



COFFEE *Talks*

SO  
FRESH



STAY  
FIT & FAB



# HEALTHY CHOICES

## POACHED EGGS WITH AVOCADO CROSTINI

Poached eggs & avocado spread on toasted brown bread

بيض بوشد مع افوكادو كروستيني

بيض بوشد و معجون الأفوكادو على خبز بني محمص

## HONEY MUSTARD TURKEY SANDWICH

Grilled turkey breast, honey mustard, olive oil & lemon dressing in brown bread served with rocket leaves

تركي ساندوتش مع مستردة بالعسل

صنوبر الرومي المشوية، مستردة بالعسل وصوص زيت الزيتون بالليمون في خبز بني يقدم مع أوراق الجرجير

## EGG WHITE OMELETTES

أومليت بياض البيض

## BREAKFAST CREPE (WHOLE-WHEAT)

Grilled turkey breast, mozzarella cheese & olives served with salad

كريب الإفطار (قمح كامل)

صنوبر التركي المشوية، جبنة موتزاريلا و زيتون يقدم مع السلطة

## MEDITERRANEAN CREPE (WHOLE-WHEAT)

Feta cheese, olives, tomatoes served with mixed salad and olive oil dressing

ميديتيرينيان كريب (قمح كامل)

جبنة فيتا، زيتون و طماطم يقدم مع السلطة بصوص زيت الزيتون

## COUNTRY SIDE CREPE (WHOLE-WHEAT)

Buffalo mozzarella, spinach, carrots, mushrooms, garlic, onions, tomatoes and pesto sauce

كنتري سايد كريب (قمح كامل)

جبنة موتزاريلا بفلو، سبانخ، جزر، مشروم، ثوم، بصل، طماطم و صوص الپيستو

CALORIES	FATS	PROTEIN	CARBS
583 kcal	39 g	21 g	32 g
ALLERGENS GLUTEN, EGGS & SOYA			
421 kcal	9.5 g	43 g	39 g
ALLERGENS GLUTEN, MUSTARD, SOYA & SULPHITES			
282 kcal	5.7 g	21.2 g	33.5 g
ALLERGENS WHEAT, CELERY, EGGS & MILK			
559 kcal	27 g	39 g	37 g
ALLERGENS GLUTEN, EGGS, & MILK			
661 kcal	45 g	22 g	39 g
ALLERGENS GLUTEN, EGGS & MILK			
591 kcal	34 g	29 g	38 g
ALLERGENS GLUTEN, TREE NUTS, EGGS, SULPHITES & MILK			





# HEALTHY CHOICES

## BANANA & MIXED SEEDS OATMEAL

Oatmeal, bananas, sunflower & pumpkin seeds, cinnamon & homemade almond milk

### حبوب شوفان بالموز

حبوب الشوفان، موز، حبوب عباد الشمس والقرع العسلى، قرفة و لبن اللوز

## HEALTHY GRANOLA PARFAIT

Homemade granola with honey and low fat yogurt

### جرانولا مع بارفية الزبادي

جرانولا مع العسل و زبادى قليل الدسم

## QUINOA PORRIDGE WITH STEWED APPLES

Red & white quinoa, homemade stewed apples, almond milk & honey

### كينوا بالتفاح المطهى

كينوا بيضاء و حمراء، تفاح مطهى، لبن اللوز و العسل

## LENTILS & FETA SALAD

Red lentils, feta cheese, bell peppers, cherry tomatoes, cucumber, and honey vinaigrette dressing

### سلطة عدس وقيتا

عدس أحمر، جبنة قيتا، فلفل ألوان، طماطم شيرى، خيار، و صوص الفينجريت بالعسل

## ALMONDS & APPLE SALAD WITH CHICKEN

Grilled chicken, green apple, lettuce, cucumber, rocket leaves, almonds and honey vinaigrette dressing

### سلطة فراخ مع اللوز والتفاح

فراخ مشوية، تفاح أخضر، خس، خيار، أوراق الجرجير، شرائح اللوز و صوص الفينجريت بالعسل

## FETA CROSTINI

Feta cheese, tomatoes, chili powder on toasted brown bread

### قيتا كروستيني

جبنة قيتا، طماطم، تشيلى بودر على خبز بنى محمص

CALORIES	FATS	PROTEIN	CARBS
315 kcal	9.3 g	11.9 g	43 g

ALLERGENS GLUTEN & MILK

662 kcal	37 g	20 g	57 g
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ALLERGENS TREE NUTS, MILK & SESAME

326 kcal	8.5 g	11.1 g	46 g
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ALLERGENS TREE NUTS, PEANUTS & SESAME

