



THE DOCTORS DIET

Dear **mohammad abuzai**

Here's Your Weekly Food Menu Programm

Daily Meals	12-08-2023 -- Saturday
Breakfast	Turkey
Breakfast	Laban with cream
Breakfast	Strawberries (5 Medium)
Lunch	Chicken sajiya (shredded chicken + sweet green peppers + salt + black pepper + olive oil)
Lunch	Rocca salad (arugula, feta, mushrooms, 5 black olives, half turkish coffee cup olive oil, a teaspoon of lemon, vinegar, salt and black pepper)
Lunch	Mushrooms with tuna and cheese (Mushrooms, Tuna, 5 olives, tomatoes, mozzarella or cheddar cheese, eggs, parsley, salt, Black pepper)
Dinner	Turkey
Dinner	Laban with cream
Daily Meals	13-08-2023 -- Sunday
Breakfast	Cheddar cheese
Breakfast	Eggplant Mutabbal with olive oil (without adding yogurt)
Breakfast	One cup popcorn (snack)
Lunch	Boneless Chicken
Lunch	Green salad (lettuce, arugula, basil, 5 green/black olives, half turkish coffee cup olive oil, a small spoonful of lemon, salt and black pepper)
Lunch	Mushrooms with tuna and cheese (Mushrooms, Tuna, 5 olives, tomatoes, mozzarella or cheddar cheese, eggs, parsley, salt, Black pepper)
Dinner	Cheddar cheese
Dinner	Strawberries (5 Medium)
Daily Meals	14-08-2023 -- Monday
Breakfast	Akawi cheese
Breakfast	Rocca salad (arugula, feta, mushrooms, 5 black olives, half turkish coffee cup olive oil, a teaspoon of lemon, vinegar, salt and black pepper)
Breakfast	Raw Nuts (3-5 pieces)

Lunch	Creamy chicken
Lunch	Fattoush salad with eggplant (cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, half turkish coffee cup olive oil. spoon of lemon)
Lunch	Mushrooms with tuna and cheese (Mushrooms, Tuna, 5 olives, tomatoes, mozzarella or cheddar cheese, eggs, parsley, salt, Black pepper)
Dinner	Akawi cheese
Dinner	Eggplant Mutabbal with olive oil (without adding yogurt)

Daily Meals	15-08-2023 -- Tuesday
-------------	-----------------------

Breakfast	Blue cheese
Breakfast	Green salad (lettuce, arugula, basil, 5 green/black olives, half turkish coffee cup olive oil, a small spoonful of lemon, salt and black pepper)
Breakfast	Laban with cream
Lunch	Fried drumsticks(with olive oil) with grilled vegetables a (Broccoli + Zucchini + fresh mushrooms + fresh tomatoes)
Lunch	Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar)
Lunch	Mushrooms with tuna and cheese (Mushrooms, Tuna, 5 olives, tomatoes, mozzarella or cheddar cheese, eggs, parsley, salt, Black pepper)
Dinner	Blue cheese
Dinner	Caesar salad (lettuce, chicken, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)

Daily Meals	16-08-2023 -- Wednesday
-------------	-------------------------

Breakfast	Boiled eggs with sakt, black pepper and one tablespoon olive oil
Breakfast	Fattoush salad with eggplant (cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, half turkish coffee cup olive oil. spoon of lemon)
Breakfast	halloumi cheese
Lunch	Meat shawerma without bread
Lunch	Arabian salad (ingredients: tomatoes, lettuce, arugula, cucumbers, one tablespoon of olive oil, salt, a tablespoon of vinegar)
Lunch	Mushrooms with tuna and cheese (Mushrooms, Tuna, 5 olives, tomatoes, mozzarella or cheddar cheese, eggs, parsley, salt, Black pepper)

Dinner	Boiled eggs with sakt, black pepper and one tablespoon olive oil
Dinner	Chicken salad (chopped chicken + walnuts + lettuce + arugula + carp-free mayonnaise + carp-free mustard + onion powder + vinegar + pickled cucumbers 2 pieces)
Daily Meals	17-08-2023 -- Thursday
Breakfast	Hard boiled eggs with salt, sumaq and one tablespoon olive oil
Breakfast	Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar)
Breakfast	halloumi cheese
Lunch	Turkish grilled chicken
Lunch	Fattoush salad with eggplant (ingredients: cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, one tablespoon olive oil. spoon of lemon)
Lunch	Mushrooms with tuna and cheese (Mushrooms, Tuna, 5 olives, tomatoes, mozzarella or cheddar cheese, eggs, parsley, salt, Black pepper)
Dinner	Hard boiled eggs with salt, sumaq and one tablespoon olive oil
Dinner	Rocca salad (arugula, feta, mushrooms, 5 black olives, half turkish coffee cup olive oil, a teaspoon of lemon, vinegar, salt and black pepper)
Daily Meals	18-08-2023 -- Friday
Breakfast	Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil)
Breakfast	Fattoush salad with eggplant (ingredients: cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, one tablespoon olive oil. spoon of lemon)
Breakfast	halloumi cheese
Lunch	Chicken breast with spinach
Lunch	Green salad (ingredients: lettuce, rocca, basil, 5 green/black olives, one tablespoon olive oil, a small teaspoon of lemon, salt and black pepper)
Lunch	Mushrooms with tuna and cheese (Mushrooms, Tuna, 5 olives, tomatoes, mozzarella or cheddar cheese, eggs, parsley, salt, Black pepper)
Dinner	Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil)
Dinner	Green salad (lettuce, arugula, basil, 5 green/black olives, half turkish coffee cup olive oil, a small spoonful of lemon, salt and black pepper)

Daily Meals	19-08-2023 -- Saturday
Breakfast	Granola
Breakfast	Green salad (ingredients: lettuce, rocca, basil, 5 green/black olives, one tablespoon olive oil, a small teaspoon of lemon, salt and black pepper)
Breakfast	halloumi cheese
Lunch	Grilled chicken with vegetables (broccoli + zucchini + mushrooms + salt + black pepper + olive oil)
Lunch	Greek salad (cucumber, lettuce, tomato, grilled halloumi/feta cheese, Turkish coffee cup olive oil, vinegar, salt)
Lunch	Mushrooms with tuna and cheese (Mushrooms, Tuna, 5 olives, tomatoes, mozzarella or cheddar cheese, eggs, parsley, salt, Black pepper)
Dinner	Granola
Dinner	Fattoush salad with eggplant (cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, half turkish coffee cup olive oil. spoon of lemon)