



**THE
DOCTORS
DIET**

Dear mohammad abuzai

Here's Your Weekly Food Menu Programm

Daily Meals	21-09-2023 -- Thursday
Breakfast	Strawberries (5 Medium)
Breakfast	Turkey
Breakfast	Greek salad (ingredients:cucumber, lettuce, tomato, grilled halloumi/feta cheese, arugula, One tablespoon olive oil, vinegar, salt)
Lunch	Denies
Lunch	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	22-09-2023 -- Friday
Breakfast	halloumi cheese
Breakfast	Raw Nuts (3-5 pieces)
Breakfast	Greek salad (ingredients:cucumber, lettuce, tomato, grilled halloumi/feta cheese, arugula, One tablespoon olive oil, vinegar, salt)
Lunch	Grilled Shrimps(Almarai Cooking Cream - optional- + Mushroom + Broccoli)
Lunch	Rocca salad (ingredients: rocca, feta, mushrooms, 5 black olives, one tablespoon olive oil, a teaspoon of lemon, vinegar, salt and black pepper)
Daily Meals	23-09-2023 -- Saturday
Breakfast	Boiled eggs with sakt, black pepper and one tablespoon olive oil
Breakfast	halloumi cheese
Breakfast	Greek salad (ingredients:cucumber, lettuce, tomato, grilled halloumi/feta cheese, arugula, One tablespoon olive oil, vinegar, salt)
Lunch	Grilled chicken with vegetables (broccoli + zucchini + mushrooms + salt + black pepper + olive oil)
Lunch	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	24-09-2023 -- Sunday
Breakfast	Cheddar cheese
Breakfast	Eggplant Mutabbal with olive oil (without adding yogurt)
Breakfast	Arabian salad (ingredients: tomatoes, lettuce, arugula, cucumbers, one tablespoon of olive oil, salt, a tablespoon of vinegar)
Lunch	Kofta (minced meat) with tahini without potatoes
Lunch	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	25-09-2023 -- Monday
Breakfast	Laban with cream
Breakfast	Blue cheese
Breakfast	Greek salad (ingredients:cucumber, lettuce, tomato, grilled halloumi/feta cheese, arugula, One tablspoon olive oil, vinegar, salt)
Lunch	Seabass
Lunch	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	26-09-2023 -- Tuesday
Breakfast	Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil)
Breakfast	halloumi cheese
Breakfast	Arabian salad (ingredients: tomatoes, lettuce, arugula, cucumbers, one tablespoon of olive oil, salt, a tablespoon of vinegar)
Lunch	Burger balls (minced meat + cheddar cheese + garlic + black pepper + butter + lettuce)
Lunch	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	27-09-2023 -- Wednesday
Breakfast	Akawi cheese
Breakfast	Eggplant Mutabbal with olive oil (without adding yogurt)
Breakfast	Arabian salad (ingredients: tomatoes, lettuce, arugula, cucumbers, one tablespoon of olive oil, salt, a tablespoon of vinegar)
Lunch	Turkish grilled chicken
Lunch	Green salad (ingredients: lettuce, rocca, basil, 5 green/black olives, one tablespoon olive oil, a small teaspoon of lemon, salt and black pepper)