

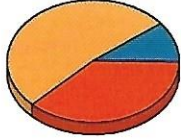


DR. IBRAHIM A. ALARIFI
NUTRITION CONSULTING OFFICE

مكتب الدكتور ابراهيم العريفي
للإستشارات الغذائية

BUTTER CHICKEN (SMALL) - NYF

Recipe grams: 227.00g/8.0oz
Serves 1 227.00g/8.0oz per serving



Protein: 10%
Carbohydrates: 52%
Fat: 37%

INGREDIENTS

170 gram Potato, French-fried
57 gram Butter Chicken Sauce

Added Sugar: 0 g

General Manager:
Dr. Ibrahim Abdullah ALARIFI



Nutrition Facts	
1 serving per container	
Serving size	1 serving (227g)
Amount per serving	
Calories	520
% Daily Value*	
Total Fat 21g	27%
Saturated Fat 7g	33%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 470mg	20%
Total Carbohydrate 71g	26%
Dietary Fiber 6g	21%
Total Sugars 3g	
Protein 13g	
Vit. D 0mcg 0%	• Calcium 18mg 2%
Iron 2mg 15%	• Potas. 1040mg 20%

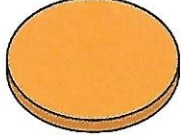


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مكتب الدكتور ابراهيم العريفي
للإستشارات الغذائية

Mirinda 24 OZ LARGE - NYF

Recipe grams: 720.00g/25.4oz
Serves 1 720.00g/25.4oz per serving



Protein: 0%
Carbohydrates: 100%
Fat: 0%

INGREDIENTS

24 oz Mirinda

Added Sugar: 0 g

General Manager:
Dr. Ibrahim Abdullah ALArifi

مكتب المستشار
د/ إبراهيم عبدالله العريفي
للإستشارات الغذائية
ترخيص رقم : FCO 00003
س.ت : 1010457420

Nutrition Facts

1 serving per container
Serving size 1 serving (720g)

Amount per serving
Calories 140

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 260mg 11%

Total Carbohydrate 36g 13%

Dietary Fiber 0g 0%

Total Sugars 36g

Protein 0g

Vit. D 0mcg 0%

Iron 0mg 0%

• Calcium 0mg 0%

• Potas. 0mg 0%



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مكتب الدكتور ابراهيم العريفي
للإستشارات الغذائية

Diet Pepsi 24 OZ LARGE - NEW YORK FRIES

Recipe grams: 720.00g/25.4oz
Serves 1 720.00g/25.4oz per serving

Protein: 0%
Carbohydrates: 0%
Fat: 0%

INGREDIENTS

24 fl oz Diet Pepsi

Added Sugar: 0 g

General Manager:
Dr. Ibrahim Abdullah ALArifi

مكتب الإستشارات
د/ إبراهيم عبدالله العريفي
للإستشارات الغذائية
ترخيص رقم : FCO 00003
س.ت : 1010457420

Nutrition Facts

1 serving per container	
Serving size	1 serving (720g)
Amount per serving	
Calories	0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Protein 24g	
Vit. D 0mcg 0%	• Calcium 0mg 0%
Iron 0mg 0%	• Potas. 0mg 0%

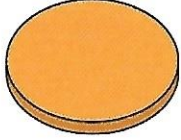


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مكتب الدكتور ابراهيم العريفي
للإستشارات الغذائية

PEPSI 32 OZ JUMPO - NEW YORK FRIES

Recipe grams: 960.00g/33.9oz
Serves 1 960.00g/33.9oz per serving



Protein: 0%
Carbohydrates: 100%
Fat: 0%

INGREDIENTS

32 fl oz PEPSI

Added Sugar: 0 g

General Manager:
Dr. Ibrahim Abdullah ALArifi

مكتب الإستشارات
د/ إبراهيم عبدالله العريفي
للإستشارات الغذائية
ترخيص رقم : FCO 00003
س.ت : 1010457420

