



**THE  
DOCTORS  
DIET**

## Dear **mohammad abuzai**

Here's Your Weekly Food Menu Programm

Daily Meals	25-07-2023 -- Tuesday
Breakfast	Eggs and spinach bread :( eggs, spinach, salt, black pepper)
Breakfast	Fattoush salad with eggplant (ingredients: cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, one tablespoon olive oil. spoon of lemon)
Breakfast	Raw Nuts (3-5 pieces)
Lunch	Fried drumsticks( with olive oil) with grilled vegetables a ( Broccoli + Zucchini + fresh mushrooms + fresh tomatoes )
Lunch	Green salad (ingredients: lettuce, rocca, basil, 5 green/black olives, one tablespoon olive oil, a small teaspoon of lemon, salt and black pepper)
Lunch	Grilled chicken liver in olive oil without onions
Dinner	Fattoush salad with eggplant (ingredients: cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, one tablespoon olive oil. spoon of lemon)
Dinner	Chicken salad (chopped chicken + walnuts + lettuce + arugula + carp-free mayonnaise + carp-free mustard + onion powder + vinegar + pickled cucumbers 2 pieces)
Daily Meals	26-07-2023 -- Wednesday
Breakfast	Turkey
Breakfast	Rocca salad (ingredients: rocca, feta, mushrooms, 5 black olives, one tablespoon olive oil, a teaspoon of lemon, vinegar, salt and black pepper)
Breakfast	One cup popcorn (snack)
Lunch	Chicken sajiya (shredded chicken + sweet green peppers + salt + black pepper + olive oil)
Lunch	Arabian salad (ingredients: tomatoes, lettuce, arugula, cucumbers, one tablespoon of olive oil, salt, a tablespoon of vinegar)
Lunch	Grilled chicken liver in olive oil without onions

Dinner	Green salad (ingredients: lettuce, rocca, basil, 5 green/black olives, one tablespoon olive oil, a small teaspoon of lemon, salt and black pepper)
Dinner	Peanut butter ( 2 Tbsp )
Daily Meals	27-07-2023 -- Thursday
Breakfast	Cheddar cheese
Breakfast	Eggplant Mutabbal with olive oil (without adding yogurt)
Breakfast	Strawberries ( 5 Medium )
Lunch	Boneless Chicken
Lunch	Greek salad (ingredients:cucumber, lettuce, tomato, grilled halloumi/feta cheese, arugula, one tablespoon olive oil, vinegar, salt)
Lunch	Grilled chicken liver in olive oil without onions
Dinner	Turkey
Dinner	Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar)
Daily Meals	28-07-2023 -- Friday
Breakfast	Akawi cheese
Breakfast	Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar)
Breakfast	Peanut butter ( 2 Tbsp )
Lunch	Creamy chicken
Lunch	Rocca salad (ingredients: rocca, feta, mushrooms, 5 black olives, one tablespoon olive oil, a teaspoon of lemon, vinegar, salt and black pepper)
Lunch	Grilled chicken liver in olive oil without onions
Dinner	Cheddar cheese
Dinner	Broccoli cauliflower soup (broccoli, cauliflower, chicken broth, shredded cheddar cheese, almarei cooking cream, salt, one tablespoon olive oil)
Daily Meals	29-07-2023 -- Saturday
Breakfast	Blue cheese
Breakfast	Green salad (ingredients: lettuce, rocca, basil, 5 green/black olives, one tablespoon olive oil, a small teaspoon of lemon, salt and black pepper)
Breakfast	Peanut butter ( 2 Tbsp )
Lunch	Grilled meat balls with olive oil

Lunch	Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar)
Lunch	Grilled chicken liver in olive oil without onions
Dinner	Akawi cheese
Dinner	Green lemon juice and cucumber (cucumber slices, spinach, lemon juice)
Daily Meals	30-07-2023 -- Sunday
Breakfast	Boiled eggs with sakt, black pepper and one tablespoon olive oil
Breakfast	Laban with cream
Breakfast	Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar)
Lunch	Meat cubes
Lunch	Avocado and lettuce salad (avocado + lettuce + tomato + olive oil + vinegar + 1 teaspoon lemon + feta cheese)
Lunch	Grilled chicken liver in olive oil without onions
Dinner	Blue cheese
Dinner	Mushroom soup (Mushrooms, onion powder, olive oil, butter, and Almarai cooking cream, black pepper, salt, chicken spices)
Daily Meals	31-07-2023 -- Monday
Breakfast	Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil)
Breakfast	Cucumber salad (cucumber, Greek yogurt, mint, salt and black pepper)
Breakfast	Akawi cheese
Lunch	Meat shawerma without bread
Lunch	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
Dinner	Boiled eggs with sakt, black pepper and one tablespoon olive oil
Dinner	Chicken and zucchini curry soup (olive oil + garlic + chicken broth + parsley + zucchini)