

## 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 Breakfast	•
	Strawberries ( 5 Medium ) Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar, one
Breakfast	Strawberries ( 5 Medium ) Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar, one tablespoon of olive oil)
Breakfast Lunch	Strawberries ( 5 Medium ) Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar, one tablespoon of olive oil) Shish Tawook (without yogurt ) Fattoush salad with eggplant (cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, turkish coffee cup of
Breakfast Lunch Lunch Dinner Dinner	Strawberries ( 5 Medium ) Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar, one tablespoon of olive oil) Shish Tawook (without yogurt ) Fattoush salad with eggplant (cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, turkish coffee cup of olive oil. spoon of lemon) Cucumber slices with pinch of salt and lemon Chicken salad with cream yogurt (cream yogurt, green peppers, chicken breasts, tomatoes, cucumbers, salt, black pepper, parsley)
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LunchGrilled chicken with vegetables (brocoli + zucchini + mushrooms + salt + black pepper + olive oil)LunchRocca salad (arugula, feta, mushrooms, 5 black olives, turkish coffee cup of olive oil, a teaspoon of lemon, vinegar, salt and black pepper)DinnerEggs and spinach bread :( eggs, spinach, salt, black pepper)DinnerEggs and spinach bread :( eggs, spinach, salt, black pepper)DinnerDinnerDinnerO2-12-2023 - SaturdayBreakfastAkawi cheeseBreakfastCucumber slices with pinch of salt and lemon Spinach, Strawberry and Walnut Salad (5 strawberris + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar, one tablespoon of balsamic vinegar, one tablespoon of love oil)LunchGrilled chicken liver in olive oil without orionsLunchGrilled chicken liver in olive oil without orionsLunchGrilled chicken liver in olive oil, a tablespoon of balsamic vinegar, one tablespoon of balsamic vinegar, one tablespoon of love oil)LunchGrilled chicken liver in olive oil without orionsLunchGrilled chicken liver in olive oil without orionsLunchDinnerDinnerRaw Nuts (3-5 pieces)DinnerChicken salad with avocado (chicken, lettuce, avocado, tomato, green pepper, paprika, chili powder, one tablespoon olive oil)DinnerBreakfastBlue cheeseBreakfastBlue cheeseBreakfastHalloumi with mint salad (grilled halloumi, rocca, lettuce, mint, tomato) Sauce; greek yogurt kin kiri brand, salt, black pepper, one tablespoon olive oil, one teaspoon lemon)	Breakfast	Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar, one tablespoon of olive oil)
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Dinnersait, black pepper) Chicken salad with avocado (chicken, lettuce, avocado, tomato, green pepper, paprika, chili powder, one tablespoon olive oil)Daily Meals02-12-2023 - SaturdayBreakfastAkawi cheeseBreakfastCucumber slices with pinch of salt and lemon Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar, one tablespoon of olive oil)LunchGrilled chicken liver in olive oil without onionsDinnerRaw Nuts (3-5 pieces) Chicken salad with avocado, tomato, green pepper, paprika, chili powder, one tablespoon olive oil)DinnerRaw Nuts (3-5 pieces) Chicken salad with avocado (chicken, lettuce, avocado, tomato, green pepper, paprika, chili powder, one tablespoon olive oil)DinnerBreakfastBreakfastBlue cheeseBreakfastBlue cheeseBreakfastHalf lemon slices with pinch of salt Halloumi, rocca, lettuce, mint, tomatoj salce: greek yogurt kiri kiri brand, salt, black pepper, one tablespoon olive oil, one teaspoon lemon)LunchChicken breasts with molokhia ( without maggi )Fattoush salad with eggplant (cucumber, tomato, green pepper, eggplant, mint, parsley, sumac, turkish coffee cup of olive oil, spoon of lemon)	Lunch	black olives, turkish coffee cup of olive oil, a teaspoon of lemon, vinegar, salt and black
Dinnerlettuce, avocado, tomato, green pepper, paprika, chili powder, one tablespoon olive oil)Daily MealsQ2-12-2023 SaturdayBreakfastAkawi cheeseBreakfastCucumber slices with pinch of salt and lemon Spinach, Strawberry and Walnut Salad (5 	Dinner	
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Lunch tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, turkish coffee cup of olive oil. spoon of lemon)	Lunch	•
Dinner Strawberries ( 5 Medium )	Lunch	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: (Broochet 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 Bamya
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)