



THE DOCTORS DIET

Dear **mohammad abuzai**

Here's Your Weekly Food Menu Programm

Daily Meals	04-10-2023 -- Wednesday
Breakfast	Hard boiled eggs with salt, sumaq and one tablespoon olive oil
Breakfast	Strawberries (5 Medium)
Breakfast	Avocado and lettuce salad (avocado + lettuce + tomato + olive oil + vinegar + 1 teaspoon lemon + feta cheese)
Lunch	Zucchini Lasagna (zucchini slices) Meat sauce (olive oil + minced meat + basil + oregano + salt + black pepper) Cheese sauce (cheese + garlic + 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	Blue cheese
Dinner	Chicken salad (chopped chicken + walnuts + lettuce + arugula + carp-free mayonnaise + carp-free mustard + onion powder + vinegar + pickled cucumbers 2 pieces)
Daily Meals	05-10-2023 -- Thursday
Breakfast	Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil)
Breakfast	Raw Nuts (3-5 pieces)
Breakfast	Caesar salad (lettuce, turkey, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)
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	Green salad (lettuce, arugula, basil, 5 green/black olives, turkish coffee cup of olive oil, a small spoonful of lemon, salt and black pepper)
Dinner	Akawi cheese

Dinner	Chicken salad (chopped chicken + walnuts + lettuce + arugula + carp-free mayonnaise + carp-free mustard + onion powder + vinegar + pickled cucumbers 2 pieces)
Daily Meals	06-10-2023 -- Friday
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	Burger balls (minced meat + cheddar cheese + garlic + black pepper + butter + lettuce)
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)
Dinner	Boiled eggs with sakt, black pepper and one tablespoon olive oil
Dinner	Chicken salad with avocado (chicken, lettuce, avocado, tomato, green pepper, paprika, chili powder, one tablespoon olive oil)
Daily Meals	07-10-2023 -- Saturday
Breakfast	Cheddar cheese
Breakfast	Eggplant Mutabbal with olive oil (without adding yogurt)
Breakfast	Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar, one tablespoon of olive oil)
Lunch	Mushrooms with tuna and cheese (Mushrooms, Tuna, 5 olives, tomatoes, mozzarella or cheddar cheese, eggs, parsley, salt, Black pepper)
Lunch	Guacamole salad (mashed avocado, parsley, tomato, olive oil, 1 teaspoon lemon, salt and black pepper)
Daily Meals	08-10-2023 -- Sunday
Breakfast	Turkey
Breakfast	Eggplant Mutabbal with olive oil (without adding yogurt)
Breakfast	Caesar salad (lettuce, turkey, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)
Lunch	Grilled Shrimps(Almarai Cooking Cream - optional- + Mushroom + Broccoli)
Lunch	Guacamole salad (mashed avocado, parsley, tomato, olive oil, 1 teaspoon lemon, salt and black pepper)

Daily Meals	09-10-2023 -- Monday
Breakfast	Eggs and spinach bread :(eggs, spinach, salt, black pepper)
Breakfast	halloumi cheese
Breakfast	Greek salad (cucumber, lettuce, tomato, grilled halloumi/feta cheese, Turkish coffee cup olive oil, vinegar, salt)
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	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	10-10-2023 -- Tuesday
Breakfast	Akawi 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	Grilled chicken with vegetables (broccoli + zucchini + mushrooms + salt + black pepper + olive oil)
Lunch	Fattoush salad with eggplant (cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, turkish coffee cup of olive oil. spoon of lemon)