



Dear Haya Jawdat Mohammad Sawalqa

Here's Your Weekly Food Menu Programm

Daily Meals	12-12-2023 -- Tuesday
Breakfast	Scrambled eggs with vegetables (sweet peppers, fresh mushrooms, mozzarella cheese, salt, black pepper, olive oil)
Breakfast	Strawberries (5 Medium)
Breakfast	Greek salad (ingredients:cucumber, lettuce, tomato, grilled halloumi/feta cheese, arugula, One tablespoon olive oil, vinegar, salt)
Lunch	Grilled tuna fish in olive oil (olive oil + parmesan cheese + green pepper + 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)
Daily Meals	13-12-2023 -- Wednesday
Breakfast	Hard boiled eggs with salt, sumaq and one tablespoon olive oil
Breakfast	Raw Nuts (3-5 pieces)
Breakfast	Caesar salad (lettuce, turkey, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)
Lunch	Eggplant Moussaka
Lunch	Green salad (ingredients: lettuce, rocca, basil, 5 green/black olives, one tablespoon olive oil, a small teaspoon of lemon, salt and black pepper)
Daily Meals	14-12-2023 -- Thursday
Breakfast	Parmesan cheese
Breakfast	Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil)
Breakfast	Caesar salad (lettuce, turkey, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)
Lunch	Shish Tawook (without yogurt)
Lunch	Fattoush salad with eggplant (ingredients: cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, one tablespoon olive oil. spoon of lemon)

Daily Meals		15-12-2023 -- Friday
Breakfast		Blue cheese
Breakfast		Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil)
Breakfast		Greek salad (ingredients:cucumber, lettuce, tomato, grilled halloumi/feta cheese, arugula, One tablspoon olive oil, vinegar, salt)
Lunch		Zucchini Lasagna (zucchini slices) Meat sauce (olive oil + minced meat + basil + oregano + salt + black pepper) Cheese sauce (cheese + garlic + salt + black pepper)
Lunch		Cucumber salad (cucumber, Greek yogurt "KOLIOS" brand, mint, salt and black pepper)
Daily Meals		16-12-2023 -- Saturday
Breakfast		Dumyate cheese
Breakfast		Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil)
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)
Daily Meals		17-12-2023 -- Sunday
Breakfast		Akawi cheese
Breakfast		Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil)
Breakfast		Avocado and lettuce salad (avocado + lettuce + tomato + olive oil + vinegar + 1 teaspoon lemon + feta cheese)
Lunch		Eggplant and chicken with tzatziki sauce (cucumber +cream yogurt + garlic + salt + black pepper + carp-free mayonnaise)
Lunch		Green salad (ingredients: lettuce, rocca, basil, 5 green/black olives, one tablespoon olive oil, a small teaspoon of lemon, salt and black pepper)
Daily Meals		18-12-2023 -- Monday
Breakfast		Fried eggs in olive oil
Breakfast		Dumyate cheese
Breakfast		Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar, one tablespoon of olive oil)

Lunch

Meat Sajeyeh (meat cubes + sweet green peppers + olive oil + salt + black pepper)

Lunch

Rocca salad (ingredients: rocca, feta, mushrooms, 5 black olives, one tablespoon olive oil, a teaspoon of lemon, vinegar, salt and black pepper)