



THE DOCTORS DIET

Dear **Rawan Amer Fadda**

Here's Your Weekly Food Menu Programm

Daily Meals	22-09-2023 -- Friday
Breakfast	Scrambled eggs with vegetables (sweet peppers, fresh mushrooms, mozzarella cheese, salt, black pepper, olive oil)
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	Eggplant Moussaka
Lunch	Guacamole salad (mashed avocado, parsley, tomato, olive oil, 1 teaspoon lemon, salt and black pepper)
Daily Meals	23-09-2023 -- Saturday
Breakfast	Hard boiled eggs with salt, sumaq and one tablespoon olive oil
Breakfast	Raw Nuts (3-5 pieces)
Breakfast	Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar, one tablespoon of olive oil)
Lunch	Chicken breast with spinach
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	Labaneh with olive oil
Breakfast	Hard boiled eggs with salt, sumaq and one tablespoon olive oil
Breakfast	Caesar salad (lettuce, turkey, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)
Lunch	Grilled tuna fish in olive oil (olive oil + parmesan cheese + green pepper + spinach)
Lunch	Cucumber salad (cucumber, Greek yogurt, mint, salt and black pepper)
Daily Meals	25-09-2023 -- Monday

Breakfast	Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil)
Breakfast	Dumyate cheese
Breakfast	Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar, one tablespoon of olive oil)
Lunch	Kofta (minced meat) with fresh tomatoes
Lunch	Fattoush salad with eggplant (ingredients: cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, one tablespoon olive oil. spoon of lemon)
Daily Meals	26-09-2023 -- Tuesday
Breakfast	halloumi cheese
Breakfast	Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil)
Breakfast	Greek salad (ingredients:cucumber, lettuce, tomato, grilled halloumi/feta cheese, arugula, One tablspoon olive oil, vinegar, salt)
Lunch	Kofta (minced meat) with tahini without potatoes
Lunch	Fattoush salad with eggplant (ingredients: cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, one tablespoon olive oil. spoon of lemon)
Daily Meals	27-09-2023 -- Wednesday
Breakfast	feta cheese
Breakfast	Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil)
Breakfast	Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar, one tablespoon of olive oil)
Lunch	Chicken breasts with molokhia (without maggi)
Lunch	Cucumber salad (cucumber, Greek yogurt, mint, salt and black pepper)
Daily Meals	28-09-2023 -- Thursday
Breakfast	Scrambled eggs without vegetables (eggs + olive oil +salt + black pepper)
Breakfast	Dumyate cheese
Breakfast	Greek salad (ingredients:cucumber, lettuce, tomato, grilled halloumi/feta cheese, arugula, One tablspoon olive oil, vinegar, salt)
Lunch	Grilled chicken with vegetables (broccoli + zucchini + mushrooms + salt + black pepper + olive oil)

Lunch

Cucumber salad (cucumber, Greek yogurt, mint, salt and black pepper)