

Dear Dema abdefattah hasan aqad

Here's Your Weekly Food Menu Programm



**THE
DOCTORS
DIET**

Day - 15-02-2024 -- Thursday

#	BreakFast	Lunch	Dinner
1	Scrambled eggs with vegetables (sweet peppers, fresh mushrooms, mozzarella cheese, salt, black pepper, olive oil)	Eggplant Moussaka	Chicken and zucchini curry soup (olive oil + garlic + chicken broth + parsley + zucchini)
2	Strawberries (5 Medium)	Cucumber salad (cucumber, Greek yogurt "KOLIOS" brand, mint, salt and black pepper)	Caesar salad (lettuce, chicken, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)
3	Arabic salad (tomatoes, lettuce, arugula, cucumbers, Turkish coffee cup of olive oil, salt, a tablespoon of vinegar)		

Day - 16-02-2024 -- Friday

#	BreakFast	Lunch	Dinner
1	Hard boiled eggs with salt, sumaq and one tablespoon olive oil	Zucchini Lasagna (zucchini slices) Meat sauce (olive oil + minced meat + basil + oregano + salt + black pepper) Cheese sauce (cheese + garlic + salt + black pepper)	Broccoli Cheese Soup (Butter + onion powder + garlic powder + chicken broth + salt + black pepper + broccoli + whipping cream (Almarai) two tablespoons + cheddar cheese)
2	Fried eggs in olive oil	Fattoush salad with eggplant (cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, turkish coffee cup of olive oil. spoon of lemon)	Caesar salad (lettuce, chicken, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)

3	Arabian salad (ingredients: tomatoes, lettuce, arugula, cucumbers, one tablespoon of olive oil, salt, a tablespoon of vinegar)		
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Day - 17-02-2024 -- Saturday

#	BreakFast	Lunch	Dinner
1	Labaneh with olive oil	Grilled tuna fish in olive oil (olive oil + parmesan cheese + green pepper + spinach)	Tomato, basil and parmesan soup (Butter, Garlic , Basil, oregano, low-carb cream cheese(Al marai) , tomato, parmesan cheese, salt, black pepper)
2	Boiled eggs with sakt, black pepper and one tablespoon olive oil	Green salad (lettuce, arugula, basil, 5 green/black olives, turkish coffee cup of olive oil, a small spoonful of lemon, 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 - 18-02-2024 -- Sunday

#	BreakFast	Lunch	Dinner
1	halloumi cheese	Eggplant and chicken with tzatziki sauce (cucumber +cream yogurt + garlic + salt + black pepper + carp-free mayonnaise)	Lettuce wraps stuffed with turkey, kashkawan cheese and avocado.
2	feta cheese	Fattoush salad with eggplant (cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, turkish coffee cup of olive oil. spoon of lemon)	Caesar salad (lettuce, chicken, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)
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	Parmesan cheese	Shish Tawook (without yogurt)	Eggs and spinach bread :(eggs, spinach, salt, black pepper)
2	Edam cheese	Rocca salad (arugula, feta, mushrooms, 5 black olives, turkish coffee cup of olive oil, a teaspoon of lemon, vinegar, salt and black pepper)	Chicken salad with avocado (chicken, lettuce, avocado, tomato, green pepper, paprika, chili powder, one tablespoon olive oil)
3	Arabian salad (ingredients: tomatoes, lettuce, arugula, cucumbers, one tablespoon of olive oil, salt, a tablespoon of vinegar)		

Day - 20-02-2024 -- Tuesday

#	BreakFast	Lunch	Dinner
1	Scrambled eggs without vegetables (eggs + olive oil +salt + black pepper)	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	Mushroom soup (Mushrooms, onion powder, olive oil, butter, and Almarai cooking cream, black pepper, salt, chicken spices)
2	Kashkawan cheese	Fattoush salad with eggplant (cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, turkish coffee cup of olive oil. spoon of lemon)	Chicken salad with cream yogurt (cream yogurt, green peppers, chicken breasts, tomatoes, cucumbers, salt, black pepper, parsley)
3	Greek salad (ingredients:cucumber, lettuce, tomato, grilled halloumi/feta cheese, arugula, One tablspoon olive oil, vinegar, salt)		

Day - 21-02-2024 -- Wednesday

#	BreakFast	Lunch	Dinner
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1	Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil)	Stuffed chicken breasts (chicken breast, garlic powder, onion powder, black pepper, Himalayan salt, cumin, oregano, olive oil, tomatoes, coriander, mozzarella)	Raw Nuts (3-5 pieces)
2	Turkey	Rocca salad (ingredients: rocca, feta, mushrooms, 5 black olives, one tablespoon olive oil, a teaspoon of lemon, vinegar, salt and black pepper)	Caesar salad (lettuce, chicken, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)
3	Caesar salad (lettuce, turkey, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)		

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 secrets specific hormones like cortisol which is stress hormone that make 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/>