



**THE
DOCTORS
DIET**

Dear mohammad abuzai

Here's Your Weekly Food Menu Programm

Daily Meals	15-08-2023 -- Tuesday
Breakfast	Boiled eggs with sakt, black pepper and one tablespoon olive oil
Breakfast	Greek salad (ingredients:cucumber, lettuce, tomato, grilled halloumi/feta cheese, arugula, one tablspoon olive oil, vinegar, salt)
Breakfast	One cup popcorn (snack)
Lunch	Burger balls (minced meat + cheddar cheese + garlic + black pepper + butter + lettuce)
Lunch	Fattoush salad with eggplant (ingredients: cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, one tablespoon olive oil. spoon of lemon)
Lunch	Grilled chicken liver in olive oil without onions
Dinner	Chicken and zucchini curry soup (olive oil + garlic + chicken broth + parsley + zucchini)
Dinner	Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil)
Daily Meals	16-08-2023 -- Wednesday
Breakfast	Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil)
Breakfast	Strawberries (5 Medium)
Breakfast	Laban with cream
Lunch	Seabass
Lunch	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
Dinner	Rocca salad (ingredients: rocca, feta, mushrooms, 5 black olives, one tablespoon olive oil, a teaspoon of lemon, vinegar, salt and black pepper)
Dinner	Peanut butter (2 Tbsp)
Daily Meals	17-08-2023 -- Thursday
Breakfast	(شوفان) معلقتين

Breakfast	Rocca salad (ingredients: rocca, feta, mushrooms, 5 black olives, one tablespoon olive oil, a teaspoon of lemon, vinegar, salt and black pepper)
Breakfast	Hard boiled eggs with salt, sumaq and one tablespoon olive oil
Lunch	Mushrooms with tuna and cheese (Mushrooms, Tuna, 5 olives, tomatoes, mozzarella or cheddar cheese, eggs, parsley, salt, Black pepper)
Lunch	Arabian salad (ingredients: tomatoes, lettuce, arugula, cucumbers, one tablespoon of olive oil, salt, a tablespoon of vinegar)
Lunch	Grilled Shrimps(Almarai Cooking Cream - optional- + Mushroom + Broccoli)
Dinner	Granola
Dinner	Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar)

Daily Meals	18-08-2023 -- Friday
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Breakfast	Green salad (ingredients: lettuce, rocca, basil, 5 green/black olives, one tablespoon olive oil, a small teaspoon of lemon, salt and black pepper)
Breakfast	halloumi cheese
Breakfast	Raw Nuts (3-5 pieces)
Lunch	Butter Chicken (cream yogurt, Garlic, Butter, Almarai Cream, Tomato)
Lunch	Rocca salad (ingredients: rocca, feta, mushrooms, 5 black olives, one tablespoon olive oil, a teaspoon of lemon, vinegar, salt and black pepper)
Lunch	Grilled chicken liver in olive oil without onions
Dinner	(شوفان) معلقتين)
Dinner	Fattoush salad with eggplant (ingredients: cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, one tablespoon olive oil. spoon of lemon)

Daily Meals	19-08-2023 -- Saturday
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Breakfast	Fattoush salad with eggplant (ingredients: cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, one tablespoon olive oil. spoon of lemon)
Breakfast	Eggs and spinach bread :(eggs, spinach, salt, black pepper)
Breakfast	Akawi cheese
Lunch	Fried drumsticks(with olive oil) with grilled vegetables a (Broccoli + Zucchini + fresh mushrooms + fresh tomatoes)

Lunch	Green salad (ingredients: lettuce, rocca, basil, 5 green/black olives, one tablespoon olive oil, a small teaspoon of lemon, salt and black pepper)
Lunch	Grilled chicken liver in olive oil without onions
Dinner	Eggs and spinach bread :(eggs, spinach, salt, black pepper)
Dinner	Broccoli cauliflower soup (broccoli, cauliflower, chicken broth, shredded cheddar cheese, almarei cooking cream, salt, one tablespoon olive oil)

Daily Meals	20-08-2023 -- Sunday
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Breakfast	Granola
Breakfast	Eggplant Mutabbal with olive oil (without adding yogurt)
Breakfast	Blue cheese
Lunch	Kofta (minced meat) with tahini without potatoes
Lunch	Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar)
Lunch	Grilled chicken liver in olive oil without onions
Dinner	Hard boiled eggs with salt, sumaq and one tablespoon olive oil
Dinner	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	21-08-2023 -- Monday
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Breakfast	Arabian salad (ingredients: tomatoes, lettuce, arugula, cucumbers, one tablespoon of olive oil, salt, a tablespoon of vinegar)
Breakfast	Scrambled eggs without vegetables (eggs + olive oil + salt + black pepper)
Breakfast	Akawi cheese
Lunch	Meat with feta cheese sauce (minced meat + salt + black pepper + onion powder + garlic powder + oregano + a small spoon of lemon+ feta cheese + Junaidi yoghurt + salt + black pepper
Lunch	Avocado and lettuce salad (avocado + lettuce + tomato + olive oil + vinegar + 1 teaspoon lemon + feta cheese)
Lunch	Grilled chicken liver in olive oil without onions
Dinner	Green lemon juice and cucumber (cucumber slices, spinach, lemon juice)

Dinner	Arabian salad (ingredients: tomatoes, lettuce, arugula, cucumbers, one tablespoon of olive oil, salt, a tablespoon of vinegar)
Daily Meals	22-08-2023 -- Tuesday
Breakfast	Turkey
Breakfast	Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar)
Breakfast	Peanut butter (2 Tbsp)
Lunch	Grilled meat balls with olive oil
Lunch	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
Dinner	Spinach soup (spinach, cooking cream, small onion, garlic, chicken broth, butter)
Dinner	Greek salad (ingredients:cucumber, lettuce, tomato, grilled halloumi/feta cheese, arugula, one tablspoon olive oil, vinegar, salt)