



## Dear mohammad abuzai

Here's Your Weekly Food Menu Programm

Daily Meals	27-08-2023 -- Sunday
Breakfast	Boiled eggs with sakt, black pepper and one tablespoon olive oil
Breakfast	Strawberries ( 5 Medium )
Breakfast	potato
Lunch	Grilled chicken with vegetables (broccoli + zucchini + mushrooms + salt + black pepper + olive oil)
Lunch	Laban with cream
Daily Meals	28-08-2023 -- Monday
Breakfast	Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil)
Breakfast	Raw Nuts (3-5 pieces)
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	Denies
Lunch	Eggplant Mutabbal with olive oil (without adding yogurt)
Daily Meals	29-08-2023 -- Tuesday
Breakfast	Hard boiled eggs with salt, sumaq and one tablespoon olive oil
Breakfast	Blue cheese
Breakfast	Laban with cream
Lunch	Chicken breast with spinach
Lunch	Eggplant Mutabbal with olive oil (without adding yogurt)
Daily Meals	30-08-2023 -- Wednesday
Breakfast	Turkey
Breakfast	Eggs and spinach bread :( eggs, spinach, salt, black pepper)
Breakfast	Scrambled eggs without vegetables (eggs + olive oil +salt + black pepper)
Lunch	Kofta (minced meat) with tahini without potatoes

Lunch	Greek salad (ingredients:cucumber, lettuce, tomato, grilled halloumi/feta cheese, arugula, one tablespoon olive oil, vinegar, salt)
Daily Meals	31-08-2023 -- Thursday
Breakfast	Arabian salad (ingredients: tomatoes, lettuce, arugula, cucumbers, one tablespoon of olive oil, salt, a tablespoon of vinegar)
Breakfast	Boiled eggs with sakt, black pepper and one tablespoon olive oil
Breakfast	Zucchini mutabal with olive oil (without yogurt)
Lunch	Seabass
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)
Daily Meals	01-09-2023 -- Friday
Breakfast	halloumi cheese
Breakfast	Eggs and spinach bread :( eggs, spinach, salt, black pepper)
Breakfast	Rocca salad (arugula, feta, mushrooms, 5 black olives, half turkish coffee cup olive oil, a teaspoon of lemon, vinegar, salt and black pepper)
Lunch	Burger balls (minced meat + cheddar cheese + garlic + black pepper + butter + lettuce)
Lunch	Eggplant Mutabbal with olive oil (without adding yogurt)
Daily Meals	02-09-2023 -- Saturday
Breakfast	Cheddar cheese
Breakfast	Eggs and spinach bread :( eggs, spinach, salt, black pepper)
Breakfast	Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar)
Lunch	Turkish grilled chicken
Lunch	Scrambled eggs without vegetables (eggs + olive oil +salt + black pepper)