



Dear Rawan saeed mustafa hussein

Here's Your Weekly Food Menu Programm

Daily Meals	25-11-2023 -- Saturday
Breakfast	Scrambled eggs without vegetables (eggs + olive oil + salt + black pepper)
Breakfast	Lemon slices with pinch of salt
Breakfast	Greek salad (cucumber, lettuce, tomato, grilled halloumi/feta cheese, Turkish coffee cup olive oil, vinegar, salt)
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)
Dinner	Vegetable soup (olive oil, onion powder, sweet pepper, garlic clove, cauliflower, green beans, tomatoes, salt)
Dinner	Chicken salad with cream yogurt (cream yogurt, green peppers, chicken breasts, tomatoes, cucumbers, salt, black pepper, parsley)
Daily Meals	26-11-2023 -- Sunday
Breakfast	Boiled eggs with salt, black pepper and one tablespoon olive oil
Breakfast	Strawberries (5 Medium)
Breakfast	Caesar salad (lettuce, turkey, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)
Lunch	Garlic lemon chicken with zucchini: (chicken, lemon, olive oil, one to two pieces garlic, zucchini, salt, black peppers)
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	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	27-11-2023 -- Monday
Breakfast	Cucumber slices with pinch of salt and lemon

Breakfast	Zucchini mutabal with olive oil (without yogurt)
Breakfast	Arabic salad (tomatoes, lettuce, arugula, cucumbers, Turkish coffee cup of olive oil, salt, a tablespoon of vinegar)
Lunch	Grilled chicken liver in olive oil without onions
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	Chicken salad with avocado (chicken, lettuce, avocado, tomato, green pepper, paprika, chili powder, one tablespoon olive oil)
Daily Meals	28-11-2023 -- Tuesday
Breakfast	Eggplant Mutabbal with olive oil (without adding yogurt)
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 farrouj
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)
Daily Meals	29-11-2023 -- Wednesday
Breakfast	Blue cheese
Breakfast	Lemon slices with pinch of salt
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	Strawberry juice with cream (5 strawberry + two tablespoons cream)
Dinner	Caesar salad (lettuce, chicken, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)

Daily Meals	30-11-2023 -- Thursday
Breakfast	Dumyate cheese
Breakfast	Lemon slices with pinch of salt
Breakfast	Caesar salad (lettuce, turkey, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)
Lunch	Guacamole salad (mashed avocado, parsley, tomato, olive oil, 1 teaspoon lemon, salt and black pepper)
Dinner	Eggplant Mutabbal with olive oil (without adding yogurt)
Dinner	Chicken salad with avocado (chicken, lettuce, avocado, tomato, green pepper, paprika, chili powder, one tablespoon olive oil)
Daily Meals	01-12-2023 -- Friday
Breakfast	Akawi cheese
Breakfast	Lemon slices with pinch of salt
Breakfast	Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar, one tablespoon of olive oil)
Lunch	Guacamole salad (mashed avocado, parsley, tomato, olive oil, 1 teaspoon lemon, salt and black pepper)
Dinner	Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil)
Dinner	Caesar salad (lettuce, chicken, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)