



**THE  
DOCTORS  
DIET**

## Dear **Rawan Amer Fadda**

Here's Your Weekly Food Menu Programm

Daily Meals	24-09-2023 -- Sunday
Breakfast	Hard boiled eggs with salt, sumaq and one tablespoon olive oil
Breakfast	Strawberries ( 5 Medium )
Breakfast	Avocado and lettuce salad (avocado + lettuce + tomato + olive oil + vinegar + 1 teaspoon lemon + feta cheese)
Lunch	kebab
Lunch	Fattoush salad with eggplant (cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, turkish coffee cup of olive oil. spoon of lemon)
Dinner	Chicken salad with cream yogurt (cream yogurt, green peppers, chicken breasts, tomatoes, cucumbers, salt, black pepper, parsley)
Dinner	Chicken salad with avocado (chicken, lettuce, avocado, tomato, green pepper, paprika, chili powder, one tablespoon olive oil)
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	Arabic salad (tomatoes, lettuce, arugula, cucumbers, Turkish coffee cup of olive oil, salt, a tablespoon of vinegar)
Lunch	Meat cubes
Lunch	Fattoush salad with eggplant (cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, turkish coffee cup of olive oil. spoon of lemon)
Dinner	Cucumber salad (cucumber, Greek yogurt, mint, salt and black pepper)
Dinner	Chicken salad with cream yogurt (cream yogurt, green peppers, chicken breasts, tomatoes, cucumbers, salt, black pepper, parsley)
Daily Meals	26-09-2023 -- Tuesday
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 chicken with vegetables (broccoli + zucchini + mushrooms + salt + black pepper + olive oil)
Lunch	Fattoush salad with eggplant (cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, turkish coffee cup of olive oil. spoon of lemon)
Dinner	Tomato zucchini soup (tomato, zucchini , green pepper, garlic, onion powder, salt, black pepper, olive oil)
Dinner	Caesar salad (lettuce, chicken, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)

Daily Meals	27-09-2023 -- Wednesday
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Breakfast	halloumi cheese
Breakfast	Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil)
Breakfast	Arabic salad (tomatoes, lettuce, arugula, cucumbers, Turkish coffee cup of olive oil, salt, a tablespoon of vinegar)
Lunch	Chicken breasts with molokhia ( without maggi )
Lunch	Rocca salad (arugula, feta, mushrooms, 5 black olives, turkish coffee cup of olive oil, a teaspoon of lemon, vinegar, salt and black pepper)
Dinner	Zucchini mutabal with olive oil (without yogurt)
Dinner	Chicken salad with avocado (chicken, lettuce, avocado, tomato, green pepper, paprika, chili powder, one tablespoon olive oil)

Daily Meals	28-09-2023 -- Thursday
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Breakfast	feta cheese
Breakfast	Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil)
Breakfast	Greek salad (cucumber, lettuce, tomato, grilled halloumi/feta cheese, Turkish coffee cup olive oil, vinegar, salt)
Lunch	Zucchini boats with minced meat
Lunch	Guacamole salad (mashed avocado, parsley, tomato, olive oil, 1 teaspoon lemon, salt and black pepper)

Dinner	Broccoli cauliflower soup (broccoli, cauliflower, chicken broth, shredded cheddar cheese, almarei cooking cream, salt, one tablespoon olive oil)
Dinner	Caesar salad (lettuce, chicken, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)
<b>Daily Meals</b>	
<b>29-09-2023 -- Friday</b>	
Breakfast	Edam cheese
Breakfast	Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil)
Breakfast	Caesar salad (lettuce, turkey, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)
Lunch	Grilled Shrimps( Almarai Cooking Cream - optional- + Mushroom + Broccoli)
Lunch	Rocca salad (arugula, feta, mushrooms, 5 black olives, turkish coffee cup of olive oil, a teaspoon of lemon, vinegar, salt and black pepper)
Dinner	Eggplant Mutabbal with olive oil (without adding yogurt)
Dinner	Chicken salad with cream yogurt (cream yogurt, green peppers, chicken breasts, tomatoes, cucumbers, salt, black pepper, parsley)
<b>Daily Meals</b>	
<b>30-09-2023 -- Saturday</b>	
Breakfast	Scrambled eggs without vegetables (eggs + olive oil +salt + black pepper)
Breakfast	Dumyate cheese
Breakfast	Caesar salad (lettuce, turkey, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon)
Lunch	Salmon
Lunch	Guacamole salad (mashed avocado, parsley, tomato, olive oil, 1 teaspoon lemon, salt and black pepper)
Dinner	Raw Nuts (3-5 pieces)
Dinner	Chicken salad (chopped chicken + walnuts + lettuce + arugula + carp-free mayonnaise + carp-free mustard + onion powder + vinegar + pickled cucumbers 2 pieces)