



**THE  
DOCTORS  
DIET**

## Dear **Haya Jawdat Mohammad Sawalqa**

Here's Your Weekly Food Menu Programm

Daily Meals	04-10-2023 -- Wednesday
Breakfast	Fried eggs in olive oil
Breakfast	Strawberries ( 5 Medium )
Breakfast	Greek salad (cucumber, lettuce, tomato, grilled halloumi/feta cheese, Turkish coffee cup olive oil, vinegar, salt)
Lunch	Eggplant Moussaka
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	Chicken and zucchini curry soup (olive oil + garlic + chicken broth + parsley + zucchini)
Dinner	Caesar salad (lettuce, chicken, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)
Daily Meals	05-10-2023 -- Thursday
Breakfast	Boiled eggs with sakt, black pepper and one tablespoon olive oil
Breakfast	Raw Nuts (3-5 pieces)
Breakfast	Avocado and lettuce salad (avocado + lettuce + tomato + olive oil + vinegar + 1 teaspoon lemon + feta cheese)
Lunch	Grilled tuna fish in olive oil (olive oil + parmesan cheese + green pepper + spinach)
Lunch	Fattoush salad with eggplant (cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, turkish coffee cup of olive oil. spoon of lemon)
Dinner	Tomato, basil and parmesan soup (Butter, Garlic , Basil, oregano, low-carb cream cheese(Al marai ) , tomato, parmesan cheese, salt, black pepper)
Dinner	Chicken salad with cream yogurt (cream yogurt, green peppers, chicken breasts, tomatoes, cucumbers, salt, black pepper, parsley)
Daily Meals	06-10-2023 -- Friday
Breakfast	Blue cheese

Breakfast	Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil)
Breakfast	Greek salad (cucumber, lettuce, tomato, grilled halloumi/feta cheese, Turkish coffee cup olive oil, vinegar, salt)
Lunch	Zucchini Lasagna (zucchini slices) Meat sauce (olive oil + minced meat + basil + oregano + salt + black pepper) Cheese sauce (cheese + garlic + salt + black pepper)
Lunch	Guacamole salad (mashed avocado, parsley, tomato, olive oil, 1 teaspoon lemon, salt and black pepper)
Dinner	Broccoli Cheese Soup(Butter + onion powder + garlic powder + chicken broth + salt + black pepper + broccoli + whipping cream (Almarai) two tablespoons + cheddar cheese)
Dinner	Chicken salad with avocado (chicken, lettuce, avocado, tomato, green pepper, paprika, chili powder, one tablespoon olive oil)

Daily Meals	07-10-2023 -- Saturday
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Breakfast	Akawi cheese
Breakfast	Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil)
Breakfast	Caesar salad (lettuce, turkey, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)
Lunch	Shish Tawook (without yogurt )
Lunch	Fattoush salad with eggplant (cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, turkish coffee cup of olive oil. spoon of lemon)
Dinner	Lettuce wraps stuffed with turkey, kashkawan cheese and avocado.
Dinner	Chicken salad with cream yogurt (cream yogurt, green peppers, chicken breasts, tomatoes, cucumbers, salt, black pepper, parsley)

Daily Meals	08-10-2023 -- Sunday
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Breakfast	Parmesan cheese
Breakfast	Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil)
Breakfast	Arabic salad (tomatoes, lettuce, arugula, cucumbers, Turkish coffee cup of olive oil, salt, a tablespoon of vinegar)
Lunch	Eggplant and chicken with tzatziki sauce (cucumber +cream yogurt + garlic + salt + black pepper + carp-free mayonnaise)

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	Eggs and spinach bread :( eggs, spinach, salt, black pepper)
Dinner	Caesar salad (lettuce, chicken, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)
<b>Daily Meals</b>	<b>09-10-2023 -- Monday</b>
Breakfast	White Cheese
Breakfast	Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil)
Breakfast	Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar, one tablespoon of olive oil)
Lunch	Meat with feta cheese sauce (minced meat + salt + black pepper + onion powder + garlic powder + oregano + a small spoon of lemon+ feta cheese + Junaidi yoghurt + salt + black pepper
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	Raw Nuts (3-5 pieces)
Dinner	Chicken salad (chopped chicken + walnuts + lettuce + arugula + carp-free mayonnaise + carp-free mustard + onion powder + vinegar + pickled cucumbers 2 pieces)
<b>Daily Meals</b>	<b>10-10-2023 -- Tuesday</b>
Breakfast	Scrambled eggs with vegetables (sweet peppers, fresh mushrooms, mozzarella cheese, salt, black pepper, olive oil)
Breakfast	Dumyate cheese
Breakfast	Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar, one tablespoon of olive oil)
Lunch	Stuffed chicken breasts (chicken breast, garlic powder, onion powder, black pepper, Himalayan salt, cumin, oregano, olive oil, tomatoes, coriander, mozzarella)
Lunch	Guacamole salad (mashed avocado, parsley, tomato, olive oil, 1 teaspoon lemon, salt and black pepper)
Dinner	Mushroom soup (Mushrooms, onion powder, olive oil, butter, and Almarai cooking cream, black pepper, salt, chicken spices)

Dinner

Chicken salad with avocado (chicken, lettuce, avocado, tomato, green pepper, paprika, chili powder, one tablespoon olive oil)