

# Light Tastes

be light, be happy, be fit

*Famous Nutritionist*

## Nilay Keçeci Recipes



### FIT Mongolian Beef

New

120 gr. sauteed tenderloin pieces, capia pepper, carrot, spring onion, garlic, ginger and soy sauce



CALORIFIC  
VALUE  
**360**  
Cal.

### FIT Beef with Pineapple

150 gr. sauteed beef, julienne-cut pineapple, baby corn, onions, ginger with s.mix



CALORIFIC  
VALUE  
**426**  
Cal.

### FIT Chicken Shish with Mung Beans



200 gr. grilled chicken shish, lettuce, mung beans tabbouleh, grilled capia peppers with tzatziki



CALORIFIC  
VALUE  
**305**  
Cal.

### FIT Chicken with Asparagus



New

100 gr. chicken breast with kashar cheese, asparagus and boiled vegetables



CALORIFIC  
VALUE  
**350**  
Cal.

#menüehayatkat



Watch video  
Upload one!

### VEGETARIAN Falafel Wrap Cal. 600



Tortilla bread filled with tahini sauced fried falafel, Mediterranean mix, pickled gherkins, fresh onions, acuka, fresh mint, tahini sauce with tomato and cucumber salad, baked potatoes

### FIT Broccoli Chicken Cal. 345



200 gr. sauteed chicken, broccoli, carrots, soy sauce, parsley with tzatziki

### FIT Grilled Salmon Cal. 460



250 gr. grilled salmon, sauteed spinach, mung beans tabbouleh, lettuce, lemon