



**THE
DOCTORS
DIET**

Dear **mohammad abuzai**

Here's Your Weekly Food Menu Programm

Daily Meals	18-08-2023 -- Friday
Breakfast	halloumi cheese
Breakfast	Eggplant Mutabbal with olive oil (without adding yogurt)
Breakfast	Strawberries (5 Medium)
Lunch	Fried drumsticks(with olive oil) with grilled vegetables a (Broccoli + Zucchini + fresh mushrooms + fresh tomatoes)
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	Granola
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
Breakfast	Arabian salad (ingredients: tomatoes, lettuce, arugula, cucumbers, one tablespoon of olive oil, salt, a tablespoon of vinegar)
Breakfast	Laban with cream
Breakfast	Raw Nuts (3-5 pieces)
Lunch	Chicken breast with spinach
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	Caesar salad (lettuce, chicken, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)
Dinner	Hard boiled eggs with salt, sumaq and one tablespoon olive oil
Daily Meals	20-08-2023 -- Sunday

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
Breakfast	One cup popcorn (snack)
Lunch	Kofta (minced meat) with tahini without potatoes
Lunch	Arabian salad (ingredients: tomatoes, lettuce, arugula, cucumbers, one tablespoon of olive oil, salt, a tablespoon of vinegar)
Lunch	Grilled chicken liver in olive oil without onions
Dinner	Green salad (ingredients: lettuce, rocca, basil, 5 green/black olives, one tablespoon olive oil, a small teaspoon of lemon, salt and 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	21-08-2023 -- Monday
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Breakfast	Peanut butter (2 Tbsp)
Breakfast	Fattoush salad with eggplant (ingredients: cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, one tablespoon olive oil. spoon of lemon)
Breakfast	Hard boiled eggs with salt, sumaq and one tablespoon olive oil
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	Broccoli cauliflower soup (broccoli, cauliflower, chicken broth, shredded cheddar cheese, almarei cooking cream, salt, one tablespoon olive oil)
Dinner	(شوفان) معلقتين

Daily Meals	22-08-2023 -- Tuesday
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Breakfast	Granola
Breakfast	Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar)
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	Green salad (ingredients: lettuce, rocca, basil, 5 green/black olives, one tablespoon olive oil, a small teaspoon of lemon, salt and black pepper)
Lunch	Chicken burger stuffed with cheese (chicken breast, garlic cloves, burger spices, celery, mozzarella)
Dinner	Green lemon juice and cucumber (cucumber slices, spinach, lemon juice)
Dinner	Peanut butter (2 Tbsp)
Daily Meals	23-08-2023 -- Wednesday
Breakfast	(شوفان) معلقتين)
Breakfast	Greek salad (ingredients:cucumber, lettuce, tomato, grilled halloumi/feta cheese, arugula, one tablespoon olive oil, vinegar, salt)
Breakfast	Hard boiled eggs with salt, sumaq and one tablespoon olive oil
Lunch	Chicken Fatteh (chicken breast, eggplant, butter, salt) Sauce: (two tablespoons of cream yogurt, one tablespoon of tahini, garlic, salt, roasted almonds in olive oil)
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	Eggplant Mutabbal with olive oil (without adding yogurt)
Dinner	Spinach soup (spinach, cooking cream, small onion, garlic, chicken broth, butter)
Daily Meals	24-08-2023 -- Thursday
Breakfast	Turkey
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	Peanut butter (2 Tbsp)
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	Mushroom soup (Mushrooms, onion powder, olive oil, butter, and Almarai cooking cream, black pepper, salt, chicken spices)
Dinner	Turkey
Daily Meals	25-08-2023 -- Friday
Breakfast	Blue cheese
Breakfast	Avocado and lettuce salad (avocado + lettuce + tomato + olive oil + vinegar + 1 teaspoon lemon + feta cheese)
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	Strawberries (5 Medium)
Dinner	halloumi cheese