Fat Carb Protein Calories 16 18 20 296 Everyday	25 SR	Pesto chicken sandwich Fat Carb Protein Calories 17 51 40 517 Wednesday
9 SR	Coffee day - large Everyday	35 SR	Chinese beef with peanuts Fat Carb Protein Calories 17 60 43 565 Everyday	13 SR	Jizan mango cake Fat Carb Protein Calories 10.5 28.5 4.5 226.5 Wednesday



Thursday

GYM FOOD جم فود

13 SR Protein cookies chocolate

Fat Carb Protein Calories
16 18 20 296



18 SR Protein Maesub with banana

Fat Carb Protein Calories
14 60 28 480



29 SR Chicken kung pao spicy

Fat Carb Protein Calories
15 60 43 548



35 SR Chinese beef with peanuts

Fat Carb Protein Calories
17 60 43 565



18 SR Rocca salad

Fat Carb Protein Calories
6 20 4 150



32 SR Fish kabsa

Fat Carb Protein Calories
10 58 50 523



45 SR Madghout Salmon

Fat Carb Protein Calories
26 41 45 578



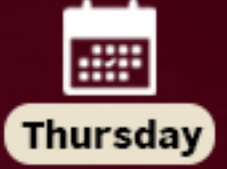
13 SR San sebastian

Fat Carb Protein Calories
18 15 7.5 252



29 SR Scandinavian creamy dill chicken

Fat Carb Protein Calories
19 51 45 554



24 SR Caesar Super Bowl

Fat Carb Protein Calories
12 35 18 320



24 SR Tuna Pasta Salad

Fat Carb Protein Calories
14 18 33 330



29 SR Fettucine Alfredo with chicken

Fat Carb Protein Calories
12 50 47 496



18 SR PB Banana Protein Shake

Fat Carb Protein Calories
14 48 39 472



13 SR Greek yogurt with red berries

Fat Carb Protein Calories
9 30 21 283



30 SR Old Jeddah Beef shawarma

Fat Carb Protein Calories
16 63 43 566



18 SR Lemon mint Protein shake

Fat Carb Protein Calories
0.5 1 28 114



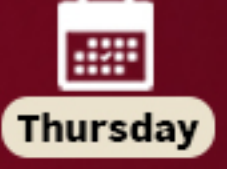
13 SR Protein cookies

Fat Carb Protein Calories
16 18 20 296



20 SR Buffalo chicken pizza

Fat Carb Protein Calories
14 43 38 452



7 SR Coffee day - small



9 SR Coffee day - large

