



## Dear Rawan Amer Fadda

Here's Your Weekly Food Menu Programm

Daily Meals	06-10-2023 -- Friday
Breakfast	Boiled eggs with sakt, black pepper and one tablespoon olive oil
Breakfast	Strawberries ( 5 Medium )
Breakfast	Greek salad (ingredients:cucumber, lettuce, tomato, grilled halloumi/feta cheese, arugula, One tablspoon olive oil, vinegar, salt)
Lunch	Eggplant and chicken with tzatziki sauce (cucumber +cream yogurt + garlic + salt + black pepper + carp-free mayonnaise)
Lunch	Cucumber salad (cucumber, Greek yogurt, mint, 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)
Daily Meals	07-10-2023 -- Saturday
Breakfast	Hard boiled eggs with salt, sumaq and one tablespoon olive oil
Breakfast	Raw Nuts (3-5 pieces)
Breakfast	Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar, one tablespoon of olive oil)
Lunch	Grilled chicken liver in olive oil without onions
Lunch	Guacamole salad (mashed avocado, parsley, tomato, olive oil, 1 teaspoon lemon, salt and black pepper)
Dinner	Zucchini mutabal with olive oil (without yogurt)
Dinner	Chicken salad with cream yogurt (cream yogurt, green peppers, chicken breasts, tomatoes, cucumbers, salt, black pepper, parsley)
Daily Meals	08-10-2023 -- Sunday
Breakfast	Blue cheese

Breakfast	Zucchini mutabal with olive oil (without 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	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)
Lunch	Fattoush salad with eggplant (ingredients: cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, one tablespoon olive oil. spoon of lemon)
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	09-10-2023 -- Monday
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Breakfast	Dumyate cheese
Breakfast	Zucchini mutabal with olive oil (without yogurt)
Breakfast	Greek salad (ingredients:cucumber, lettuce, tomato, grilled halloumi/feta cheese, arugula, One tablspoon olive oil, vinegar, salt)
Lunch	Shish Tawook (without yogurt )
Lunch	Green salad (ingredients: lettuce, rocca, basil, 5 green/black olives, one tablespoon olive oil, a small teaspoon of lemon, salt and black pepper)
Dinner	Eggplant Mutabbal with olive oil (without adding yogurt)
Dinner	Chicken salad with cream yogurt (cream yogurt, green peppers, chicken breasts, tomatoes, cucumbers, salt, black pepper, parsley)

Daily Meals	10-10-2023 -- Tuesday
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Breakfast	Eggplant Mutabbal with olive oil (without adding yogurt)
Breakfast	Akawi cheese
Breakfast	Greek salad (ingredients:cucumber, lettuce, tomato, grilled halloumi/feta cheese, arugula, One tablspoon olive oil, vinegar, salt)
Lunch	Chicken tikka with hummus and olive oil

Lunch	Guacamole salad (mashed avocado, parsley, tomato, olive oil, 1 teaspoon lemon, salt and black pepper)
Dinner	Scrambled eggs without vegetables (eggs + olive oil + salt + black pepper)
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>11-10-2023 -- Wednesday</b>
Breakfast	White Cheese
Breakfast	Zucchini mutabal with olive oil (without yogurt)
Breakfast	Greek salad (ingredients: cucumber, lettuce, tomato, grilled halloumi/feta cheese, arugula, One tablespoon olive oil, vinegar, salt)
Lunch	Rocca salad (ingredients: rocca, feta, mushrooms, 5 black olives, one tablespoon olive oil, a teaspoon of lemon, vinegar, salt and black pepper)
Dinner	Hard boiled eggs with salt, sumaq 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)
<b>Daily Meals</b>	<b>12-10-2023 -- Thursday</b>
Breakfast	feta cheese
Breakfast	Zucchini mutabal with olive oil (without yogurt)
Breakfast	Caesar salad (lettuce, turkey, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)
Lunch	Meat Sajeyeh (meat cubes + sweet green peppers + olive oil + salt + black pepper)
Lunch	Cucumber salad (cucumber, Greek yogurt, mint, 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)