

Dear Rawan saeed mustafa hussein

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	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	Grilled chicken liver in olive oil without onions
Lunch	bread
Dinner	Chicken and zucchini curry soup (olive oil + garlic + chicken broth + parsley + zucchini)
Dinner	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	28-08-2023 Monday
Breakfast	Hard boiled eggs with salt, sumaq and one tablespoon olive oil
Breakfast	Raw Nuts (3-5 pieces)
Breakfast	Zucchini mutabal with olive oil (without yogurt)
Lunch	Shish Tawook (without yogurt)
Lunch	Rocca salad (ingredients: rocca, feta, mushrooms, 5 black olives, one tablespoon olive oil, a teaspoon of lemon, vinegar, salt and black pepper)
Dinner	Tomato, basil and parmesan soup (Butter, Garlic, Basil, oregano, low-carb cream cheese(Al marai), tomato, parmesan cheese, salt, black pepper)
Dinner	Cucumber salad (cucumber, Greek yogurt, mint, salt and black pepper)
Daily Meals	29-08-2023 Tuesday
Breakfast	Parmesan cheese
Breakfast	Arabic salad (tomatoes, lettuce, arugula, cucumbers, Turkish coffee cup of olive oil, salt, a tablespoon of vinegar)

Lunch Lunch Lunch Lunch Laban with cream Broccoli Cheese Soup(Butter + onion powder + garlic powder + chicken broth + salt + black pepper) Dinner Dinne	Breakfast	Zucchini mutabal with olive oil (without yogurt)
Broccoli Cheese Soup(Butter + onion powder + garlic powder + chicken broth + salt + black pepper + broccoli + whipping cream (Almarai) two tablespoons + cheddar cheese) Dinner Scrambled eggs without vegetables (eggs + olive oil + salt + black pepper) Daily Meals 30-08-2023 Wednesday Breakfast halloumi cheese Arabic salad (tomatoes, lettuce, arugula, cucumbers, Turkish coffee cup of olive oil, salt, a tablespoon of vinegar) 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) Grilled tuna fish in olive oil (olive oil + parmesan cheese + green pepper + spinach) Lunch Cucumber salad (cucumber, Greek yogurt, mint, salt and black pepper) Dinner lettuce, arugula, cucumbers, one tablespoon of olive oil, salt, a tablespoon of vinegar) Rocca salad (ingredients: tomatoes, lettuce, arugula, cucumbers, one tablespoon of olive oil, salt, a tablespoon of lemon, vinegar, salt and black pepper) Daily Meals 31-08-2023 Thursday Breakfast Beg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil) Breakfast Parmesan cheese	Lunch	• •
Dinner black pepper + broccoli + whipping cream (Almarai) two tablespoons + cheddar cheese) Dinner Scrambled eggs without vegetables (eggs + olive oil + salt + black pepper) Daily Meals 30-08-20/3 - Wednesday Breakfast halloumi cheese Arabic salad (tomatoes, lettuce, arugula, cucumbers, Turkish coffee cup of olive oil, salt, a tablespoon of vinegar) Breakfast vegetables (eggs + olive oil, salt, a tablespoon of vinegar) Breakfast vegetables (eggs + olive oil, salt, a tablespoon of vinegar) Breakfast vegetables (eggs + olive oil, salt, a tablespoon of vinegar) Breakfast vegetables (eggs, vegetables) Breakfast vegetables (eggs, vegetables) Breakfast vegetables (eggs, vegetables) Lunch vegetables (eggs, vegetables) Dinner vegetables (eggs, vegetables) Dinner vegetables (eggs, vegetables) Breakfast vegetables (eggs, vegetables) Breakfa	Lunch	Laban with cream
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Dinner Section Dinner Dinner Dinner Dinner Dinner Dinner Dinner Rocca salad (ingredients: rocca, feta, mushrooms, 5 black olives, one tablespoon olive oil, a teaspoon of lemon, vinegar, salt and black pepper) Daily Meals 31-08-2023 Thursday Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil) Breakfast Parmesan cheese Parmesan cheese Breakfast Parmesan cheese Dotato Eggplant Moussaka Spinach, Strawberry and Walnut Salad (5 Strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar) Arabic salad (tomatoes, lettuce, arugula, cucumbers, Turkish coffee cup of olive oil, salt, a tablespoon of vinegar) 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	
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Dinner rocca, lettuce, mint, tomato) Sauce: greek yogurt kiri kiri brand, salt, black pepper, one tablespoon olive oil, one teaspoon lemon)	Dinner	cucumbers, Turkish coffee cup of olive oil, salt, a tablespoon of vinegar)
Daily Meals 01-09-2023 Friday	Dinner	rocca, lettuce, mint, tomato) Sauce: greek yogurt kiri kiri brand, salt, black pepper, one
	Daily Meals	01-09-2023 Friday

Breakfast feta cheese

Arabic salad (tomatoes, lettuce, arugula, **Breakfast**

cucumbers, Turkish coffee cup of olive oil,

salt, a tablespoon of vinegar)

Grilled Shrimps(Almarai Cooking Cream -**Breakfast**

optional- + Mushroom + Broccoli)

Lunch Turkish grilled chicken Lunch Labaneh with olive oil

Caesar salad (lettuce, chicken, garlic, olive

Dinner oil, salt, black pepper, Parmesan cheese, a

small spoonful of lemon)

Fattoush salad with eggplant (ingredients: cucumber, tomato, green pepper, lettuce,

eggplant, mint, parsley, sumac, one tablespoon olive oil. spoon of lemon)

Daily Meals 02-09-2023 -- Saturday

Breakfast Fried eggs in olive oil **Breakfast** Parmesan cheese

Spinach, Strawberry and Walnut Salad (5 **Breakfast**

strawberries + 7 walnuts + spinach + 1

tablespoon of balsamic vinegar)

Fried fish in olive oil Lunch

Lunch potato

Dinner

Dinner

Tomato zucchini soup (tomato, zucchini,

green pepper, garlic, onion powder, salt,

black pepper, olive oil)

Dinner potato