



**THE  
DOCTORS  
DIET**

## 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	Caesar salad (lettuce, turkey, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)
Lunch	Shish Tawook (without yogurt )
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	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	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	14-12-2023 -- Thursday
Breakfast	Parmesan cheese
Breakfast	Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil)
Breakfast	Arabian salad (ingredients: tomatoes, lettuce, arugula, cucumbers, one tablespoon of olive oil, salt, a tablespoon of vinegar)
Lunch	Eggplant and chicken with tzatziki sauce (cucumber +cream yogurt + garlic + salt + black pepper + carp-free mayonnaise)
Lunch	Rocca salad (ingredients: rocca, feta, mushrooms, 5 black olives, one tablespoon olive oil, a teaspoon of lemon, vinegar, salt and black pepper)

Daily Meals		15-12-2023 -- Friday
Breakfast		Dumyate cheese
Breakfast		Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil)
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		Rocca salad (ingredients: rocca, feta, mushrooms, 5 black olives, one tablespoon olive oil, a teaspoon of lemon, vinegar, salt and black pepper)
Daily Meals		16-12-2023 -- Saturday
Breakfast		Blue cheese
Breakfast		Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil)
Breakfast		Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar, one tablespoon of olive oil)
Lunch		Chicken Fatteh (chicken breast, eggplant, butter, salt) Sauce: (two tablespoons of cream yogurt, one tablespoon of tahini, garlic, salt, roasted almonds in olive oil)
Lunch		Cucumber salad (cucumber, Greek yogurt "KOLIOS" brand, mint, salt and black pepper)
Daily Meals		17-12-2023 -- Sunday
Breakfast		Akawi 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		Grilled wings with spinach sauce Sauce: (fresh spinach, almaraei cooking cream, one to two pieces of garlic or garlic powder (selective), salt, black pepper, olive oil)
Lunch		Rocca salad (ingredients: rocca, feta, mushrooms, 5 black olives, one tablespoon olive oil, a teaspoon of lemon, vinegar, salt and black pepper)
Daily Meals		18-12-2023 -- Monday
Breakfast		Boiled eggs with sakt, black pepper and one tablespoon olive oil
Breakfast		Dumyate cheese

Breakfast	Caesar salad (lettuce, turkey, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)
Lunch	Creamy vegetables (mozzarella cheese, cooking cream, mushrooms, black pepper, garlic powder, cumin powder, thyme leaves, turmeric)
Lunch	Cucumber salad (cucumber, Greek yogurt "KOLIOS" brand, mint, salt and black pepper)