Nutrition Facts

1 serving per container
Serving size 1 serving (960g)

Amount per serving
Calories 400

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 108g	39%
Dietary Fiber 0g	0%
Total Sugars 108g	
Protein 0g	

Vit. D 0mcg 0% • Calcium 0mg 0%
Iron 0mg 0% • Potas. 40mg 0%

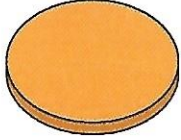


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مكتب الدكتور ابراهيم العريفي
للإستشارات الغذائية

PEPSI 24 OZ LARGE - NEW YORK FRIES

Recipe grams: 720.00g/25.4oz
Serves 1 720.00g/25.4oz per serving



Protein: 0%
Carbohydrates: 100%
Fat: 0%

INGREDIENTS

24 fl oz PEPSI

Added Sugar: 0 g

General Manager:
Dr. Ibrahim Abdullah ALArifi

مكتب الإستشارات
د/ إبراهيم عبدالله العريفي
للإستشارات الغذائية
ترخيص رقم : FCO 00003
س.ت : 1010457420

Nutrition Facts

1 serving per container
Serving size 1 serving (720g)

Amount per serving
Calories 300

		% Daily Value*
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	75mg	3%
Total Carbohydrate	81g	29%
Dietary Fiber	0g	0%
Total Sugars	81g	
Protein	0g	
Vit. D	0mcg 0%	• Calcium 0mg 0%
Iron	0mg 0%	• Potas. 30mg 0%

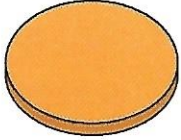


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مكتب الدكتور ابراهيم العريفي
للإستشارات الغذائية

Mtn Dew Beverage LARGE 24 OZ - NYF

Recipe grams: 720.00g/25.4oz
Serves 1 720.00g/25.4oz per serving



Protein: 0%
Carbohydrates: 100%
Fat: 0%

INGREDIENTS

24 fl oz Montain Due Draft Pip

Added Sugar: 0 g

General Manager:
Dr. Ibrahim Abdullah ALArifi

Nutrition Facts	
1 serving per container	
Serving size 1 serving (720g)	
Amount per serving	
Calories	330
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 93g	34%
Dietary Fiber 0g	0%
Total Sugars 93g	
Protein 0g	
Vit. D 0mcg 0%	• Calcium 0mg 0%
Iron 0mg 0%	• Potas. 0mg 0%

مكتب الإستشارات
د/ إبراهيم عبدالله العريفي
للإستشارات الغذائية
ترخيص رقم : FCO 00003
س.ت : 1010457420

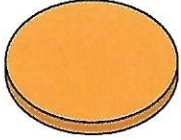


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مكتب الدكتور ابراهيم العريفي
للإستشارات الغذائية

Mtn Dew Beverage 32 OZ JUMPO - NYF

Recipe grams: 960.00g/33.9oz
Serves 1 960.00g/33.9oz per serving



Protein: 0%
Carbohydrates: 100%
Fat: 0%

INGREDIENTS

32 fl oz Montain Due Draft Pip

Added Sugar: 0 g

General Manager:
Dr. Ibrahim Abdullah ALArifi

Nutrition Facts	
1 serving per container	
Serving size	1 serving (960g)
Amount per serving	
Calories	440
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 124g	45%
Dietary Fiber 0g	0%
Total Sugars 124g	
Protein 0g	
Vit. D 0mcg 0%	• Calcium 0mg 0%
Iron 0mg 0%	• Potas. 0mg 0%

مكتب الإستشارات
د/ ابراهيم عبدالله العريفي
للإستشارات الغذائية
ترخيص رقم : FCO 00003
س.ت : 1010457420

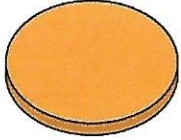


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مكتب الدكتور ابراهيم العريفي
للإستشارات الغذائية

