



## Dear **Dalia Essa Mohammad Alshabaan**

Here's Your Weekly Food Menu Programm

Daily Meals	29-11-2023 -- Wednesday
Breakfast	Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil)
Breakfast	Half 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 Moussaka
Lunch	Fattoush salad with eggplant (cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, turkish coffee cup of olive oil. spoon of lemon)
Dinner	Tomato, basil and parmesan soup (Butter, Garlic , Basil, oregano, low-carb cream cheese(Al marai ) , tomato, parmesan cheese, 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	Hard boiled eggs with salt, sumaq 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	Grilled tuna fish in olive oil (olive oil + parmesan cheese + green pepper + spinach)
Lunch	Guacamole salad (mashed avocado, parsley, tomato, olive oil, 1 teaspoon lemon, salt and black pepper)
Dinner	Cucumber slices with pinch of salt and lemon
Dinner	Caesar salad (lettuce, chicken, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)
Daily Meals	01-12-2023 -- Friday
Breakfast	Scrambled eggs with vegetables (sweet peppers, fresh mushrooms, mozzarella cheese, salt, black pepper, olive oil)

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	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)
<b>Daily Meals</b>	<b>02-12-2023 -- Saturday</b>
Breakfast	Parmesan cheese
Breakfast	Cucumber slices with pinch of salt and lemon
Breakfast	Arabic salad (tomatoes, lettuce, arugula, cucumbers, Turkish coffee cup of olive oil, salt, a tablespoon of vinegar)
Lunch	Shish Tawook (without yogurt )
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	Half lemon slices with pinch of salt
Dinner	Chicken salad with avocado (chicken, lettuce, avocado, tomato, green pepper, paprika, chili powder, one tablespoon olive oil)
<b>Daily Meals</b>	<b>03-12-2023 -- Sunday</b>
Breakfast	Blue cheese
Breakfast	Eggplant Mutabbal with olive oil (without adding yogurt)
Breakfast	Caesar salad (lettuce, turkey, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)
Lunch	Eggplant and chicken with tzatziki sauce (cucumber +cream yogurt + garlic + salt + black pepper + carp-free mayonnaise)
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)
Daily Meals	04-12-2023 -- Monday
Breakfast	Akawi cheese
Breakfast	Eggplant Mutabbal with olive oil (without adding 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	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	Caesar salad (lettuce, chicken, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)
Daily Meals	05-12-2023 -- Tuesday
Breakfast	Dumyate cheese
Breakfast	Eggplant Mutabbal with olive oil (without adding yogurt)
Breakfast	Arabic salad (tomatoes, lettuce, arugula, cucumbers, Turkish coffee cup of olive oil, salt, a tablespoon of vinegar)
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	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)