

## **Dear mohammad abuzai**

Here's Your Weekly Food Menu Programm

Daily Meals	30-08-2023 Wednesday
Breakfast	halloumi cheese
Breakfast	Strawberries ( 5 Medium )
Breakfast	Guacamole salad (mashed avocado, parsley, tomato, olive oil, 1 teaspoon lemon, salt and black pepper)
Lunch	Grilled chicken with vegetables (broccoli + zucchini + mushrooms + salt + black pepper + olive oil)
Lunch	Rocca salad (ingredients: rocca, feta, mushrooms, 5 black olives, one tablespoon olive oil, a teaspoon of lemon, vinegar, salt and black pepper)
Dinner	Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil)
Dinner	Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar)
Daily Meals	31-08-2023 Thursday
Breakfast	Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil)
Breakfast Breakfast	
	rocca, salt, black peppers, olive oil)
Breakfast	rocca, salt, black peppers, olive oil) Raw Nuts (3-5 pieces) Greek salad (cucumber, lettuce, tomato, grilled halloumi/feta cheese, Turkish coffee
Breakfast Breakfast	rocca, salt, black peppers, olive oil) Raw Nuts (3-5 pieces) Greek salad (cucumber, lettuce, tomato, grilled halloumi/feta cheese, Turkish coffee cup olive oil, vinegar, salt)
Breakfast Breakfast Lunch	rocca, salt, black peppers, olive oil) Raw Nuts (3-5 pieces) Greek salad (cucumber, lettuce, tomato, grilled halloumi/feta cheese, Turkish coffee cup olive oil, vinegar, salt) Boneless Chicken Rocca salad (arugula, feta, mushrooms, 5 black olives, half turkish coffee cup olive oil, a teaspoon of lemon, vinegar, salt and black
Breakfast  Lunch  Lunch	rocca, salt, black peppers, olive oil) Raw Nuts (3-5 pieces) Greek salad (cucumber, lettuce, tomato, grilled halloumi/feta cheese, Turkish coffee cup olive oil, vinegar, salt) Boneless Chicken Rocca salad (arugula, feta, mushrooms, 5 black olives, half turkish coffee cup olive oil, a teaspoon of lemon, vinegar, salt and black pepper) Eggs and spinach bread :( eggs, spinach,
Breakfast Lunch Lunch Dinner	rocca, salt, black peppers, olive oil) Raw Nuts (3-5 pieces) Greek salad (cucumber, lettuce, tomato, grilled halloumi/feta cheese, Turkish coffee cup olive oil, vinegar, salt) Boneless Chicken Rocca salad (arugula, feta, mushrooms, 5 black olives, half turkish coffee cup olive oil, a teaspoon of lemon, vinegar, salt and black pepper) Eggs and spinach bread :( eggs, spinach, salt, black pepper) Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1
Breakfast  Lunch  Lunch  Dinner  Dinner	rocca, salt, black peppers, olive oil) Raw Nuts (3-5 pieces) Greek salad (cucumber, lettuce, tomato, grilled halloumi/feta cheese, Turkish coffee cup olive oil, vinegar, salt) Boneless Chicken Rocca salad (arugula, feta, mushrooms, 5 black olives, half turkish coffee cup olive oil, a teaspoon of lemon, vinegar, salt and black pepper) Eggs and spinach bread :( eggs, spinach, salt, black pepper) Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar)

