



An estimated duration of physical activity required to burn the calories

- Najd Village Platter (serves two to three people) requires 1.5 to 3.5 hours of physical
- Fresh Juices: Avocado, Mango, Orange, Grape, etc. – 10–30 minutes of physical activity
- Soft Drinks: Pepsi, 7-Up, Mirinda – 2–15 minutes
- Jareesh Soup – High in salt (25–35 minutes of physical activity)
- Bone-In Meat Soup (5–10 minutes)
- Vegetable and Meat Broth – High in salt (15–20 minutes)
- Spicy Pepper Salad – 10–15 minutes
- Tomato and Onion Salad – 10–15 minutes
- Tahini Salad – 50–60 minutes
- Yogurt Salad – 10–15 minutes
- Green Salad – 10–15 minutes
- Kabsa and Badia dishes with chicken, Naeemi lamb, camel, and shrimp – require 15–25 minutes of physical activity.
- Includes: Muhallabia, Caramel Cream, Qeshd, Hanini, Afees, Millet Cake, and more.

Physical activity required ranges from 10 to 60 minutes depending on the dish.