



Dear mohammad abuzai

Here's Your Weekly Food Menu Programm

Daily Meals	27-08-2023 -- Sunday
Breakfast	Strawberries (5 Medium)
Breakfast	Boiled eggs with sakt, black pepper and one tablespoon olive oil
Breakfast	Avocado and lettuce salad (avocado + lettuce + tomato + olive oil + vinegar + 1 teaspoon lemon + feta cheese)
Lunch	Grilled chicken with vegetables (broccoli + zucchini + mushrooms + salt + black pepper + olive oil)
Lunch	Labaneh with olive oil
Daily Meals	28-08-2023 -- Monday
Breakfast	Hard boiled eggs with salt, sumaq and one tablespoon olive oil
Breakfast	One cup popcorn (snack)
Breakfast	Green salad (lettuce, arugula, basil, 5 green/black olives, half turkish coffee cup olive oil, a small spoonful of lemon, salt and black pepper)
Lunch	Denies
Lunch	rice
Daily Meals	29-08-2023 -- Tuesday
Breakfast	Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil)
Breakfast	Raw Nuts (3-5 pieces)
Breakfast	Cucumber salad (cucumber, Greek yogurt, mint, salt and black pepper)
Lunch	Chicken breast with spinach
Lunch	Greek salad (cucumber, lettuce, tomato, grilled halloumi/feta cheese, Turkish coffee cup olive oil, vinegar, salt)
Daily Meals	30-08-2023 -- Wednesday
Breakfast	halloumi cheese
Breakfast	Peanut butter (2 Tbsp)
Breakfast	Laban with cream
Lunch	Kofta (minced meat) with tahini without potatoes

Lunch	Guacamole salad (mashed avocado, parsley, tomato, olive oil, 1 teaspoon lemon, salt and black pepper)
Daily Meals	31-08-2023 -- Thursday
Breakfast	Granola
Breakfast	halloumi cheese
Breakfast	Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar)
Lunch	Seabass
Lunch	Grilled Shrimps(Almarai Cooking Cream - optional- + Mushroom + Broccoli)
Daily Meals	01-09-2023 -- Friday
Breakfast	شوفان (معلقتين)
Breakfast	halloumi cheese
Breakfast	Green salad (lettuce, arugula, basil, 5 green/black olives, half turkish coffee cup olive oil, a small spoonful of lemon, salt and black pepper)
Lunch	Burger balls (minced meat + cheddar cheese + garlic + black pepper + butter + lettuce)
Lunch	Grilled Shrimps(Almarai Cooking Cream - optional- + Mushroom + Broccoli)
Daily Meals	02-09-2023 -- Saturday
Breakfast	Turkey
Breakfast	Peanut butter (2 Tbsp)
Breakfast	Fattoush salad with eggplant (cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, half turkish coffee cup olive oil. spoon of lemon)
Lunch	Turkish grilled chicken
Lunch	Eggplant Mutabbal with olive oil (without adding yogurt)