



**THE
DOCTORS
DIET**

Dear **Rawan Amer Fadda**

Here's Your Weekly Food Menu Programm

| Daily Meals | 24-09-2023 -- Sunday |
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| Breakfast | Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil) |
| Breakfast | Strawberries (5 Medium) |
| Breakfast | Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar, one tablespoon of 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) |
| Lunch | 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) |
| Dinner | Chicken salad (chopped chicken + walnuts + lettuce + arugula + carp-free mayonnaise + carp-free mustard + onion powder + vinegar + pickled cucumbers 2 pieces) |
| Daily Meals | 25-09-2023 -- Monday |
| Breakfast | Scrambled eggs without vegetables (eggs + olive oil +salt + black pepper) |
| Breakfast | Raw Nuts (3-5 pieces) |
| Breakfast | Avocado and lettuce salad (avocado + lettuce + tomato + olive oil + vinegar + 1 teaspoon lemon + feta cheese) |
| Lunch | Chicken salad with avocado (chicken, lettuce, avocado, tomato, green pepper, paprika, chili powder, one tablespoon olive oil) |
| Lunch | Rocca salad (ingredients: rocca, feta, mushrooms, 5 black olives, one tablespoon olive oil, a teaspoon of lemon, vinegar, salt and black pepper) |
| Dinner | Cucumber salad (cucumber, Greek yogurt, mint, salt and black pepper) |

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| 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 | halloumi cheese |
| Breakfast | Fried eggs in olive oil |
| Breakfast | Caesar salad (lettuce, turkey, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon) |
| 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 | Tomato zucchini soup (tomato, zucchini , green pepper, garlic, onion powder, salt, black pepper, olive oil) |
| Dinner | Chicken salad with cream yogurt (cream yogurt, green peppers, chicken breasts, tomatoes, cucumbers, salt, black pepper, parsley) |
| Daily Meals | 27-09-2023 -- Wednesday |
| Breakfast | feta cheese |
| Breakfast | Fried eggs in olive oil |
| 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) |
| 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 | 28-09-2023 -- Thursday |
| Breakfast | Edam cheese |
| Breakfast | Fried eggs in olive oil |
| 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 shawarma without bread |

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| Lunch | Rocca salad (ingredients: rocca, feta, mushrooms, 5 black olives, one tablespoon olive oil, a teaspoon of lemon, vinegar, salt and black pepper) |
| Dinner | Broccoli cauliflower soup (broccoli, cauliflower, chicken broth, shredded cheddar cheese, almarei cooking cream, salt, one tablespoon olive oil) |
| Dinner | Chicken salad with cream yogurt (cream yogurt, green peppers, chicken breasts, tomatoes, cucumbers, salt, black pepper, parsley) |
| Daily Meals | 29-09-2023 -- Friday |
| Breakfast | Labaneh with olive oil |
| Breakfast | Scrambled eggs without vegetables (eggs + olive oil +salt + black pepper) |
| Breakfast | Greek salad (ingredients:cucumber, lettuce, tomato, grilled halloumi/feta cheese, arugula, One tablspoon olive oil, vinegar, salt) |
| Lunch | Chicken breasts with molokhia (without maggi) |
| Lunch | Cucumber salad (cucumber, Greek yogurt, mint, salt and black pepper) |
| Dinner | Caesar salad (lettuce, turkey, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon) |
| Dinner | Chicken salad with avocado (chicken, lettuce, avocado, tomato, green pepper, paprika, chili powder, one tablespoon olive oil) |
| Daily Meals | 30-09-2023 -- Saturday |
| Breakfast | Kashkawan cheese |
| Breakfast | Fried eggs in olive oil |
| Breakfast | Arabian salad (ingredients: tomatoes, lettuce, arugula, cucumbers, one tablespoon of olive oil, salt, a tablespoon of vinegar) |
| Lunch | Chicken with Mushrooms and Parmesan (olive oil + chicken thighs + mushrooms + low-carb Almarai whipping cream + Parmesan cheese + parsley) |
| Lunch | Fattoush salad with eggplant (ingredients: cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, one tablespoon olive oil. spoon of lemon) |
| 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) |