



**THE  
DOCTORS  
DIET**

## Dear Rawan Amer Fadda

Here's Your Weekly Food Menu Programm

| Daily Meals | 10-10-2023 -- Tuesday  |
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| Breakfast   | Boiled eggs with sakt, black pepper 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       | Zucchini Lasagna (zucchini slices) Meat sauce (olive oil + minced meat + basil + oregano + salt + black pepper) Cheese sauce (cheese + garlic + salt + black pepper)             |
| Lunch       | Fattoush salad with eggplant (cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, turkish coffee cup of olive oil. spoon of lemon)                          |
| Dinner      | Chicken and zucchini curry soup (olive oil + garlic + chicken broth + parsley + zucchini)  |
| Dinner      | Chicken salad with cream yogurt (cream yogurt, green peppers, chicken breasts, tomatoes, cucumbers, salt, black pepper, parsley)   |
| Daily Meals | 11-10-2023 -- Wednesday  |
| Breakfast   | Scrambled eggs with vegetables (sweet peppers, fresh mushrooms, mozzarella cheese, salt, black pepper, olive oil)  |
| Breakfast   | Raw Nuts (3-5 pieces)  |
| 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      | Tomato, basil and parmesan soup (Butter, Garlic , Basil, oregano, low-carb cream cheese(Al marai ) , tomato, parmesan cheese, salt, black pepper)                                |

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| 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          | 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              | Meat Sajeyeh (meat cubes + sweet green peppers + olive oil + 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             | Broccoli Cheese Soup (Butter + onion powder + garlic powder + chicken broth + salt + black pepper + broccoli + whipping cream (Almarai) two tablespoons + cheddar cheese)               |
| 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>13-10-2023 -- Friday</b>   |
| 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              | 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              | 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 (chopped chicken + walnuts + lettuce + arugula + carp-free mayonnaise + carp-free mustard + onion powder + vinegar + pickled cucumbers 2 pieces)                          |
| <b>Daily Meals</b> | <b>14-10-2023 -- Saturday</b>   |
| Breakfast          | Akawi cheese  |

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| Breakfast | Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil)   |
| 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 liver in olive oil without onions  |
| 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    | Eggs and spinach bread :( eggs, spinach, salt, black pepper)   |
| Dinner    | Chicken salad with avocado (chicken, lettuce, avocado, tomato, green pepper, paprika, chili powder, one tablespoon olive oil)  |

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| Daily Meals | 15-10-2023 -- Sunday |
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| Breakfast | Parmesan cheese   |
| Breakfast | Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil)  |
| Breakfast | Avocado and lettuce salad (avocado + lettuce + tomato + olive oil + vinegar + 1 teaspoon lemon + feta cheese)   |
| 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    | Raw Nuts (3-5 pieces)   |
| Dinner    | Caesar salad (lettuce, chicken, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)                                      |

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| Daily Meals | 16-10-2023 -- Monday |
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| Breakfast | White Cheese   |
| Breakfast | Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil)   |
| Breakfast | Avocado and lettuce salad (avocado + lettuce + tomato + olive oil + vinegar + 1 teaspoon lemon + feta cheese)                                |
| Lunch     | Meet Balls With Bamyia   |
| 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    | Mushroom soup (Mushrooms, onion powder, olive oil, butter, and Almarai cooking cream, black pepper, salt, chicken spices)                    |

Dinner

Chicken salad (chopped chicken + walnuts + lettuce + arugula + carp-free mayonnaise + carp-free mustard + onion powder + vinegar + pickled cucumbers 2 pieces)