



THE DOCTORS DIET

Dear **Dalia Essa Mohammad Alshabaan**

Here's Your Weekly Food Menu Programm

Daily Meals	29-11-2023 -- Wednesday
Breakfast	Scrambled eggs without vegetables (eggs + olive oil + salt + black pepper)
Breakfast	Half 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	Eggplant and chicken with tzatziki sauce (cucumber + cream yogurt + garlic + salt + black pepper + carp-free mayonnaise)
Lunch	Fattoush salad with eggplant (cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, turkish coffee cup of olive oil. spoon of lemon)
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)
Daily Meals	30-11-2023 -- Thursday
Breakfast	Hard boiled eggs with salt, sumaq and one tablespoon olive oil
Breakfast	Strawberries (5 Medium)
Breakfast	Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar, one tablespoon of olive oil)
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	Cucumber slices with pinch of salt and lemon
Dinner	Chicken salad with cream yogurt (cream yogurt, green peppers, chicken breasts, tomatoes, cucumbers, salt, black pepper, parsley)
Daily Meals	01-12-2023 -- Friday
Breakfast	Dumyate cheese
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 chicken with vegetables (broccoli + zucchini + mushrooms + salt + black pepper + olive oil)
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	02-12-2023 -- Saturday
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Breakfast	Akawi cheese
Breakfast	Cucumber slices with pinch of salt and lemon
Breakfast	Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar, one tablespoon of olive oil)
Lunch	Grilled chicken liver in olive oil without onions
Lunch	Guacamole salad (mashed avocado, parsley, tomato, olive oil, 1 teaspoon lemon, salt and black pepper)
Dinner	Raw Nuts (3-5 pieces)
Dinner	Chicken salad with avocado (chicken, lettuce, avocado, tomato, green pepper, paprika, chili powder, one tablespoon olive oil)

Daily Meals	03-12-2023 -- Sunday
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Breakfast	Blue cheese
Breakfast	Half lemon slices with pinch of salt
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	Chicken breasts with molokhia (without maggi)
Lunch	Fattoush salad with eggplant (cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, turkish coffee cup of olive oil. spoon of lemon)
Dinner	Strawberries (5 Medium)

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	Zucchini mutabal with olive oil (without yogurt)
Breakfast	Dumyate cheese
Breakfast	Greek salad (cucumber, lettuce, tomato, grilled halloumi/feta cheese, Turkish coffee cup olive oil, vinegar, salt)
Lunch	Zucchini noodles (zoodles) with grilled shrimps: (Brochet and cooked zucchini in a vertical way with salt, black pepper and olive oil)
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	Chicken salad with cream yogurt (cream yogurt, green peppers, chicken breasts, tomatoes, cucumbers, salt, black pepper, parsley)
Daily Meals	05-12-2023 -- Tuesday
Breakfast	White Cheese
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	Meet Balls With Bamyra
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	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)