Breakfast cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, one tablespoon olive oil, spoon of lemon)  Lunch Creamy chicken  Rocca salad (ingredients: rocca, feta, mushrooms, 5 black olives, one tablespoon olive oil, a teaspoon of lemon, vinegar, salt and black pepper)  Dinner Chicken and zucchini curry soup (olive oil + garlic + chicken broth + parsley + zucchini)  Dinner Cucumber salad (cucumber, Greek yogurt, mint, salt and black pepper)  Daily Meals O2-09-2023 - Saturday  Breakfast Laban with cream Breakfast Cheddar cheese  Caesar salad (lettuce, turkey, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)  Lunch Chicken breast with spinach  Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar)  Dinner Olive oil, butter, and Almarai cooking cream, black pepper, salt, chicken spices)  Green salad (ingredients: lettuce, rocca, basil, 5 green/black olives, one tablespoon olive oil, a small teaspoon of lemon, salt and black pepper)  Paily Meals O3-09-2023 - Sunday  Breakfast Akawi cheese  Breakfast Strawberries (5 Medium)  Green salad (lettuce, arugula, basil, 5 green/black olives, nat turkish coffee cup olive oil, a small spoonful of lemon, salt and black pepper)  Fried drumsticks( with olive oil) with grilled vegetables a (Broccoli + Zucchini + fresh mushrooms + fresh tomatoes)  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 Cheddar cheese  Green salad (ingredients: lettuce, rocca, basil, 5 green/black olives, half turkish coffee cup olive oil, a small spoonful of lemon, salt and black pepper)  Dinner Cheddar cheese  Green salad (ingredients: lettuce, rocca, basil, 5 green/black olives, one tablespoon olive oil, a small spoonful of lemon, salt and black pepper)		
Lunch  Lunch  Creamy chicken  Rocca salad (ingredients: rocca, feta, mushrooms, 5 black olives, one tablespoon olive oil, a teaspoon of lemon)  Lunch  Lunch  Dinner  Chicken and zucchini curry soup (olive oil + garlic + chicken broth + parsley + zucchini)  Cucumber salad (cucumber, Greek yogurt, mint, salt and black pepper)  Dinner  Dinner  Dinner  Dinner  Dinner  Dinner  Doily Meals  Doz-09-2023 - Saturday  Breakfast  Cheddar cheese  Caesar salad (lettuce, turkey, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)  Lunch  Chicken breast with spinach  Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar)  Mushroom soup (Mushrooms, onion powder, olive oil, butter, and Almarai cooking cream, black pepper, salt, chicken spices)  Green salad (ingredients: lettuce, rocca, basil, 5 green/black olives, one tablespoon of low oil, a small teaspoon of lemon, salt and black pepper)  Daily Meals  Breakfast  Akawi cheese  Breakfast  Strawberries (5 Medium)  Green salad (lettuce, arugula, basil, 5 green/black olives, nalf turkish coffee cup olive oil, a small spoonful of lemon, salt and black pepper)  Dinner  Cheddar cheese  Caesar salad (lettuce, arugula, basil, 5 green/black olives, half turkish coffee cup olive oil, a small spoonful of lemon, salt and black pepper)  Dinner  Cheddar cheese  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  Cheddar cheese  Green salad (ingredients: lettuce, rocca, basil, 5 green/black olives, half turkish coffee cup olive oil, a small spoonful of lemon, salt and black pepper)	Proakfact	
Lunch  Rocca salad (ingredients: rocca, feta, mushrooms, 5 black olives, one tablespoon olive oil, a teaspoon of lemon, vinegar, salt and black pepper)  Dinner  Chicken and zucchini curry soup (olive oil + garlic + chicken broth + parsley + zucchini)  Cucumber salad (cucumber, Greek yogurt, mint, salt and black pepper)  Daily Meals  Daily Meals  Deast Laban with cream  Breakfast  Cheddar cheese  Caesar salad (lettuce, turkey, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)  Lunch  Chicken breast with spinach  Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar)  Mushroom soup (Mushrooms, onion powder, olive oil, butter, and Almarai cooking cream, black pepper, salt, chicken spices)  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  Dinner  Daily Meals	breakiast	
Lunch mushrooms, 5 black olives, one tablespoon olive oil, a teaspoon of lemon, vinegar, salt and black pepper)  Dinner Chicken and zucchini curry soup (olive oil, a farlic + chicken broth + parsley + zucchini)  Dinner Chicken broth + parsley + zucchini)  Dinner Cucumber salad (cucumber, Greek yogurt, mint, salt and black pepper)  Daily Meals O2-09-2023 - Saturday  Breakfast Laban with cream  Breakfast Cheddar cheese Caesar salad (lettuce, turkey, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)  Lunch Chicken breast with spinach Lunch Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar)  Mushroom soup (Mushrooms, onion powder, olive oil, butter, and Almarai cooking cream, black pepper, salt, chicken spices)  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 O3-09-2023 - Sunday  Breakfast Akawi cheese  Breakfast Strawberries (5 Medium )  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 Fried drumsticks( with olive oil) with grilled vegetables a ( Broccoil + Zucchini + fresh mushrooms + fresh tomatoes)  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 Cheddar cheese  Green salad (ligredients: lettuce, rocca, basil, 5 green/black olives, one tablespoon olive oil, a small spoonful of lemon, salt and black pepper)	Lunch	Creamy chicken
