

Dear Rawan Amer Fadda

Here's Your Weekly Food Menu Programm

Daily Meals	21-09-2023 Thursday
Breakfast	Scrambled eggs without vegetables (eggs + olive oil +salt + black pepper)
Breakfast	Strawberries (5 Medium)
Breakfast	Greek salad (ingredients:cucumber, lettuce, tomato, grilled halloumi/feta cheese, arugula, One tablspoon olive oil, vinegar, salt)
Lunch	Turkish grilled chicken
Lunch	Rocca salad (ingredients: rocca, feta, mushrooms, 5 black olives, one tablespoon olive oil, a teaspoon of lemon, vinegar, salt and black pepper)
Dinner	Eggplant Mutabbal with olive oil (without adding yogurt)
Dinner	Chicken salad with avocado (chicken, lettuce, avocado, tomato, green pepper, paprika, chili powder, one tablespoon olive oil)
Daily Meals	22-09-2023 Friday
Breakfast	Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil)
Breakfast	Raw Nuts (3-5 pieces)
Breakfast	Greek salad (ingredients:cucumber, lettuce, tomato, grilled halloumi/feta cheese, arugula, One tablspoon olive oil, vinegar, salt)
Lunch	Fried drumsticks(with olive oil) with grilled vegetables a (Broccoli + Zucchini + fresh mushrooms + fresh tomatoes)
Lunch	Green salad (ingredients: lettuce, rocca, basil, 5 green/black olives, one tablespoon olive oil, a small teaspoon of lemon, salt and black pepper)
Dinner	Zucchini mutabal with olive oil (without yogurt)
Dinner	Chicken salad with cream yogurt (cream yogurt, green peppers, chicken breasts, tomatoes, cucumbers, salt, black pepper, parsley)
Daily Meals	23-09-2023 Saturday

Breakfast Raw Nuts (3-5 pieces) Greek salad (ingredients:cucumber, lettuce, tomato, grilled halloumi/feta cheese, arugula, One tablspoon olive oil, vinegar, salt) Lunch Chicken breast with spinach Lunch Cucumber, Greek yogurt, mint, salt and black pepper) Dinner Eggs and spinach bread : (eggs, spinach, salt, black pepper) Dinner Eggs and spinach bread : (eggs, spinach, salt, black pepper) Dinner Eggs and spinach bread : (eggs, spinach, salt, black pepper) Dinner Eggs and spinach bread : (eggs, spinach, salt, black pepper) Dinner Chicken salad (chopped chicken + walnuts + lettuce + angula + carp-free mustand + onion powder + vinegar + pickled cucumbers 2 pieces) Paiy Meals 24-09-2023 - Sunday Breakfast Labaneh with olive oil Breakfast feta cheese Halloumi with mint salad (grilled halloum) Breakfast Lunch Chicken shawarma without bread Lunch Chicken salad (cucumber, Greek yogurt, mint, salt and black pepper) Dinner Raw Nuts (3-5 pieces) Dinner Raw Nuts (3-5 pieces) Dinner Spinach, Strawberry and Walnut Salad (5 Breakfast halloumi cheese Breakfast halloumi cheese	Breakfast	feta cheese
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Dinner tablespoon olive oil Chicken salad with cream yogurt (cream yogurt, green peppers, chicken breasts, tomatoes, cucumbers, salt, black pepper, parsley)	Lunch	mushrooms, 5 black olives, one tablespoon olive oil, a teaspoon of lemon, vinegar, salt
Dinner yogurt, green peppers, chicken breasts, tomatoes, cucumbers, salt, black pepper, parsley)	Dinner	tablespoon olive oil
Daily Meals 26-09-2023 Tuesday	Dinner	yogurt, green peppers, chicken breasts, tomatoes, cucumbers, salt, black pepper,
	Daily Meals	26-09-2023 Tuesday

Breakfast	Eggplant Mutabbal with olive oil (without adding yogurt)
Breakfast	Edam cheese
Breakfast	Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar, one tablespoon of olive oil)
Lunch	Fried fish in 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)
Dinner	Hard boiled eggs with salt, sumaq 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)
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Daily Meals	27-09-2023 Wednesday
Daily Meals Breakfast	
	27-09-2023 Wednesday
Breakfast	27-09-2023 Wednesday Turkey
Breakfast Breakfast	27-09-2023 Wednesday Turkey Raw Nuts (3-5 pieces) Arabian salad (ingredients: tomatoes, lettuce, arugula, cucumbers, one tablespoon
Breakfast Breakfast Breakfast	27-09-2023 Wednesday Turkey Raw Nuts (3-5 pieces) Arabian salad (ingredients: tomatoes, lettuce, arugula, cucumbers, one tablespoon of olive oil, salt, a tablespoon of vinegar)
Breakfast Breakfast Breakfast Lunch	27-09-2023 Wednesday Turkey Raw Nuts (3-5 pieces) Arabian salad (ingredients: tomatoes, lettuce, arugula, cucumbers, one tablespoon of olive oil, salt, a tablespoon of vinegar) Meatballs with fresh tomatoes Guacamole salad (mashed avocado, parsley, tomato, olive oil, 1 teaspoon lemon, salt and