



**THE
DOCTORS
DIET**

Dear Rawan saeed mustafa hussein

Here's Your Weekly Food Menu Programm

Daily Meals	28-11-2023 -- Tuesday
Breakfast	Boiled eggs with sakt, black pepper and one tablespoon olive oil
Breakfast	Lemon slices with pinch of salt
Breakfast	Greek salad (ingredients:cucumber, lettuce, tomato, grilled halloumi/feta cheese, arugula, One tablspoon olive oil, vinegar, salt)
Lunch	Grilled chicken liver in olive oil without onions
Lunch	Fattoush salad with eggplant (ingredients: cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, one tablespoon olive oil. spoon of lemon)
Dinner	Chicken and zucchini curry soup (olive oil + garlic + chicken broth + parsley + zucchini)
Dinner	Chicken salad with avocado (chicken, lettuce, avocado, tomato, green pepper, paprika, chili powder, one tablespoon olive oil)
Daily Meals	29-11-2023 -- Wednesday
Breakfast	Hard boiled eggs with salt, sumaq 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	Garlic lemon chicken with zucchini: (chicken, lemon, olive oil, one to two pieces garlic, zucchini, salt, black peppers)
Lunch	Cucumber salad (cucumber, Greek yogurt "KOLIOS" brand, mint, salt and black pepper)
Dinner	Eggs and spinach bread :(eggs, spinach, salt, black pepper)
Dinner	Chicken salad with cream yogurt (cream yogurt, green peppers, chicken breasts, tomatoes, cucumbers, salt, black pepper, parsley)
Daily Meals	30-11-2023 -- Thursday
Breakfast	Cucumber slices with pinch of salt and lemon

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	Shish Tawook (without yogurt)
Lunch	Cucumber salad (cucumber, Greek yogurt "KOLIOS" brand, mint, salt and black pepper)
Dinner	Vegetable soup (olive oil, onion powder, sweet pepper, garlic clove, cauliflower, green beans, tomatoes, salt)
Dinner	Chicken salad (chopped chicken + walnuts + lettuce + arugula + carp-free mayonnaise + carp-free mustard + onion powder + vinegar + pickled cucumbers 2 pieces)
Daily Meals	01-12-2023 -- Friday
Breakfast	Eggplant Mutabbal with olive oil (without adding yogurt)
Breakfast	Raw Nuts (3-5 pieces)
Breakfast	Avocado and lettuce salad (avocado + lettuce + tomato + olive oil + vinegar + 1 teaspoon lemon + feta cheese)
Lunch	Chicken breast with spinach
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	Raw Nuts (3-5 pieces)
Dinner	Chicken salad with cream yogurt (cream yogurt, green peppers, chicken breasts, tomatoes, cucumbers, salt, black pepper, parsley)
Daily Meals	02-12-2023 -- Saturday
Breakfast	Blue cheese
Breakfast	Lemon slices with pinch of salt
Breakfast	Avocado and lettuce salad (avocado + lettuce + tomato + olive oil + vinegar + 1 teaspoon lemon + feta cheese)
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	Cucumber salad (cucumber, Greek yogurt "KOLIOS" brand, mint, salt and black pepper)
Dinner	Zucchini mutabal with olive oil (without yogurt)

Dinner	Chicken salad with avocado (chicken, lettuce, avocado, tomato, green pepper, paprika, chili powder, one tablespoon olive oil)
Daily Meals	03-12-2023 -- Sunday
Breakfast	Dumyate 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	Cauliflower tray with Tahini (Cauliflower, two tablespoon Tahini, two teaspoon cumin, two teaspoon lemon, olive oil, salt, black pepper, garlic powder - optional-)
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	Labaneh with olive oil
Dinner	Chicken salad with avocado (chicken, lettuce, avocado, tomato, green pepper, paprika, chili powder, one tablespoon olive oil)
Daily Meals	04-12-2023 -- Monday
Breakfast	Akawi cheese
Breakfast	Lemon slices with pinch of salt
Breakfast	Arabian salad (ingredients: tomatoes, lettuce, arugula, cucumbers, one tablespoon of olive oil, salt, a tablespoon of vinegar)
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 (chopped chicken + walnuts + lettuce + arugula + carp-free mayonnaise + carp-free mustard + onion powder + vinegar + pickled cucumbers 2 pieces)