



Carla's[®]
good-food
Beirut

healthily delicious

Issue 01



- lose weight
- optimize energy and health

- slow the aging process
- satisfy your taste buds

- transform your eating habits
- **We are HACCP certified**

TIRED OF TINY PORTIONS ?



A healthy diet, is a reflection of good food, and must be a gratifying experience. At Carla's Good Food, we guarantee you do not leave hungry.

The secret is in the delicate calculations of calorie supply, from the superior quality and tastiest ingredients for your meal.

Carla's Good Food is healthy, dependable, affordable and most importantly delicious that takes care of obese, diabetics, people who suffer from high cholesterol, and specially concerned healthy people.

✂ cut here

 **Meal Voucher**

10% Discount



CARLA HABIB MOURAD

www.carlasgoodfood.com

Carla is a Community Nutritionist with long years of experience in clinical nutrition, Media communication and education, all in the field of nutrition. She graduated from the American University of Beirut with a Bachelor's degree and a Masters degree in Nutrition.

She became a pioneer in the Arab world when she started her TV career on Future TV.

Carla published 3 best-seller books on nutrition in Arabic.

The number one advice Carla always gives to her TV audience and to her students at AUB is that moderation is the key to a healthy lifestyle!

Carla welcomes you in her in-store clinic while you dine at Carla's Good Food.

GUILT FREE FOR YOU AND ME



Yes, It is guilt free! Your body needs all kinds of foods. But without the extra calories from oils, sugars, and embellishing additions. We provide our diets on a calculated calorie intake ration, that gives you the guilt free eating experience, through our dine-in, home-made retail area and delivery services.

GO GREEN, KEEP IT CLEAN

When we care so much about what goes into our dietary system, we should also care what goes into our environmental system.

With so much packaging waste in the market today, we thought of a way to pioneer awareness.

Just send back the delivery box with our driver and we will take care of the rest, for our staff is dedicated to best quality and hygiene

We owe so much of our tasty foods to nature, and we thought of giving something back. Help us be true to our cause.



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WORRY NOT This CHRISTMAS

Carla's Guilt-Free Buche de Noel will be available to taunt your taste buds at Carla's Good Food. Now with Carla's special recipe, you can enjoy your Christmas with no worries of gaining any extra weight.

MERRY CHRISTMAS !!!

We also cater for your Christmas and New Year Dinners. Special Christmas Dish "Stuffed Turkey

Home-Made Recipies

Lemonade

To a Glass of Crushed Ice,
Add 1 cup of water
and 1 squeezed Lemon
Dip in few mint leaves
2 tsp of Sugar

and finally add 1 tsp. of Carla's Home Made Rosewater, which you can find at Carla's Good Food Retail area.

HOME MADE, WELL MADE!

Imagine you walking into a restaurant and having a great healthily delicious experience.

We present you with our Home Made Corner, where you can browse and buy from a wide selection of home made bottle foods, dried foods and more.

Get inspired, and ask us to discover the hidden world of healthy cooking.

LOST 10 KGS SINCE SIGNING UP WITH CARLA'S !!!!

Interview with Mohammad A. [31 years]

Where did you hear about Carla's Good Food?

My mother has been watching Carla's show for the last 7 years and she saw the opening of Carla's Good Food on TV, so I decided to visit the shop and try the program in order to get rid of the extra weight I gained after I got married.

For how long have you been taking food from Carla's Good Food?

I started my membership on October 5, 2009.

How many kilos did you lose so far?

I lost 6 kg the first month and 4 kg the second month. I still have 5 kg to lose.

How did you find the food?

The food is really good and the portions are satisfying. The menus also offer a great variety of food so you can always find something you like.

So do you think the diet is easy to follow?

Yes, it is extremely easy. The food is so tasty you don't even feel deprived. I can have kenafe or mankoushe for breakfast and pizza for dinner. For this reason, it is much easier than other diets because nothing is restricted.

Would you encourage others to follow the same program?

Yes definitely. I am satisfied with the results and I would encourage others to join.

**Lose all your Excess Weight
at 180\$ a month with
Carla's Membership
& Special Packages**

NUTRITION MYTH of the month



All Fats are bad ??

It's a long-held nutrition myth that all fats are bad. But the fact is, we all need fat. Fats aid nutrient absorption and nerve transmission, and they help to maintain cell membrane integrity - to name just a few of their useful purposes. However, when consumed in excessive amounts, fats contribute to weight gain, heart disease and certain types of cancers.

Not all fats are created equal. Some fats can actually help promote good health, while others increase the risk for heart disease. The key is to replace bad fats (saturated fats and trans fats) with good fats (monounsaturated fats and polyunsaturated fats).

**All our very special dairy products
come from AUB Bekaa Farm**

**Ask our in-store dietitian
about all your questions
and concerns**

Use this Meal Voucher to
get **10% Discount** on your
Healthy Delicious
Meal at Carla's Good Food

Valid until December 31 / 09

www.carlasgoodfood.com