



Dear **Khaled muthana aldori**

Here's Your Weekly Food Menu Programm

Daily Meals	21-07-2023 -- Friday
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
Breakfast	Zucchini mutabal with olive oil (without yogurt)
Lunch	Boneless 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	Chicken tikka with hummus and olive oil
Dinner	Cucumber salad (cucumber, Greek yogurt, mint, salt and black pepper)
Dinner	Chicken salad with avocado (chicken, lettuce, avocado, tomato, green pepper, paprika, chili powder, one tablespoon olive oil)
Daily Meals	22-07-2023 -- Saturday
Breakfast	Rocca salad (ingredients: rocca, feta, mushrooms, 5 black olives, one tablespoon olive oil, a teaspoon of lemon, vinegar, salt and black pepper)
Breakfast	Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil)
Breakfast	Dumyate cheese
Lunch	Grilled chicken wings with olive oil, salt, black pepper and lemon
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	Chicken tikka with hummus and olive oil
Dinner	Arabian salad (ingredients: tomatoes, lettuce, arugula, cucumbers, one tablespoon of olive oil, salt, a tablespoon of vinegar)
Dinner	Vegetable soup (olive oil, onion powder, sweet pepper, garlic clove, cauliflower, green beans, tomatoes, salt)

Daily Meals	23-07-2023 -- Sunday
Breakfast	Greek salad (ingredients:cucumber, lettuce, tomato, grilled halloumi/feta cheese, arugula, one tablespoon olive oil, vinegar, salt)
Breakfast	Boiled eggs with sakt, black pepper and one tablespoon olive oil
Breakfast	Dumyate cheese
Lunch	Chicken Fajitas (shredded chicken + broccoli + fresh mushrooms + sweet green peppers + olive oil + salt + black pepper)
Lunch	Avocado and lettuce salad (avocado + lettuce + tomato + olive oil + vinegar + 1 teaspoon lemon + feta cheese)
Lunch	Chicken tikka with hummus and olive oil
Dinner	Greek salad (ingredients:cucumber, lettuce, tomato, grilled halloumi/feta cheese, arugula, one tablespoon olive oil, vinegar, salt)
Dinner	Lettuce wraps stuffed with turkey, kashkawan cheese and avocado.
Daily Meals	24-07-2023 -- Monday
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	Hard boiled eggs with salt, sumaq and one tablespoon olive oil
Breakfast	Dumyate cheese
Lunch	Creamy chicken
Lunch	Guacamole salad (mashed avocado, parsley, tomato, olive oil, 1 teaspoon lemon, salt and black pepper)
Lunch	Chicken tikka with hummus and olive oil
Dinner	Arabic salad (tomatoes, lettuce, arugula, cucumbers, Turkish coffee cup of olive oil, salt, a tablespoon of vinegar)
Dinner	Spinach soup (spinach, cooking cream, small onion, garlic, chicken broth, butter)
Daily Meals	25-07-2023 -- Tuesday
Breakfast	Arabian salad (ingredients: tomatoes, lettuce, arugula, cucumbers, one tablespoon of olive oil, salt, a tablespoon of vinegar)
Breakfast	Scrambled eggs with vegetables (sweet peppers, fresh mushrooms, mozzarella cheese, salt, black pepper, olive oil)
Breakfast	Dumyate cheese
Lunch	Fried drumsticks(with olive oil) with grilled vegetables a (Broccoli + Zucchini + fresh mushrooms + fresh tomatoes)

Lunch	Arabic salad (tomatoes, lettuce, arugula, cucumbers, Turkish coffee cup of olive oil, salt, a tablespoon of vinegar)
Lunch	Chicken tikka with hummus and olive oil
Dinner	Fattoush salad with eggplant (ingredients: cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, one tablespoon olive oil. spoon of lemon)
Dinner	Fried eggs in olive oil
Daily Meals	26-07-2023 -- Wednesday
Breakfast	Eggplant Mutabbal with olive oil (without adding yogurt)
Breakfast	feta cheese
Breakfast	Strawberries (5 Medium)
Lunch	Beef Steak (Almarai Cream (Optional) + Mushroom + Broccoli)
Lunch	Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar)
Lunch	Chicken tikka with hummus and olive oil
Dinner	Rocca salad (ingredients: rocca, feta, mushrooms, 5 black olives, one tablespoon olive oil, a teaspoon of lemon, vinegar, salt and black pepper)
Dinner	Boiled eggs with sakt, black pepper and one tablespoon olive oil
Daily Meals	27-07-2023 -- Thursday
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)
Breakfast	Fried eggs in olive oil
Breakfast	Dumyate cheese
Lunch	Grilled meat balls with olive oil
Lunch	Cucumber salad (cucumber, Greek yogurt, mint, salt and black pepper)
Lunch	Chicken tikka with hummus and olive oil
Dinner	Fattoush salad with eggplant (cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, half turkish coffee cup olive oil. spoon of lemon)
Dinner	Hard boiled eggs with salt, sumaq and one tablespoon olive oil