



**THE  
DOCTORS  
DIET**

## Dear **mohammad abuzai**

Here's Your Weekly Food Menu Programm

Daily Meals	03-10-2023 -- Tuesday
Breakfast	Hard boiled eggs with salt, sumaq and one tablespoon olive oil
Breakfast	Strawberries ( 5 Medium )
Breakfast	Halloumi with mint salad (grilled halloumi, rocca, lettuce, mint, tomato) Sauce: greek yogurt kiri kiri brand, salt, black pepper, one tablespoon olive oil, one teaspoon lemon)
Lunch	Grilled zucchini with minced meat (with fresh tomatoes or Jameed without adding yogurt)
Lunch	Guacamole salad (mashed avocado, parsley, tomato, olive oil, 1 teaspoon lemon, salt and black pepper)
Dinner	Hard boiled eggs with salt, sumaq and one tablespoon olive oil
Dinner	Chicken salad with cream yogurt (cream yogurt, green peppers, chicken breasts, tomatoes, cucumbers, salt, black pepper, parsley)
Daily Meals	04-10-2023 -- Wednesday
Breakfast	Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil)
Breakfast	Raw Nuts (3-5 pieces)
Breakfast	Halloumi with mint salad (grilled halloumi, rocca, lettuce, mint, tomato) Sauce: greek yogurt kiri kiri brand, salt, black pepper, one tablespoon olive oil, one teaspoon lemon)
Lunch	Grilled wings with spinach sauce Sauce: (fresh spinach, almaraei cooking cream, one to two pieces of garlic or garlic powder (selective), salt, black pepper, olive oil)
Lunch	Rocca salad (arugula, feta, mushrooms, 5 black olives, turkish coffee cup of olive oil, a teaspoon of lemon, vinegar, salt and black pepper)
Dinner	Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil)
Dinner	Chicken salad with avocado (chicken, lettuce, avocado, tomato, green pepper, paprika, chili powder, one tablespoon olive oil)

Daily Meals	05-10-2023 -- Thursday
Breakfast	halloumi cheese
Breakfast	Eggplant Mutabbal with olive oil (without adding yogurt)
Breakfast	Avocado and lettuce salad (avocado + lettuce + tomato + olive oil + vinegar + 1 teaspoon lemon + feta cheese)
Lunch	Grilled Shrimps( Almarai Cooking Cream - optional- + Mushroom + Broccoli)
Lunch	Fattoush salad with eggplant (cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, turkish coffee cup of olive oil. spoon of lemon)
Dinner	Akawi cheese
Dinner	Chicken salad with avocado (chicken, lettuce, avocado, tomato, green pepper, paprika, chili powder, one tablespoon olive oil)
Daily Meals	06-10-2023 -- Friday
Breakfast	Cheddar cheese
Breakfast	Eggplant Mutabbal with olive oil (without adding yogurt)
Breakfast	Halloumi with mint salad (grilled halloumi, rocca, lettuce, mint, tomato) Sauce: greek yogurt kiri kiri brand, salt, black pepper, one tablespoon olive oil, one teaspoon lemon)
Lunch	Meet Balls With Bamya
Lunch	Fattoush salad with eggplant (cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, turkish coffee cup of olive oil. spoon of lemon)
Daily Meals	07-10-2023 -- Saturday
Breakfast	Turkey
Breakfast	Eggplant Mutabbal with olive oil (without adding yogurt)
Breakfast	Greek salad (cucumber, lettuce, tomato, grilled halloumi/feta cheese, Turkish coffee cup olive oil, vinegar, salt)
Lunch	Beef estraganof with grilled broccoli: (Meat cutlets, almaraei cream, fresh mushrooms, onion powder, parsley, salt, black pepper and olive oil)
Lunch	Guacamole salad (mashed avocado, parsley, tomato, olive oil, 1 teaspoon lemon, salt and black pepper)
Daily Meals	08-10-2023 -- Sunday
Breakfast	Eggs and spinach bread :( eggs, spinach, salt, black pepper)
Breakfast	halloumi cheese

Breakfast	Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar, one tablespoon of olive oil)
Lunch	Denies
Lunch	Green salad (lettuce, arugula, basil, 5 green/black olives, turkish coffee cup of olive oil, a small spoonful of lemon, salt and black pepper)
Daily Meals	09-10-2023 -- Monday
Breakfast	Akawi cheese
Breakfast	Eggplant Mutabbal with olive oil (without adding yogurt)
Breakfast	Arabic salad (tomatoes, lettuce, arugula, cucumbers, Turkish coffee cup of olive oil, salt, a tablespoon of vinegar)
Lunch	Grilled chicken with vegetables (broccoli + zucchini + mushrooms + salt + black pepper + olive oil)
Lunch	Rocca salad (arugula, feta, mushrooms, 5 black olives, turkish coffee cup of olive oil, a teaspoon of lemon, vinegar, salt and black pepper)