



THE DOCTORS DIET

Dear mohammad abuzai

Here's Your Weekly Food Menu Programm

Daily Meals	30-08-2023 -- Wednesday
Breakfast	halloumi cheese
Breakfast	Strawberries (5 Medium)
Breakfast	Rocca salad (ingredients: rocca, feta, mushrooms, 5 black olives, one tablespoon olive oil, a teaspoon of lemon, vinegar, salt and black pepper)
Lunch	Grilled chicken with vegetables (broccoli + zucchini + mushrooms + salt + black pepper + olive oil)
Lunch	Cucumber salad (cucumber, Greek yogurt, mint, 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	Raw Nuts (3-5 pieces)
Breakfast	Avocado and lettuce salad (avocado + lettuce + tomato + olive oil + vinegar + 1 teaspoon lemon + feta cheese)
Lunch	Chicken breast with spinach
Lunch	Rocca salad (arugula, feta, mushrooms, 5 black olives, half turkish coffee cup olive oil, a teaspoon of lemon, vinegar, salt and black pepper)
Dinner	halloumi cheese
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	01-09-2023 -- Friday
Breakfast	Cheddar cheese
Breakfast	Eggplant Mutabbal with olive oil (without adding yogurt)

Breakfast	Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar)
Lunch	Butter Chicken (cream yogurt, Garlic, Butter, Almarai Cream, Tomato)
Lunch	Cucumber salad (cucumber, Greek yogurt, mint, salt and black pepper)
Dinner	Chicken and zucchini curry soup (olive oil + garlic + chicken broth + parsley + zucchini)
Dinner	Guacamole salad (mashed avocado, parsley, tomato, olive oil, 1 teaspoon lemon, salt and black pepper)

Daily Meals	02-09-2023 -- Saturday
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Breakfast	Laban with cream
Breakfast	Blue cheese
Breakfast	Cucumber salad (cucumber, Greek yogurt, mint, salt and black pepper)
Lunch	Denies
Lunch	Guacamole salad (mashed avocado, parsley, tomato, olive oil, 1 teaspoon lemon, salt and black pepper)

Daily Meals	03-09-2023 -- Sunday
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Breakfast	Akawi cheese
Breakfast	Eggplant Mutabbal with olive oil (without adding yogurt)
Breakfast	Fattoush salad with eggplant (ingredients: cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, one tablespoon olive oil. spoon of lemon)
Lunch	Fried drumsticks(with olive oil) with grilled vegetables a (Broccoli + Zucchini + fresh mushrooms + fresh tomatoes)
Lunch	Caesar salad (lettuce, turkey, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)

Daily Meals	04-09-2023 -- Monday
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Breakfast	Eggs and spinach bread :(eggs, spinach, salt, black pepper)
Breakfast	halloumi cheese
Breakfast	Greek salad (ingredients:cucumber, lettuce, tomato, grilled halloumi/feta cheese, arugula, one tablespoon olive oil, vinegar, salt)
Lunch	Zucchini Lasagna (zucchini slices) Meat sauce (olive oil + minced meat + basil + oregano + salt + black pepper) Cheese sauce (cheese + garlic + salt + black pepper)

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	05-09-2023 -- Tuesday
Breakfast	Hard boiled eggs with salt, sumaq and one tablespoon olive oil
Breakfast	halloumi 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)
Lunch	Grilled tuna fish in olive oil (olive oil + parmesan cheese + green pepper + spinach)
Lunch	Avocado and lettuce salad (avocado + lettuce + tomato + olive oil + vinegar + 1 teaspoon lemon + feta cheese)