

Dear Rawan saeed mustafa hussein

Here's Your Weekly Food Menu Programm



**THE
DOCTORS
DIET**

Day - 15-02-2024 -- Thursday

#	BreakFast	Lunch	Dinner
1	Scrambled eggs without vegetables (eggs + olive oil + salt + black pepper)	Eggplant and chicken with tzatziki sauce (cucumber + cream yogurt + garlic + salt + black pepper + carp-free mayonnaise)	Chicken and zucchini curry soup (olive oil + garlic + chicken broth + parsley + zucchini)
2	Half lemon slices with pinch of salt	Cucumber salad (cucumber, Greek yogurt "KOLIOS" brand, mint, salt and black pepper)	Chicken salad with avocado (chicken, lettuce, avocado, tomato, green pepper, paprika, chili powder, one tablespoon olive oil)
3	Avocado and lettuce salad (avocado + lettuce + tomato + olive oil + vinegar + 1 teaspoon lemon + feta cheese)		

Day - 16-02-2024 -- Friday

#	BreakFast	Lunch	Dinner
1	Boiled eggs with sakt, black pepper and one tablespoon olive oil	Shish Tawook (without yogurt)	Eggs and spinach bread :(eggs, spinach, salt, black pepper)
2	Labaneh with olive oil	Rocca salad (ingredients: rocca, feta, mushrooms, 5 black olives, one tablespoon olive oil, a teaspoon of lemon, vinegar, salt and black pepper)	Chicken salad with cream yogurt (cream yogurt, green peppers, chicken breasts, tomatoes, cucumbers, salt, black pepper, parsley)
3	Arabian salad (ingredients: tomatoes, lettuce, arugula, cucumbers, one tablespoon of olive oil, salt, a tablespoon of vinegar)		

Day - 17-02-2024 -- Saturday

#	BreakFast	Lunch	Dinner
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1	Cucumber slices with pinch of salt and lemon	Garlic lemon chicken with zucchini: (chicken, lemon, olive oil, one to two pieces garlic, zucchini, salt, black peppers)	Raw Nuts (3-5 pieces)
2	feta cheese	Green salad (ingredients: lettuce, rocca, basil, 5 green/black olives, one tablespoon olive oil, a small teaspoon of lemon, salt and black pepper)	Chicken salad with cream yogurt (cream yogurt, green peppers, chicken breasts, tomatoes, cucumbers, salt, black pepper, parsley)
3	Avocado and lettuce salad (avocado + lettuce + tomato + olive oil + vinegar + 1 teaspoon lemon + feta cheese)		

Day - 18-02-2024 -- Sunday

#	BreakFast	Lunch	Dinner
1	Fried white cheese with olive oil	Grilled farrouj	Vegetable soup (olive oil, onion powder, sweet pepper, garlic clove, cauliflower, green beans, tomatoes, salt)
2	Laban with cream	Guacamole salad (mashed avocado, parsley, tomato, olive oil, 1 teaspoon lemon, salt and black pepper)	Chicken salad (chopped chicken + walnuts + lettuce + arugula + carp-free mayonnaise + carp-free mustard + onion powder + vinegar + pickled cucumbers 2 pieces)
3	Avocado and lettuce salad (avocado + lettuce + tomato + olive oil + vinegar + 1 teaspoon lemon + feta cheese)		

Day - 19-02-2024 -- Monday

#	BreakFast	Lunch	Dinner
1	White Cheese	Chicken tikka with hummus and olive oil	Eggplant Mutabbal with olive oil (without adding yogurt)

2	Raw Nuts (3-5 pieces)	Green salad (ingredients: lettuce, rocca, basil, 5 green/black olives, one tablespoon olive oil, a small teaspoon of lemon, salt and black pepper)	Chicken salad (chopped chicken + walnuts + lettuce + arugula + carp-free mayonnaise + carp-free mustard + onion powder + vinegar + pickled cucumbers 2 pieces)
3	Greek salad (ingredients:cucumber, lettuce, tomato, grilled halloumi/feta cheese, arugula, One tablspoon olive oil, vinegar, salt)		

