



**THE
DOCTORS
DIET**

Dear **Rawan Amer Fadda**

Here's Your Weekly Food Menu Programm

Daily Meals	26-12-2023 -- Tuesday
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	Guacamole salad (mashed avocado, parsley, tomato, olive oil, 1 teaspoon lemon, salt and black pepper)
Dinner	Eggs and spinach bread :(eggs, spinach, salt, black pepper)
Dinner	Caesar salad (lettuce, chicken, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)
Daily Meals	27-12-2023 -- Wednesday
Breakfast	Boiled eggs with sakt, black pepper 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	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	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	28-12-2023 -- Thursday
Breakfast	Cucumber slices with pinch of salt and lemon
Breakfast	Blue cheese

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 curry with grilled vegetables: (Grilled chicken, curry spices, salt, onion powder, olive oil) Grilled vegetables: (broccoli, cauliflower, zucchini, salt, black pepper and olive oil)
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	29-12-2023 -- Friday
-------------	----------------------

Breakfast	Zucchini mutabal with olive oil (without yogurt)
Breakfast	Eggplant Mutabbal with olive oil (without adding yogurt)
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 (cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, turkish coffee cup of olive oil. spoon of lemon)
Dinner	Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil)
Dinner	Chicken salad with cream yogurt (cream yogurt, green peppers, chicken breasts, tomatoes, cucumbers, salt, black pepper, parsley)

Daily Meals	30-12-2023 -- Saturday
-------------	------------------------

Breakfast	Dumyate cheese
Breakfast	Akawi cheese
Breakfast	Caesar salad (lettuce, turkey, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)
Lunch	Chicken tikka with hummus and 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	Scrambled eggs without vegetables (eggs + olive oil +salt + black pepper)

Dinner	Chicken salad (chopped chicken + walnuts + lettuce + arugula + carp-free mayonnaise + carp-free mustard + onion powder + vinegar + pickled cucumbers 2 pieces)
Daily Meals	31-12-2023 -- Sunday
Breakfast	White Cheese
Breakfast	Laban with cream
Breakfast	Avocado and lettuce salad (avocado + lettuce + tomato + olive oil + vinegar + 1 teaspoon lemon + feta cheese)
Lunch	Guacamole salad (mashed avocado, parsley, tomato, olive oil, 1 teaspoon lemon, salt and black pepper)
Dinner	Hard boiled eggs with salt, sumaq and one tablespoon olive oil
Dinner	Chicken salad with avocado (chicken, lettuce, avocado, tomato, green pepper, paprika, chili powder, one tablespoon olive oil)
Daily Meals	01-01-2024 -- Monday
Breakfast	Fried white cheese with olive oil
Breakfast	Edam cheese
Breakfast	Caesar salad (lettuce, turkey, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)
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	Boiled eggs with sakt, black pepper and one tablespoon olive oil
Dinner	Chicken salad with cream yogurt (cream yogurt, green peppers, chicken breasts, tomatoes, cucumbers, salt, black pepper, parsley)