



**THE
DOCTORS
DIET**

Dear **mohammad abuzai**

Here's Your Weekly Food Menu Programm

Daily Meals	19-07-2023 -- Wednesday
Breakfast	Cheddar cheese
Breakfast	Eggplant Mutabbal with olive oil (without adding yogurt)
Breakfast	One cup popcorn (snack)
Lunch	Boneless 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	Mushrooms with tuna and cheese (Mushrooms, Tuna, 5 olives, tomatoes, mozzarella or cheddar cheese, eggs, parsley, salt, Black pepper)
Dinner	Cheddar cheese
Dinner	Strawberries (5 Medium)
Daily Meals	20-07-2023 -- Thursday
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	Fattoush salad with eggplant (cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, half turkish coffee cup olive oil. spoon of lemon)
Lunch	Mushrooms with tuna and cheese (Mushrooms, Tuna, 5 olives, tomatoes, mozzarella or cheddar cheese, eggs, parsley, salt, Black pepper)
Dinner	Akawi cheese
Dinner	Eggplant Mutabbal with olive oil (without adding yogurt)
Daily Meals	21-07-2023 -- Friday
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	Laban with cream
Lunch	Fried drumsticks(with olive oil) with grilled vegetables a (Broccoli + Zucchini + fresh mushrooms + fresh tomatoes)
Lunch	Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar)
Lunch	Mushrooms with tuna and cheese (Mushrooms, Tuna, 5 olives, tomatoes, mozzarella or cheddar cheese, eggs, parsley, salt, Black pepper)
Dinner	Blue cheese
Dinner	Caesar salad (lettuce, chicken, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)

Daily Meals	22-07-2023 -- Saturday
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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	halloumi cheese
Lunch	Grilled meat balls with olive oil
Lunch	Arabian salad (ingredients: tomatoes, lettuce, arugula, cucumbers, one tablespoon of olive oil, salt, a tablespoon of vinegar)
Lunch	Mushrooms with tuna and cheese (Mushrooms, Tuna, 5 olives, tomatoes, mozzarella or cheddar cheese, eggs, parsley, salt, Black pepper)
Dinner	Boiled eggs with sakt, black pepper and one tablespoon 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	23-07-2023 -- Sunday
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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	halloumi 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	Mushrooms with tuna and cheese (Mushrooms, Tuna, 5 olives, tomatoes, mozzarella or cheddar cheese, eggs, parsley, salt, Black pepper)
Dinner	Hard boiled eggs with salt, sumaq 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	24-07-2023 -- Monday
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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	halloumi 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	Mushrooms with tuna and cheese (Mushrooms, Tuna, 5 olives, tomatoes, mozzarella or cheddar cheese, eggs, parsley, salt, Black pepper)
Dinner	Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil)
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	25-07-2023 -- Tuesday
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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	halloumi cheese
Lunch	Grilled Fish with olive oil
Lunch	Greek salad (cucumber, lettuce, tomato, grilled halloumi/feta cheese, Turkish coffee cup olive oil, vinegar, salt)

Lunch	Mushrooms with tuna and cheese (Mushrooms, Tuna, 5 olives, tomatoes, mozzarella or cheddar cheese, eggs, parsley, salt, Black pepper)
Dinner	Granola
Dinner	Fattoush salad with eggplant (cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, half turkish coffee cup olive oil. spoon of lemon)