

Joud by Tawfeer Supermarket: A Healthier Frozen Prepared Meals

Healthy frozen meals for convenience and wellness

Beirut, Lebanon Sep 4, 2023 ([Issuewire.com](https://www.issuewire.com)) - "Joud," a Tawfeer Supermarket brand, has developed its range of frozen prepared meals this year with several new and exciting recipes designed to make sticking to healthy eating easier than ever.

"Every frozen prepared meal is conscious about the calorie intake, low in fat and carbohydrates – showing that you don't have to bargain when it comes to making healthier choices," says Mr. Rami Bitar, CEO of [Tawfeer Supermarkets](#). All of the meals have been created by our team to offer a selection of healthy, convenient meal solutions – ideal for when you're running out of time, you simply just don't feel like cooking, or when you miss traditional feel-good meals.

Tawfeer Supermarkets are offering frozen prepared meal ranges that now include multiple favorite meals familiar to Lebanese families. These meals contain healthy ingredients just like you'd make them at home. This means you can enjoy foods like quinoa salad, tabbouleh, Rocca salad, Greek salad, tuna pasta salad, chicken Caesar salad, and more, knowing you're choosing a smart and delicious choice.

Aside from nutrition, the newly developed "Joud" pre-prepared meals focus on flavor and ingredient excellence sourced from Lebanese farmlands.

Tawfeer Supermarket meals also provide the promise that every single dish contains no artificial colors or flavorings, is health-conscious, and is delicious.

This focus on a holistic approach to healthy living with food, fitness, and well-being is our company ethos when it comes to providing culinary excellence to our customers at an amazingly affordable price," says Mr. [Rami Bitar](#).

Tawfeer Supermarkets in its various locations in Masaken, Maaraka, Wadi, Dweir, Hasbaya, Kfarreman, Tabarja, Rawche, Ouzai, Sarafand, Aabasye, Aitaroun, Ghazyeh, Zkak El Blat, Wadi El Zine, Sabra, Kana, Ain Al Delb, Souk Al Ghareb, Al Mrayje, Rachaya, Majadel, and Aabba, are ready to receive all of their loyal customers in order to explore its wide curation of healthy and affordable options.

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