



## 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)

Breakfast	Zucchini mutabal with olive oil (without yogurt)
Lunch	Meat Sajeyeh (meat cubes + sweet green peppers + olive oil + salt + black pepper)
Lunch	Laban with cream
Dinner	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)
<b>Daily Meals</b>	<b>30-08-2023 -- Wednesday</b>
Breakfast	halloumi cheese
Breakfast	Arabic salad (tomatoes, lettuce, arugula, cucumbers, Turkish coffee cup of olive oil, salt, a tablespoon of vinegar)
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	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	Arabian salad (ingredients: tomatoes, lettuce, arugula, cucumbers, one tablespoon of olive oil, salt, a tablespoon of vinegar)
Dinner	Rocca salad (ingredients: rocca, feta, mushrooms, 5 black olives, one tablespoon olive oil, a teaspoon of lemon, vinegar, salt and black pepper)
<b>Daily Meals</b>	<b>31-08-2023 -- Thursday</b>
Breakfast	Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil)
Breakfast	Parmesan cheese
Breakfast	potato
Lunch	Eggplant Moussaka
Lunch	Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar)
Dinner	Arabic salad (tomatoes, lettuce, arugula, cucumbers, Turkish coffee cup of olive oil, salt, a tablespoon of vinegar)
Dinner	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)
<b>Daily Meals</b>	<b>01-09-2023 -- Friday</b>

Breakfast	feta cheese
Breakfast	Arabic salad (tomatoes, lettuce, arugula, cucumbers, Turkish coffee cup of olive oil, salt, a tablespoon of vinegar)
Breakfast	Grilled Shrimps( Almarai Cooking Cream - optional- + Mushroom + Broccoli)
Lunch	Turkish grilled chicken
Lunch	Labaneh with olive oil
Dinner	Caesar salad (lettuce, chicken, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)
Dinner	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
Breakfast	Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar)
Lunch	Fried fish in olive oil
Lunch	potato
Dinner	Tomato zucchini soup (tomato, zucchini , green pepper, garlic, onion powder, salt, black pepper, olive oil)
Dinner	potato