



THE DOCTORS DIET

Dear Rawan Amer Fadda

Here's Your Weekly Food Menu Programm

Daily Meals	02-10-2023 -- Monday
Breakfast	Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil)
Breakfast	Strawberries (5 Medium)
Lunch	Shish Tawook (without yogurt)
Dinner	Eggplant Mutabbal with olive oil (without adding yogurt)
Daily Meals	03-10-2023 -- Tuesday
Breakfast	Hard boiled eggs with salt, sumaq and one tablespoon olive oil
Breakfast	Raw Nuts (3-5 pieces)
Lunch	Grilled chicken liver in olive oil without onions
Dinner	Eggs and spinach bread :(eggs, spinach, salt, black pepper)
Daily Meals	04-10-2023 -- Wednesday
Breakfast	Blue cheese
Breakfast	Raw Nuts (3-5 pieces)
Lunch	Eggplant and chicken with tzatziki sauce (cucumber +cream yogurt + garlic + salt + black pepper + carp-free mayonnaise)
Dinner	Fried eggs in olive oil
Daily Meals	05-10-2023 -- Thursday
Breakfast	Eggplant Mutabbal with olive oil (without adding yogurt)
Breakfast	halloumi cheese
Lunch	Chicken curry with grilled vegetables: (Grilled chicken, curry spices, salt, onion powder, olive oil) Grilled vegetables: (broccoli, cauliflower, zucchini, salt, black pepper and olive oil)
Dinner	Raw Nuts (3-5 pieces)
Daily Meals	06-10-2023 -- Friday
Breakfast	Edam cheese
Breakfast	Raw Nuts (3-5 pieces)
Lunch	Grilled chicken with vegetables (broccoli + zucchini + mushrooms + salt + black pepper + olive oil)

Dinner	Boiled eggs with sakt, black pepper and one tablespoon olive oil
Daily Meals	07-10-2023 -- Saturday
Breakfast	Fried white cheese with olive oil
Breakfast	Raw Nuts (3-5 pieces)
Dinner	Hard boiled eggs with salt, sumaq and one tablespoon olive oil
Daily Meals	08-10-2023 -- Sunday
Breakfast	Laban with cream
Breakfast	Arabic salad (tomatoes, lettuce, arugula, cucumbers, Turkish coffee cup of olive oil, salt, a tablespoon of vinegar)
Dinner	Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil)