

# Byblos Meal Prep

# Nutritional Guide

	calories	protein	fat	carbs
	Standard   Protein +	Standard   Protein +	Standard   Protein +	Standard   Protein +
Steak Kebab	446   606	33.5g   62.9g	18.5g   23.2g	35.9g   35.9g
Steak Shawarma	423   560	20.8g   37.4g	20.8g   27.8g	37g   38.1g
Koobideh Kebab	617   783	33.6g   48.3g	35.3g   46g	39.4g   41.2g
Kafta Kebab	465   644	32.4g   60.4g	19.6g   25.3g	37.7g   39.4g
Chicken Kebab**	500   700	38g   71.6g	21.5g   27.7g	36.1g   36.1g
Chicken Shawarma	423   560	18.2g   32.2g	20.8g   27.8g	38.8g   41.6g
Shrimp Kebab	347   408	18.2g   32.2g	14.3g   14.7	36.8g   37.6g
Veggie Kebab	323   348	7.2g   9.2g	13.8g   13.8g	43.4g   48.4g
Falafel Kebab	400   514	8.7g   13.2g	19.9g   26g	46.7g   57.5g

## Sauces:

Yogurt**	60
Tahini	73
Chimichurri	80
Honey Harissa	90
Garlic	150

All meals are:  
 GLUTEN FREE  
 DAIRY FREE  
 COOKED IN PURE  
 COLD PRESSED  
 EXTRA VIRGIN OLIVE OIL

\*\* items contain dairy