Dinner Seakfast Dinner Spanch Spanch Strawberries + 7 walnuts + 9 spinach + 1 tablespoon of lemon, vinegar, salt and black pepper)  Dinner Cucumber salad (cucumber, Greek yogurt, mint, salt and black pepper)  Daily Meals O2-09-2023 Saturday  Breakfast Laban with cream  Breakfast Cheddar cheese Caesar salad (lettuce, turkey, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)  Lunch Chicken breast with spinach Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar)  Mushroom soup (Mushrooms, onion powder, olive oil, butter, and Almarai cooking cream, black pepper, salt, chicken spices)  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 O3-09-2023 Sunday  Breakfast Akawi cheese  Breakfast Strawberries ( 5 Medium )  Green salad (lettuce, arugula, basil, 5 green/black olives, half turkish coffee cup olive oil, a small spoonful of lemon, salt and black pepper)  Fried drumsticks (with olive oil) with grilled cup of the proper		Rocca salad (ingredients: rocca, feta,
Dinner    Garlic + chicken broth + parsley + zucchini)	Lunch	olive oil, a teaspoon of lemon, vinegar, salt
Daily Meals  Dinner  Din	Dinner	
Breakfast Breakfast Cheddar cheese Caesar salad (lettuce, turkey, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon) Lunch Chicken breast with spinach Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar) Mushroom soup (Mushrooms, onion powder, olive oil, butter, and Almaral cooking cream, black pepper, salt, chicken spices) Green salad (ingredients: lettuce, rocca, basil, 5 green/black olives, one tablespoon olive oil, a small teaspoon of lemon, salt and black pepper)  Breakfast Akawi cheese Breakfast Breakfast Strawberries (5 Medium) Green salad (lettuce, arugula, basil, 5 green/black olives, half turkish coffee cup olive oil, a small spoonful of lemon, salt and black pepper) Fried drumsticks( with olive oil) with grilled vegetables a ( Broccoli + Zucchini + fresh mushrooms + fresh tomatoes ) 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 Cheddar cheese Green salad (ingredients: lettuce, rocca, basil, 5 green/black olives, one tablespoon olive oil, a small spoonful of lemon, salt and black pepper) Dinner	Dinner	
Breakfast Cheddar cheese Caesar salad (lettuce, turkey, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon) Lunch Chicken breast with spinach Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar) Mushroom soup (Mushrooms, onion powder, olive oil, butter, and Almarai cooking cream, black pepper, salt, chicken spices) 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 Daily Meals Breakfast Akawi cheese Breakfast Strawberries (5 Medium) Green salad (lettuce, arugula, basil, 5 green/black olives, half turkish coffee cup olive oil, a small spoonful of lemon, salt and black pepper) Fried drumsticks( with olive oil) with grilled vegetables a (Broccoli + Zucchini + fresh mushrooms + fresh tomatoes) 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 Cheddar cheese 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	02-09-2023 Saturday
Caesar salad (lettuce, turkey, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)  Lunch Chicken breast with spinach Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar)  Mushroom soup (Mushrooms, onion powder, olive oil, butter, and Almarai cooking cream, black pepper, salt, chicken spices)  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 03-09-2023 Sunday  Breakfast Akawi cheese  Breakfast Strawberries ( 5 Medium )  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 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 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 Cheddar cheese  Green salad (ingredients: lettuce, rocca, basil, 5 green/black olives, one tablespoon olive oil, a small teaspoon of lemon, salt and black pepper)	Breakfast	Laban with cream
Breakfast  Lunch  Chicken breast with spinach Spinach, Strawberry and Walnut Salad (5 Strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar) Mushroom soup (Mushrooms, onion powder, olive oil, butter, and Almarai cooking cream, black pepper)  Dinner  Daily Meals  Daily Meals  Daily Meals  Daily Meals  Diner  Dinner  Cheddar cheese  Green salad (ingredients: lettuce, rocca, basil, 5 green/black olives, half turkish coffee cup olive oil, a small spoonful of lemon, salt and black pepper)  Dinner  Cheddar cheese  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  Cheddar cheese  Green salad (ingredients: lettuce, rocca, basil, 5 green/black olives, one tablespoon olive oil, a small teaspoon of lemon, salt and black pepper)	Breakfast	Cheddar cheese
Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar)  Mushroom soup (Mushrooms, onion powder, olive oil, butter, and Almarai cooking cream, black pepper, salt, chicken spices)  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  Breakfast  Akawi cheese  Breakfast  Strawberries ( 5 Medium )  Green salad (lettuce, arugula, basil, 5 green/black olives, half turkish coffee cup olive oil, a small spoonful of lemon, salt and black pepper)  Fried drumsticks( with olive oil) with grilled vegetables a ( Broccoli + Zucchini + fresh mushrooms + fresh tomatoes )  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  Dinner  Cheddar cheese  Green salad (ingredients: lettuce, rocca, basil, 5 green/black olives, one tablespoon olive oil, a small teaspoon of lemon, salt and black pepper)	Breakfast	salt, black pepper, Parmesan cheese, a small
