



Dear **Rawan Amer Fadda**

Here's Your Weekly Food Menu Programm

Daily Meals	28-09-2023 -- Thursday
Breakfast	Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil)
Breakfast	Strawberries (5 Medium)
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	Chicken salad with cream yogurt (cream yogurt, green peppers, chicken breasts, tomatoes, cucumbers, salt, black pepper, parsley)
Daily Meals	29-09-2023 -- Friday
Breakfast	Scrambled eggs without vegetables (eggs + olive oil +salt + black pepper)
Breakfast	Raw Nuts (3-5 pieces)
Lunch	Chicken salad with avocado (chicken, lettuce, avocado, tomato, green pepper, paprika, chili powder, one tablespoon olive oil)
Dinner	Cucumber salad (cucumber, Greek yogurt, mint, salt and black pepper)
Daily Meals	30-09-2023 -- Saturday
Breakfast	halloumi cheese
Breakfast	Fried eggs in olive oil
Lunch	Fried drumsticks(with olive oil) with grilled vegetables a (Broccoli + Zucchini + fresh mushrooms + fresh tomatoes)
Dinner	Tomato zucchini soup (tomato, zucchini , green pepper, garlic, onion powder, salt, black pepper, olive oil)
Daily Meals	01-10-2023 -- Sunday
Breakfast	feta cheese
Breakfast	Fried eggs in olive oil
Lunch	Chicken breast with spinach
Dinner	Zucchini mutabal with olive oil (without yogurt)
Daily Meals	02-10-2023 -- Monday
Breakfast	Edam cheese

Breakfast	Fried eggs in olive oil
Lunch	Chicken shawarma without bread
Dinner	Broccoli cauliflower soup (broccoli, cauliflower, chicken broth, shredded cheddar cheese, almarei cooking cream, salt, one tablespoon olive oil)
Daily Meals	03-10-2023 -- Tuesday
Breakfast	Labaneh with olive oil
Breakfast	Scrambled eggs without vegetables (eggs + olive oil + salt + black pepper)
Lunch	Chicken breasts with molokhia (without maggi)
Dinner	Eggplant Mutabbal with olive oil (without adding yogurt)
Daily Meals	04-10-2023 -- Wednesday
Breakfast	Kashkawan cheese
Breakfast	Fried eggs in olive oil
Lunch	Chicken with Mushrooms and Parmesan (olive oil + chicken thighs + mushrooms + low-carb Almarai whipping cream + Parmesan cheese + parsley)
Dinner	Raw Nuts (3-5 pieces)