



Dear mohammad abuzai

Here's Your Weekly Food Menu Programm

Daily Meals	27-08-2023 -- Sunday
Breakfast	halloumi cheese
Breakfast	Strawberries (5 Medium)
Breakfast	Labaneh with olive oil
Lunch	Chicken tikka with hummus and olive oil
Lunch	Fattoush salad with eggplant (cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, half turkish coffee cup olive oil. spoon of lemon)
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	Rocca salad (ingredients: rocca, feta, mushrooms, 5 black olives, one tablespoon olive oil, a teaspoon of lemon, vinegar, salt and black pepper)
Lunch	Garlic lemon chicken with zucchini: (chicken, lemon, olive oil, one to two pieces garlic, zucchini, salt, black peppers)
Lunch	Scrambled eggs with vegetables (sweet peppers, fresh mushrooms, mozzarella cheese, salt, black pepper, olive oil)
Daily Meals	29-08-2023 -- Tuesday
Breakfast	Arabian salad (ingredients: tomatoes, lettuce, arugula, cucumbers, one tablespoon of olive oil, salt, a tablespoon of vinegar)
Breakfast	Turkey
Breakfast	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 wings with spinach sauce Sauce: (fresh spinach, almaraei cooking cream, one to two pieces of garlic or garlic powder (selective), salt, black pepper, olive oil)
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	30-08-2023 -- Wednesday
Breakfast	Blue cheese
Breakfast	Arabian salad (ingredients: tomatoes, lettuce, arugula, cucumbers, one tablespoon of olive oil, salt, a tablespoon of vinegar)
Breakfast	Zucchini mutabal with olive oil (without yogurt)
Lunch	Arabian salad (ingredients: tomatoes, lettuce, arugula, cucumbers, one tablespoon of olive oil, salt, a tablespoon of vinegar)
Lunch	Greek salad (cucumber, lettuce, tomato, grilled halloumi/feta cheese, Turkish coffee cup olive oil, vinegar, salt)
Daily Meals	31-08-2023 -- Thursday
Breakfast	Cheddar cheese
Breakfast	Arabian salad (ingredients: tomatoes, lettuce, arugula, cucumbers, one tablespoon of olive oil, salt, a tablespoon of vinegar)
Breakfast	Laban with cream
Lunch	Grilled farrouj
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	feta cheese
Breakfast	Arabian salad (ingredients: tomatoes, lettuce, arugula, cucumbers, one tablespoon of olive oil, salt, a tablespoon of vinegar)
Breakfast	Labaneh with olive oil
Lunch	Zucchini noodles (zoodles) with grilled shrimps: (Brochet and cooked zucchini in a vertical way with salt, black pepper and olive oil)
Lunch	Eggplant Mutabbal with olive oil (without adding yogurt)
Daily Meals	02-09-2023 -- Saturday
Breakfast	Edam cheese
Breakfast	Arabian salad (ingredients: tomatoes, lettuce, arugula, cucumbers, one tablespoon of olive oil, salt, a tablespoon of vinegar)
Breakfast	Greek salad (cucumber, lettuce, tomato, grilled halloumi/feta cheese, Turkish coffee cup olive oil, vinegar, salt)
Lunch	Beef estraganof with grilled broccoli: (Meat cutlets, almaraei cream, fresh mushrooms, onion powder, parsley, salt, black pepper and olive oil)

Lunch

Greek salad (ingredients:cucumber, lettuce, tomato, grilled halloumi/feta cheese, arugula, one tablespoon olive oil, vinegar, salt)