Day - 20-02-2024 -- Tuesday

#	BreakFast	Lunch	Dinner
1	Eggs and spinach bread :(eggs, spinach, salt, black pepper)	Cauliflower tray with Tahini (Cauliflower, two tablespoon Tahini, two teaspoon cumin, two teaspoon lemon, olive oil, salt, black pepper, garlic powder - optional-)	Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil)
2	Akawi cheese	Fattoush salad with eggplant (ingredients: cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, one tablespoon olive oil. spoon of lemon)	Chicken salad (chopped chicken + walnuts + lettuce + arugula + carp-free mayonnaise + carp-free mustard + onion powder + vinegar + pickled cucumbers 2 pieces)
3	Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar, one tablespoon of olive oil)		

Day - 21-02-2024 -- Wednesday

#	BreakFast	Lunch	Dinner
1	Dumyate cheese	Green salad (ingredients: lettuce, rocca, basil, 5 green/black olives, one tablespoon olive oil, a small teaspoon of lemon, salt and black pepper)	Labaneh with olive oil

2	Blue cheese		Chicken salad (chopped chicken + walnuts + lettuce + arugula + carp-free mayonnaise + carp-free mustard + onion powder + vinegar + pickled cucumbers 2 pieces)
3	Arabian salad (ingredients: tomatoes, lettuce, arugula, cucumbers, one tablespoon of olive oil, salt, a tablespoon of vinegar)		

Important information about Doctors Diet menu

Hello from The Doctors Diet;

Few steps until you reach your ideal and healthy weight by receiving your body manual. This customized and fixed meal plan that will make you ideal, healthy and free from any medical issues you have and affecting your daily lifestyle activities.

Kindly preview the below recommendations to make your weight loss journey with us more interesting and easy;

Firstly; the quality of food written in your meal plan is what your body needs at every weight loss stage for your body metabolism, body organs and function and this is not something for lifetime, this is to reach your ideal and healthy weight in a fast and healthy way.

At every stage there will be elimination or addition for specific food items and quality based on your weight loss, body response to the diet, and the differentiation in your body composition of the fat%, Visceral fat, water % and protein %

Make sure that nothing is forbidden or allowed to you lifetime, but there is a specific quality of food that you should or should not eat at every stage of your weight loss journey.

There are no specific quantities to eat, you can eat until you are super full from all the food items written in your meal plan but the very important thing that anything not written you should not eat at all since it will not affect only your weight loss but also your overall health.

At every meal there is more than one choice, these are choices you can eat them all or choose the most preferable one but the better to eat them all for the nutrition value

It is allowed to you to drink coffee, tea and herbs without adding sugar and without milk if the milk is not written in your meal plan.

You should drink every hour one cup of water and it's very important to keep your body hydrated.

There are no specific timings for the meals, but keep from 2-3 hours between every meal and stop eating before sleeping with 3 hours for better digestive processes.

To achieve best results you should commit day by day for the meals written, but also you can replace between the days and meals written in your schedule to make it easier to you.

It is allowed to replace chicken by chicken, meat by meat and fish by fish but it is not allowed to replace chicken with meat or meat with chicken or fish with meat or chicken.

You can replace between the salads types and the vegetables written in your food schedule.

You should not add anything not written in your meal plan since this will not affect only your weight loss progress but it will affect your health negatively

For the physical activity; it is preferable not to do any type of physical activity during your weight loss journey, since extra effort will make the body secrete specific hormones like cortisol which is a stress hormone that makes weight plateau.

For the results of your test; your results are your meal plans and the quality of food written in your schedule, the meal plans that you will receive will guarantee you losing your needed weight based on your subscription.

Being free from diseases and/or preventing them

By committing to the meal plans you will be free from any diseases or metabolic syndromes that affect your lifestyle activities such as:

- **High Cholesterol**
- **High Uric Acid**
- **Insulin Resistance**
- **Diabetes type 2**
- **Fatty liver**
- **PCOS**
- **Hypothyroidism**
- **Hypertension**
- **Heart Palpitations**
- **Irritable bowel syndrome**
- **Gastro esophageal reflux disease**
- **Disc problems**
- **Arthritis**
- **Sleep problems**
- **Mental Clarity problems**
- **Prevents 90% of cancer types**

For more information you can preview our websites as below;

<https://doctorsdiet.net/>

<https://dnadiet.uk/>