Lunch  strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar)  Mushroom soup (Mushrooms, onion powder, olive oil, butter, and Almarai cooking cream, black pepper, salt, chicken spices)  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  Breakfast  Akawi cheese  Breakfast  Strawberries ( 5 Medium )  Green salad (lettuce, arugula, basil, 5 green/black olives, half turkish coffee cup olive oil, a small spoonful of lemon, salt and black pepper)  Fried drumsticks( with olive oil) with grilled vegetables a ( Broccoli + Zucchini + fresh mushrooms + fresh tomatoes )  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  Cheddar cheese  Green salad (ingredients: lettuce, rocca, basil, 5 green/black olives, one tablespoon olive oil, a small teaspoon of lemon, salt and black pepper)	Lunch	Chicken breast with spinach
Dinner  olive oil, butter, and Almarai cooking cream, black pepper, salt, chicken spices)  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  Breakfast  Breakfast  Breakfast  Breakfast  Breakfast  Creen salad (lettuce, arugula, basil, 5 green/black olives, half turkish coffee cup olive oil, a small spoonful of lemon, salt and black pepper)  Fried drumsticks( with olive oil) with grilled vegetables a ( Broccoli + Zucchini + fresh mushrooms + fresh tomatoes )  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  Cheddar cheese  Green salad (ingredients: lettuce, rocca, basil, 5 green/black olives, one tablespoon olive oil, a small teaspoon of lemon, salt and black pepper)	Lunch	strawberries + 7 walnuts + spinach + 1
Dinner    Daily Meals	Dinner	olive oil, butter, and Almarai cooking cream,
Breakfast Breakfast Strawberries ( 5 Medium ) Green salad (lettuce, arugula, basil, 5 green/black olives, half turkish coffee cup olive oil, a small spoonful of lemon, salt and black pepper) Fried drumsticks( with olive oil) with grilled vegetables a ( Broccoli + Zucchini + fresh mushrooms + fresh tomatoes ) 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 Cheddar cheese Green salad (ingredients: lettuce, rocca, basil, 5 green/black olives, one tablespoon olive oil, a small teaspoon of lemon, salt and black pepper)	Dinner	basil, 5 green/black olives, one tablespoon olive oil, a small teaspoon of lemon, salt and
Breakfast  Strawberries ( 5 Medium )  Green salad (lettuce, arugula, basil, 5 green/black olives, half turkish coffee cup olive oil, a small spoonful of lemon, salt and black pepper)  Fried drumsticks( with olive oil) with grilled vegetables a ( Broccoli + Zucchini + fresh mushrooms + fresh tomatoes )  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  Cheddar cheese  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	03-09-2023 Sunday
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)  Fried drumsticks( with olive oil) with grilled vegetables a (Broccoli + Zucchini + fresh mushrooms + fresh tomatoes)  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  Cheddar cheese  Green salad (ingredients: lettuce, rocca, basil, 5 green/black olives, one tablespoon olive oil, a small teaspoon of lemon, salt and black pepper)	Breakfast	Akawi cheese
Breakfast  green/black olives, half turkish coffee cup olive oil, a small spoonful of lemon, salt and black pepper)  Fried drumsticks( with olive oil) with grilled vegetables a ( Broccoli + Zucchini + fresh mushrooms + fresh tomatoes )  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  Cheddar cheese  Green salad (ingredients: lettuce, rocca, basil, 5 green/black olives, one tablespoon olive oil, a small teaspoon of lemon, salt and black pepper)	Breakfast	Strawberries ( 5 Medium )
Lunch  vegetables a (Broccoli + Zucchini + fresh mushrooms + fresh tomatoes)  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  Cheddar cheese  Green salad (ingredients: lettuce, rocca, basil, 5 green/black olives, one tablespoon olive oil, a small teaspoon of lemon, salt and black pepper)	Breakfast	green/black olives, half turkish coffee cup olive oil, a small spoonful of lemon, salt and
Lunch  green/black olives, half turkish coffee cup olive oil, a small spoonful of lemon, salt and black pepper)  Dinner  Cheddar cheese  Green salad (ingredients: lettuce, rocca, basil, 5 green/black olives, one tablespoon olive oil, a small teaspoon of lemon, salt and black pepper)	Lunch	vegetables a ( Broccoli + Zucchini + fresh
Dinner  Green salad (ingredients: lettuce, rocca, basil, 5 green/black olives, one tablespoon olive oil, a small teaspoon of lemon, salt and black pepper)	Lunch	green/black olives, half turkish coffee cup olive oil, a small spoonful of lemon, salt and
Dinner  basil, 5 green/black olives, one tablespoon olive oil, a small teaspoon of lemon, salt and black pepper)	Dinner	Cheddar cheese
Dinner  basil, 5 green/black olives, one tablespoon olive oil, a small teaspoon of lemon, salt and black pepper)		
Daily Meals 04-09-2023 Monday	Dinner	basil, 5 green/black olives, one tablespoon olive oil, a small teaspoon of lemon, salt and
	Daily Meals	04-09-2023 Monday

