



THE DOCTORS DIET

Dear mohammad abuzai

Here's Your Weekly Food Menu Programm

Daily Meals	11-09-2023 -- Monday
Breakfast	Cheddar cheese
Breakfast	Strawberries (5 Medium)
Breakfast	Greek salad (ingredients:cucumber, lettuce, tomato, grilled halloumi/feta cheese, arugula, One tablespoon olive oil, vinegar, salt)
Lunch	Garlic lemon chicken with zucchini: (chicken, lemon, olive oil, one to two pieces garlic, zucchini, salt, black peppers)
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	Caesar salad (lettuce, chicken, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)
Daily Meals	12-09-2023 -- Tuesday
Breakfast	Hard boiled eggs with salt, sumaq and one tablespoon olive oil
Breakfast	Raw Nuts (3-5 pieces)
Breakfast	Greek salad (cucumber, lettuce, tomato, grilled halloumi/feta cheese, Turkish coffee cup olive oil, vinegar, salt)
Lunch	Chicken breast with spinach
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	Caesar salad (lettuce, chicken, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)
Daily Meals	13-09-2023 -- Wednesday
Breakfast	halloumi cheese
Breakfast	Strawberries (5 Medium)
Breakfast	Arabian salad (ingredients: tomatoes, lettuce, arugula, cucumbers, one tablespoon of olive oil, salt, a tablespoon of vinegar)

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	Hard boiled eggs with salt, sumaq and one tablespoon olive oil
Dinner	Caesar salad (lettuce, chicken, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)
Daily Meals	14-09-2023 -- Thursday
Breakfast	Laban with cream
Breakfast	Cheddar cheese
Breakfast	Arabic salad (tomatoes, lettuce, arugula, cucumbers, Turkish coffee cup of olive oil, salt, a tablespoon of vinegar)
Lunch	Chicken sajiya (shredded chicken + sweet green peppers + salt + black pepper + olive oil)
Lunch	Rocca salad (arugula, feta, mushrooms, 5 black olives, turkish coffee cup of olive oil, a teaspoon of lemon, vinegar, salt and black pepper)
Dinner	Mushroom soup (Mushrooms, onion powder, olive oil, butter, and Almarai cooking cream, black pepper, salt, chicken spices)
Dinner	Chicken salad with avocado (chicken, lettuce, avocado, tomato, green pepper, paprika, chili powder, one tablespoon olive oil)
Daily Meals	15-09-2023 -- Friday
Breakfast	Akawi cheese
Breakfast	Strawberries (5 Medium)
Breakfast	Caesar salad (lettuce, turkey, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)
Lunch	Creamy chicken
Lunch	Fattoush salad with eggplant (cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, turkish coffee cup of olive oil. spoon of lemon)
Dinner	Green lemon juice and cucumber (cucumber slices, spinach, lemon juice)
Dinner	Chicken salad with cream yogurt (cream yogurt, green peppers, chicken breasts, tomatoes, cucumbers, salt, black pepper, parsley)
Daily Meals	16-09-2023 -- Saturday
Breakfast	Blue cheese
Breakfast	Strawberries (5 Medium)

Breakfast	Avocado and lettuce salad (avocado + lettuce + tomato + olive oil + vinegar + 1 teaspoon lemon + feta cheese)
Lunch	Grilled tuna fish in olive oil (olive oil + parmesan cheese + green pepper + spinach)
Lunch	Fattoush salad with eggplant (cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, turkish coffee cup of olive oil. spoon of lemon)
Dinner	Broccoli cauliflower soup (broccoli, cauliflower, chicken broth, shredded cheddar cheese, almarei cooking cream, salt, one tablespoon olive oil)
Dinner	Caesar salad (lettuce, chicken, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)
Daily Meals	17-09-2023 -- Sunday
Breakfast	Edam cheese
Breakfast	Strawberries (5 Medium)
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	Rocca salad (arugula, feta, mushrooms, 5 black olives, turkish coffee cup of olive oil, a teaspoon of lemon, vinegar, salt and black pepper)
Dinner	Boiled eggs with sakt, black pepper and one tablespoon olive oil
Dinner	Caesar salad (lettuce, chicken, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)