



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	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 with vegetables (broccoli + zucchini + mushrooms + salt + black pepper + olive oil)
Lunch	Fattoush salad with eggplant (ingredients: cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, one tablespoon olive oil. spoon of lemon)
Daily Meals	28-08-2023 -- Monday
Breakfast	Hard boiled eggs with salt, sumaq and one tablespoon olive oil
Breakfast	One cup popcorn (snack)
Breakfast	Grilled Shrimps(Almarai Cooking Cream - optional- + Mushroom + Broccoli)
Lunch	Denies
Lunch	macaroni
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	Greek salad (ingredients:cucumber, lettuce, tomato, grilled halloumi/feta cheese, arugula, one tablspoon olive oil, vinegar, salt)
Lunch	Chicken breast with spinach
Lunch	Rocca salad (arugula, feta, mushrooms, 5 black olives, half turkish coffee cup olive oil, a teaspoon of lemon, vinegar, salt and black pepper)
Daily Meals	30-08-2023 -- Wednesday
Breakfast	halloumi cheese
Breakfast	Peanut butter (2 Tbsp)
Breakfast	bread

Lunch	Kofta (minced meat) with tahini without potatoes
Lunch	Green salad (ingredients: lettuce, rocca, basil, 5 green/black olives, one tablespoon olive oil, a small teaspoon of lemon, salt and black pepper)
Daily Meals	31-08-2023 -- Thursday
Breakfast	Granola
Breakfast	halloumi cheese
Breakfast	Grilled Shrimps(Almarai Cooking Cream - optional- + Mushroom + Broccoli)
Lunch	Seabass
Lunch	Green salad (ingredients: lettuce, rocca, basil, 5 green/black olives, one tablespoon olive oil, a small teaspoon of lemon, salt and black pepper)
Daily Meals	01-09-2023 -- Friday
Breakfast	شوفان (معلقين)
Breakfast	halloumi cheese
Breakfast	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	Burger balls (minced meat + cheddar cheese + garlic + black pepper + butter + lettuce)
Lunch	bread
Daily Meals	02-09-2023 -- Saturday
Breakfast	Turkey
Breakfast	Peanut butter (2 Tbsp)
Breakfast	macaroni
Lunch	Turkish grilled chicken
Lunch	Scrambled eggs without vegetables (eggs + olive oil +salt + black pepper)