**Breakfast** Blue cheese

**Breakfast** Strawberries ( 5 Medium )

> Green salad (ingredients: lettuce, rocca, basil, 5 green/black olives, one tablespoon

**Breakfast** olive oil, a small teaspoon of lemon, salt and

black pepper)

**Seabass** Lunch

Lunch

Green salad (ingredients: lettuce, rocca, basil, 5 green/black olives, one tablespoon

olive oil, a small teaspoon of lemon, salt and

black pepper)

Hard boiled eggs with salt, sumag and one Dinner

tablespoon olive oil

Avocado and lettuce salad (avocado + Dinner lettuce + tomato + olive oil + vinegar + 1

teaspoon lemon + feta cheese)

05-09-2023 -- Tuesday Daily Meals

**Breakfast** feta cheese

**Breakfast** Strawberries (5 Medium)

Guacamole salad (mashed avocado, parsley, **Breakfast** 

tomato, olive oil, 1 teaspoon lemon, salt and

black pepper)

Kofta (minced meat) with tahini without Lunch

potatoes

Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 Lunch

tablespoon of balsamic vinegar)

Spinach soup (spinach, cooking cream, small Dinner

onion, garlic, chicken broth, butter)

Greek salad (ingredients:cucumber, lettuce,

tomato, grilled halloumi/feta cheese, Dinner

arugula, one tablspoon olive oil, vinegar,

salt)