



**THE
DOCTORS
DIET**

Dear **Rawan Amer Fadda**

Here's Your Weekly Food Menu Programm

Daily Meals	24-09-2023 -- Sunday
Breakfast	Scrambled eggs without vegetables (eggs + olive oil +salt + black pepper)
Breakfast	Strawberries (5 Medium)
Breakfast	Avocado and lettuce salad (avocado + lettuce + tomato + olive oil + vinegar + 1 teaspoon lemon + feta cheese)
Lunch	Fried drumsticks(with olive oil) with grilled vegetables a (Broccoli + Zucchini + fresh mushrooms + fresh tomatoes)
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	Raw Nuts (3-5 pieces)
Breakfast	Arabian salad (ingredients: tomatoes, lettuce, arugula, cucumbers, one tablespoon of olive oil, salt, a tablespoon of vinegar)
Lunch	Chicken shawarma without bread
Lunch	Cucumber salad (cucumber, Greek yogurt, mint, salt and black pepper)
Daily Meals	26-09-2023 -- Tuesday
Breakfast	feta cheese
Breakfast	Raw Nuts (3-5 pieces)
Breakfast	Arabian salad (ingredients: tomatoes, lettuce, arugula, cucumbers, one tablespoon of olive oil, salt, a tablespoon of vinegar)
Lunch	Chicken breast with spinach
Lunch	Guacamole salad (mashed avocado, parsley, tomato, olive oil, 1 teaspoon lemon, salt and black pepper)
Daily Meals	27-09-2023 -- Wednesday
Breakfast	Blue cheese
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	Grilled chicken wings with olive oil, salt, black pepper and lemon
Lunch	Fattoush salad with eggplant (ingredients: cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, one tablespoon olive oil. spoon of lemon)
Daily Meals	
28-09-2023 -- Thursday	
Breakfast	Dumyate cheese
Breakfast	Raw Nuts (3-5 pieces)
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	Chicken curry with grilled vegetables: (Grilled chicken, curry spices, salt, onion powder, olive oil) Grilled vegetables: (broccoli, cauliflower, zucchini, salt, black pepper and olive oil)
Lunch	Guacamole salad (mashed avocado, parsley, tomato, olive oil, 1 teaspoon lemon, salt and black pepper)
Daily Meals	
29-09-2023 -- Friday	
Breakfast	Zucchini mutabal with olive oil (without 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	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	
30-09-2023 -- Saturday	
Breakfast	Eggplant Mutabbal with olive oil (without adding yogurt)
Breakfast	Edam cheese
Breakfast	Arabian salad (ingredients: tomatoes, lettuce, arugula, cucumbers, one tablespoon of olive oil, salt, a tablespoon of vinegar)
Lunch	Meat with feta cheese sauce (minced meat + salt + black pepper + onion powder + garlic powder + oregano + a small spoon of lemon+ feta cheese + Junaidi yoghurt + salt + black pepper
Lunch	Green salad (ingredients: lettuce, rocca, basil, 5 green/black olives, one tablespoon olive oil, a small teaspoon of lemon, salt and black pepper)