



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	Avocado and lettuce salad (avocado + lettuce + tomato + olive oil + vinegar + 1 teaspoon lemon + feta cheese)
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	Tomato, basil and parmesan soup (Butter, Garlic , Basil, oregano, low-carb cream cheese(Al marai) , tomato, parmesan cheese, salt, black pepper)
Dinner	Caesar salad (lettuce, chicken, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)
Daily Meals	30-11-2023 -- Thursday
Breakfast	Hard boiled eggs with salt, sumaq and one tablespoon olive oil
Breakfast	Strawberries (5 Medium)
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	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	Cucumber slices with pinch of salt and lemon
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	Fried eggs in olive oil

Breakfast	Raw Nuts (3-5 pieces)
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	Stuffed chicken breasts (chicken breast, garlic powder, onion powder, black pepper, Himalayan salt, cumin, oregano, olive oil, tomatoes, coriander, mozzarella)
Lunch	Guacamole salad (mashed avocado, parsley, tomato, olive oil, 1 teaspoon lemon, salt and black pepper)
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	02-12-2023 -- Saturday
Breakfast	Parmesan cheese
Breakfast	Cucumber slices with pinch of salt and lemon
Breakfast	Greek salad (cucumber, lettuce, tomato, grilled halloumi/feta cheese, Turkish coffee cup olive oil, vinegar, salt)
Lunch	Chicken Fattah (chicken breast, eggplant, butter, salt) Sauce: (two tablespoons of cream yogurt, one tablespoon of tahini, garlic, salt, roasted almonds in olive oil)
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	03-12-2023 -- Sunday
Breakfast	Dumyate cheese
Breakfast	Eggplant Mutabbal with olive oil (without adding 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	Grilled chicken liver in olive oil without onions
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	Creamy vegetables (mozzarella cheese, cooking cream, mushrooms, black pepper, garlic powder, cumin powder, thyme leaves, turmeric)
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	Lettuce wraps stuffed with turkey, kashkawan cheese and avocado.
Dinner	Chicken salad with avocado (chicken, lettuce, avocado, tomato, green pepper, paprika, chili powder, one tablespoon olive oil)
Daily Meals	05-12-2023 -- Tuesday
Breakfast	Blue 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	Chicken burger stuffed with cheese (chicken breast, garlic cloves, burger spices, celery, mozzarella)
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	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)