



**THE  
DOCTORS  
DIET**

## Dear mohammad abuzai

Here's Your Weekly Food Menu Programm

Daily Meals	21-07-2023 -- Friday
Breakfast	Cheddar cheese
Breakfast	Eggplant Mutabbal with olive oil (without adding yogurt)
Breakfast	One cup popcorn (snack)
Lunch	Boneless Chicken
Lunch	Rocca salad (arugula, feta, mushrooms, 5 black olives, half turkish coffee cup olive oil, a teaspoon of lemon, vinegar, salt and black pepper)
Lunch	Grilled chicken liver in olive oil without onions
Dinner	Cheddar cheese
Dinner	Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar)
Daily Meals	22-07-2023 -- Saturday
Breakfast	Akawi cheese
Breakfast	Rocca salad (arugula, feta, mushrooms, 5 black olives, half turkish coffee cup olive oil, a teaspoon of lemon, vinegar, salt and black pepper)
Breakfast	Raw Nuts (3-5 pieces)
Lunch	Creamy chicken
Lunch	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
Dinner	Akawi cheese
Dinner	Laban with cream
Daily Meals	23-07-2023 -- Sunday
Breakfast	Blue 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)
Breakfast	Peanut butter ( 2 Tbsp )

Lunch	Fried drumsticks( with olive oil) with grilled vegetables a ( Broccoli + Zucchini + fresh mushrooms + fresh tomatoes )
Lunch	Fattoush salad with eggplant (cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, half turkish coffee cup olive oil. spoon of lemon)
Lunch	Grilled chicken liver in olive oil without onions
Dinner	Blue cheese
Dinner	Strawberries ( 5 Medium )

Daily Meals	24-07-2023 -- Monday
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Breakfast	Boiled eggs with sakt, black pepper and one tablespoon olive oil
Breakfast	Fattoush salad with eggplant (cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, half turkish coffee cup olive oil. spoon of lemon)
Breakfast	Akawi cheese
Lunch	Grilled meat balls with olive oil
Lunch	Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar)
Lunch	Grilled chicken liver in olive oil without onions
Dinner	Boiled eggs with sakt, black pepper and one tablespoon olive oil
Dinner	Eggplant Mutabbal with olive oil (without adding yogurt)

Daily Meals	25-07-2023 -- Tuesday
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Breakfast	Hard boiled eggs with salt, sumaq and one tablespoon olive oil
Breakfast	Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar)
Breakfast	Akawi cheese
Lunch	Meat cubes
Lunch	Fattoush salad with eggplant (ingredients: cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, one tablespoon olive oil. spoon of lemon)
Lunch	Grilled chicken liver in olive oil without onions
Dinner	Hard boiled eggs with salt, sumaq and one tablespoon olive oil
Dinner	Caesar salad (lettuce, chicken, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)

Daily Meals	26-07-2023 -- Wednesday
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Breakfast	Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil)
Breakfast	Fattoush salad with eggplant (ingredients: cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, one tablespoon olive oil. spoon of lemon)
Breakfast	Akawi cheese
Lunch	Meat shawerma without bread
Lunch	Green salad (ingredients: lettuce, rocca, basil, 5 green/black olives, one tablespoon olive oil, a small teaspoon of lemon, salt and black pepper)
Lunch	Grilled chicken liver in olive oil without onions
Dinner	Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil)
Dinner	Chicken salad (chopped chicken + walnuts + lettuce + arugula + carp-free mayonnaise + carp-free mustard + onion powder + vinegar + pickled cucumbers 2 pieces)
Daily Meals	27-07-2023 -- Thursday
Breakfast	Granola
Breakfast	Green salad (ingredients: lettuce, rocca, basil, 5 green/black olives, one tablespoon olive oil, a small teaspoon of lemon, salt and black pepper)
Breakfast	Hard boiled eggs with salt, sumaq and one tablespoon olive oil
Lunch	Grilled Fish with olive oil
Lunch	Greek salad (cucumber, lettuce, tomato, grilled halloumi/feta cheese, Turkish coffee cup olive oil, vinegar, salt)
Lunch	Grilled chicken liver in olive oil without onions
Dinner	Granola
Dinner	Rocca salad (arugula, feta, mushrooms, 5 black olives, half turkish coffee cup olive oil, a teaspoon of lemon, vinegar, salt and black pepper)