



THE DOCTORS DIET

Dear mohammad abuzai

Here's Your Weekly Food Menu Programm

| Daily Meals | 29-08-2023 -- Tuesday |
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| Breakfast | Blue cheese |
| Breakfast | Strawberries (5 Medium) |
| Breakfast | Arabic salad (tomatoes, lettuce, arugula, cucumbers, Turkish coffee cup of olive oil, salt, a tablespoon of vinegar) |
| 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) |
| Dinner | Boiled eggs with sakt, black pepper and one tablespoon olive oil |
| 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 | 30-08-2023 -- Wednesday |
| Breakfast | Hard boiled eggs with salt, sumaq and one tablespoon olive oil |
| Breakfast | Raw Nuts (3-5 pieces) |
| Breakfast | Fattoush salad with eggplant (cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, half turkish coffee cup olive oil. spoon of lemon) |
| 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 | Arabian salad (ingredients: tomatoes, lettuce, arugula, cucumbers, one tablespoon of olive oil, salt, a tablespoon of vinegar) |
| Dinner | Strawberries (5 Medium) |
| Dinner | Greek salad (ingredients:cucumber, lettuce, tomato, grilled halloumi/feta cheese, arugula, one tablespoon olive oil, vinegar, salt) |
| Daily Meals | 31-08-2023 -- Thursday |

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| Breakfast | halloumi cheese |
| Breakfast | Eggplant Mutabbal with olive oil (without adding yogurt) |
| 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 chicken with vegetables (broccoli + zucchini + mushrooms + salt + black pepper + olive oil) |
| 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) |
| Dinner | Mushroom soup (Mushrooms, onion powder, olive oil, butter, and Almarai cooking cream, black pepper, salt, chicken spices) |
| Dinner | Green salad (lettuce, arugula, basil, 5 green/black olives, half turkish coffee cup olive oil, a small spoonful of lemon, salt and black pepper) |

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| Daily Meals | 01-09-2023 -- Friday |
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| Breakfast | Turkey |
| Breakfast | Eggplant Mutabbal with olive oil (without adding yogurt) |
| Breakfast | Cucumber salad (cucumber, Greek yogurt, mint, salt and black pepper) |
| Lunch | Denies |
| Lunch | Arabian salad (ingredients: tomatoes, lettuce, arugula, cucumbers, one tablespoon of olive oil, salt, a tablespoon of vinegar) |
| Dinner | Spinach soup (spinach, cooking cream, small onion, garlic, chicken broth, butter) |
| Dinner | Avocado and lettuce salad (avocado + lettuce + tomato + olive oil + vinegar + 1 teaspoon lemon + feta cheese) |

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| Daily Meals | 02-09-2023 -- Saturday |
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| Breakfast | Laban with cream |
| Breakfast | Blue cheese |
| Breakfast | Avocado and lettuce salad (avocado + lettuce + tomato + olive oil + vinegar + 1 teaspoon lemon + feta cheese) |
| Lunch | Grilled zucchini with minced meat (with fresh tomatoes or Jameed without adding yogurt) |
| 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) |
| Dinner | Chicken and zucchini curry soup (olive oil + garlic + chicken broth + parsley + zucchini) |

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| Dinner | Green salad (lettuce, arugula, basil, 5 green/black olives, half turkish coffee cup olive oil, a small spoonful of lemon, salt and black pepper) |
| Daily Meals | 03-09-2023 -- Sunday |
| Breakfast | Cheddar cheese |
| Breakfast | Eggplant Mutabbal with olive oil (without adding yogurt) |
| 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 | Kofta (minced meat) with tahini without potatoes |
| Lunch | Arabian salad (ingredients: tomatoes, lettuce, arugula, cucumbers, one tablespoon of olive oil, salt, a tablespoon of vinegar) |
| Dinner | Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil) |
| Dinner | Guacamole salad (mashed avocado, parsley, tomato, olive oil, 1 teaspoon lemon, salt and black pepper) |
| Daily Meals | 04-09-2023 -- Monday |
| Breakfast | Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil) |
| Breakfast | halloumi cheese |
| Breakfast | Fattoush salad with eggplant (cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, half turkish coffee cup olive oil. spoon of lemon) |
| Lunch | Chicken breast with spinach |
| Lunch | Greek salad (cucumber, lettuce, tomato, grilled halloumi/feta cheese, Turkish coffee cup olive oil, vinegar, salt) |
| Dinner | Hard boiled eggs with salt, sumaq and one tablespoon olive oil |
| Dinner | Arabic salad (tomatoes, lettuce, arugula, cucumbers, Turkish coffee cup of olive oil, salt, a tablespoon of vinegar) |