



**THE  
DOCTORS  
DIET**

## Dear **Rawan Amer Fadda**

Here's Your Weekly Food Menu Programm

Daily Meals	10-10-2023 -- Tuesday
Breakfast	Boiled eggs with sakt, black pepper and one tablespoon olive oil
Breakfast	Strawberries ( 5 Medium )
Breakfast	Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar, one tablespoon of olive oil)
Lunch	Eggplant and chicken with tzatziki sauce (cucumber +cream yogurt + garlic + salt + black pepper + carp-free mayonnaise)
Lunch	Guacamole salad (mashed avocado, parsley, tomato, olive oil, 1 teaspoon lemon, salt and black pepper)
Daily Meals	11-10-2023 -- Wednesday
Breakfast	Parmesan cheese
Breakfast	Raw Nuts (3-5 pieces)
Breakfast	Greek salad (ingredients:cucumber, lettuce, tomato, grilled halloumi/feta cheese, arugula, One tablspoon olive oil, vinegar, salt)
Lunch	Stuffed chicken breasts (chicken breast, garlic powder, onion powder, black pepper, Himalayan salt, cumin, oregano, olive oil, tomatoes, coriander, mozzarella)
Lunch	Cucumber salad (cucumber, Greek yogurt, mint, salt and black pepper)
Daily Meals	12-10-2023 -- Thursday
Breakfast	Blue cheese
Breakfast	Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil)
Breakfast	Arabian salad (ingredients: tomatoes, lettuce, arugula, cucumbers, one tablespoon of olive oil, salt, a tablespoon of vinegar)
Lunch	Shish Tawook (without yogurt )
Lunch	Guacamole salad (mashed avocado, parsley, tomato, olive oil, 1 teaspoon lemon, salt and black pepper)
Daily Meals	13-10-2023 -- Friday
Breakfast	Dumyate 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	Chicken Fattah (chicken breast, eggplant, butter, salt) Sauce: (two tablespoons of cream yogurt, one tablespoon of tahini, garlic, salt, roasted almonds in olive oil)
Lunch	Rocca salad (ingredients: rocca, feta, mushrooms, 5 black olives, one tablespoon olive oil, a teaspoon of lemon, vinegar, salt and black pepper)
<b>Daily Meals</b>	<b>14-10-2023 -- Saturday</b>
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	Butter Chicken (cream yogurt, Garlic, Butter, Almarai Cream, Tomato)
Lunch	Guacamole salad (mashed avocado, parsley, tomato, olive oil, 1 teaspoon lemon, salt and black pepper)
<b>Daily Meals</b>	<b>15-10-2023 -- Sunday</b>
Breakfast	Scrambled eggs with vegetables (sweet peppers, fresh mushrooms, mozzarella cheese, salt, black pepper, olive oil)
Breakfast	Dumyate cheese
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 burger stuffed with cheese (chicken breast, garlic cloves, burger spices, celery, mozzarella)
Lunch	Cucumber salad (cucumber, Greek yogurt, mint, salt and black pepper)
<b>Daily Meals</b>	<b>16-10-2023 -- Monday</b>
Breakfast	White 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	Creamy vegetables (mozzarella cheese, cooking cream, mushrooms, black pepper, garlic powder, cumin powder, thyme leaves, turmeric)
Lunch	Guacamole salad (mashed avocado, parsley, tomato, olive oil, 1 teaspoon lemon, salt and black pepper)