

# Dear Dalia Essa Mohammad Alshabaan

Here's Your Weekly Food Menu Programm



**THE  
DOCTORS  
DIET**

## Day - 18-02-2024 -- Sunday

| # | BreakFast   | Lunch   | Dinner   |
|---|---|---|--|
| 1 | Zucchini mutabal with olive oil (without yogurt)  | Grilled chicken liver in olive oil without onions   | Vegetable soup (olive oil, onion powder, sweet pepper, garlic clove, cauliflower, green beans, tomatoes, salt)     |
| 2 | Strawberries ( 5 Medium )   | 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 | Halloumi with mint salad (grilled halloumi, rocca, lettuce, mint, tomato)<br>Sauce: greek yogurt kiri kiri brand, salt, black pepper, one tablespoon olive oil, one teaspoon lemon) |   |  |

## Day - 19-02-2024 -- Monday

| # | BreakFast  | Lunch  | Dinner   |
|---|--|--|--|
| 1 | Blue cheese  | Meat Sajeyeh (meat cubes +sweet green peppers + olive oil + salt + black pepper)   | Raw Nuts (3-5 pieces)  |
| 2 | Raw Nuts (3-5 pieces)  | Green salad (lettuce, arugula, basil, 5 green/black olives, turkish coffee cup of olive oil, a small spoonful of lemon, 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 - 20-02-2024 -- Tuesday

| # | BreakFast  | Lunch   | Dinner   |
|---|--|---|--|
| 1 | Labaneh with olive oil   | Shish Tawook (without yogurt )  | Eggplant Mutabbal with olive oil (without adding yogurt)   |
| 2 | Parmesan 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 | Greek salad (cucumber, lettuce, tomato, grilled halloumi/feta cheese, Turkish coffee cup olive oil, vinegar, salt) |   |  |

## Day - 21-02-2024 -- Wednesday

| # | BreakFast  | Lunch  | Dinner   |
|---|--|--|--|
| 1 | Akawi cheese   | Meet Balls With Bamyra   | Eggs and spinach bread :( eggs, spinach, salt, black pepper)   |
| 2 | Eggplant Mutabbal with olive oil (without adding yogurt)   | 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 | Arabic salad (tomatoes, lettuce, arugula, cucumbers, Turkish coffee cup of olive oil, salt, a tablespoon of vinegar) |  |  |

## Day - 22-02-2024 -- Thursday

| # | BreakFast        | Lunch   | Dinner   |
|---|------------------|---|--|
| 1 | Laban with cream | Grilled tuna fish in olive oil (olive oil + parmesan cheese + green pepper + spinach) | Zucchini mutabal with olive oil (without yogurt) |

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| 2 | Half lemon slices with pinch of salt   | 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 (cucumber, lettuce, tomato, grilled halloumi/feta cheese, Turkish coffee cup olive oil, vinegar, salt) |   |  |

### Day - 23-02-2024 -- Friday

| # | BreakFast   | Lunch  | Dinner   |
|---|---|--|--|
| 1 | Eggs and spinach bread :( eggs, spinach, salt, black pepper)  | Minced meat with Hummus and olive oil  | Broccoli cauliflower soup (broccoli, cauliflower, chicken broth, shredded cheddar cheese, almarei cooking cream, salt, one tablespoon olive oil) |
| 2 | Dumyate cheese  | Green salad (lettuce, arugula, basil, 5 green/black olives, turkish coffee cup of olive oil, a small spoonful of lemon, 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) |  |  |

### Day - 24-02-2024 -- Saturday

| # | BreakFast                                    | Lunch  | Dinner   |
|---|--|--|--|
| 1 | Cucumber slices with pinch of salt and lemon | Eggplant Moussaka  | Tomato zucchini soup (tomato, zucchini , green pepper, garlic, onion powder, salt, black pepper, olive oil)                      |
| 2 | Cheddar cheese                               | 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) |

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|---|--|--|--|
| 3 | Arabic salad (tomatoes, lettuce, arugula, cucumbers, Turkish coffee cup 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 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/>