487 kcal	21.5 g	22.2 g	44 g
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ALLERGENS MUSTARD, MILK & SULPHITES

427 kcal	21.6 g	34.3 g	20.4 g
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ALLERGENS MUSTARD, MILK & SULPHITES

451 kcal	26 g	15.7 g	34 g
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ALLERGENS GLUTEN, MILK & SOYA





# HEALTHY SMOOTHIES

## • PURIFY •



## KEEP YOUR SKIN HYDRATED

AVOCADOS, APPLES, SPINACH  
AND LEMON

أفوكادو، تفاح، سبانخ وليمون

CALORIES	FATS	PROTEIN	CARBS
165 kcal	6.1 g	2.9 g	22.7 g

## • SPARKLE •



## FEEL THE GLOW

CARROTS, GREEN APPLE, GINGER,  
CELERY AND LEMON

جزر، تفاح أخضر، زنجبيل، كرفس وليمون

CALORIES	FATS	PROTEIN	CARBS
114 kcal	1.2 g	2.3 g	21 g

# HEALTHY SMOOTHIES



## • IMMUNIZE •



## BOOST YOUR IMMUNITY

KIWI, BANANA, ALMOND,  
MILK, SPINACH & ICE

کیوی، موز، لوز، لبن، سبانخ وثلج

CALORIES	FATS	PROTEIN	CARBS
157 kcal	3.6 g	3.8 g	23.5 g

## • ENERGIZE •



## LIFT YOUR ENERGY

BANANA, DATES, ALMOND  
BANANA, DATES, ALMOND

موز، بلح، لوز، لبن وقرفه

CALORIES	FATS	PROTEIN	CARBS
135 kcal	4.3 g	2.8 g	18.4 g



# HEALTHY TIPS BY BODY BLOCKS



## ● CARBS ●

You should get your foods that release the sugar (glucose) slowly into the bloodstream rather than foods that cause your blood sugar to surge; to keep blood sugar levels stable. Those are referred to as low glycaemic foods like brown bread, brown rice and brown pasta.

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## ● EAT HEALTHY FATS ●

The most up to date evidence suggests that it is healthier to change the types of fat you eat rather than to severally restrict the overall level of fat in your diet. Nuts and seeds are a very healthy source of “healthy fats” as well as salmon, olive oil and avocados.

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## ● GREEN TEA ●

Green tea contains EGCG, which speeds up fat metabolism, lowers total cholesterol & LDL levels.

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## ● PROTEIN ●

Make sure you eat high quality protein everyday and preferably at every meal. It is the amino acids in these foods that are used to detox your body, build muscle, make collagen, balance your blood sugar levels and keep you full between meals.

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## ● SNACKING ●

Only have snack in between meals if you are hungry to help give your liver a break and allow time for your body to use your stored fat as a source of energy instead of your snacks.

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## ● ANTIOXIDANTS ●

Aim to include a variety of food in your daily regime and not eat the exact same thing daily. Eat detoxifying foods everyday such as green tea, onions, garlic, turmeric, ginger, beetroot, herbs and cruciferous vegetables like cauliflower, broccoli and cabbage.

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# HEALTHY TIPS BY BODY BLOCKS

## ● GET SOME SUNSHINE ●

Get some sunshine for vitamin D. expose as much of your skin as possible to the sun daily for 30 minutes being careful not to burn.

## ● EAT CONSCIOUSLY ●

Chew your food thoroughly. If you swallow big lumps of food, the enzymes just can't digest it properly.

## ● CHEMICALS PRESERVATIVES ●

Chemicals and preservatives can add an additional burden to your kidneys as well as influence your mood and behaviour. By keeping your diet as natural and unprocessed as possible, you can reduce your toxic exposure.

## ● SUGAR ●

Avoid added sugar and artificial sweeteners and include foods with naturally occurring sugars in moderation like fruit and honey.

## ● SLEEP ●

Lack of sleep causes Leptin which is the hormone that signals to your brain that your are full after meals to fall, while ghrelin the hormone which signals hunger to rise. That is why you may tend to feel hungrier and eat more when you are sleep deprived.

## ● DRINK WATER ●

Water is essential for digesting and absorbing food, transporting nutrients around the body, keeping cells functioning properly and removing toxins via the liver and the kidneys.

## ● AVOID DAMAGED FATS & OILS ●

When cooking with high temperatures, it is always better to cook with a small amount of natural butter, coconut butter/oil or ghee to ensure the structure doesn't change and become harmful trans fat. Use olive oil for light sautéing and salad dressings only.

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