Mirinda 32 OZ JUMPO - NYF

Recipe grams: 960.00g/33.9oz
Serves 1 960.00g/33.9oz per serving



Protein: 0%
Carbohydrates: 100%
Fat: 0%

INGREDIENTS

32 oz Mirinda

Added Sugar: 0 g

General Manager:
Dr. Ibrahim Abdullah ALArifi

Nutrition Facts	
1 serving per container	
Serving size	1 serving (960g)
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 48g	17%
Dietary Fiber 0g	0%
Total Sugars 48g	
Protein 0g	
Vit. D 0mcg 0%	• Calcium 0mg 0%
Iron 0mg 0%	• Potas. 0mg 0%

مكتب استشارات
د/ ابراهيم عبدالله العريفي
للإستشارات الغذائية
ترخيص رقم : FCO 00003
س.ت : 1010457420



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مكتب الدكتور ابراهيم العريفي
للإستشارات الغذائية

SEVEN UP 32 OZ JUMPO - NEW YORK FRIES

Recipe grams: 960.00g/33.9oz
Serves 1 960.00g/33.9oz per serving



Protein: 0%
Carbohydrates: 100%
Fat: 0%

INGREDIENTS

32 fl oz SEVEN UP

Added Sugar: 0 g

General Manager:
Dr. Ibrahim Abdullah ALArifi

مكتب الإستشارات
د/ إبراهيم عبدالله العريفي
للإستشارات الغذائية
ترخيص رقم : FCO 00003
س.ت : 1010457420

Nutrition Facts	
1 serving per container	
Serving size	1 serving (960g)
Amount per serving	
Calories	400
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 104g	38%
Dietary Fiber 0g	0%
Total Sugars 104g	
Protein 0g	
Vit. D 0mcg 0%	• Calcium 0mg 0%
Iron 0mg 0%	• Potas. 0mg 0%

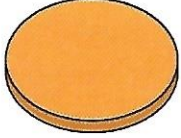


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مكتب الدكتور ابراهيم العريفي
للإستشارات الغذائية

SEVEN UP 24 OZ LARGE - NEW YORK FRIES

Recipe grams: 720.00g/25.4oz
Serves 1 720.00g/25.4oz per serving



Protein: 0%
Carbohydrates: 100%
Fat: 0%

INGREDIENTS

24 fl oz SEVEN UP

Added Sugar: 0 g

General Manager:
Dr. Ibrahim Abdullah ALArifi

مكتب الإستشارات
د/ إبراهيم عبدالله العريفي
للإستشارات الغذائية
ترخيص رقم : FCO 00003
س.ت : 1010457420

Nutrition Facts

1 serving per container
Serving size 1 serving (720g)

Amount per serving
Calories 300

		% Daily Value*
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	150mg	7%
Total Carbohydrate	78g	28%
Dietary Fiber	0g	0%
Total Sugars	78g	
Protein	0g	

Vit. D 0mcg 0% • Calcium 0mg 0%
Iron 0mg 0% • Potas. 0mg 0%



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مكتب الدكتور ابراهيم العريفي
للإستشارات الغذائية

Diet Pepsi 32 OZ JUMPO - NEW YORK FRIES

Recipe grams: 720.00g/25.4oz
Serves 1 720.00g/25.4oz per serving

Protein: 0%
Carbohydrates: 0%
Fat: 0%

INGREDIENTS

24 fl oz Diet Pepsi

Added Sugar: 0 g

General Manager:
Dr. Ibrahim Abdullah ALArifi

مكتب استشارات
د/ إبراهيم عبدالله العريفي
للإستشارات الغذائية
ترخيص رقم : FCO 00003
س.ت : 1010457420

Nutrition Facts	
1 serving per container	
Serving size 1 serving (720g)	
Amount per serving	
Calories 0	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Protein 24g	
Vit. D 0mcg 0%	• Calcium 0mg 0%
Iron 0mg 0%	• Potas. 0mg 0%