



THE DOCTORS DIET

Dear Rawan Amer Fadda

Here's Your Weekly Food Menu Programm

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| Daily Meals | 28-09-2023 -- Thursday |
| Breakfast | Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil) |
| Breakfast | Strawberries (5 Medium) |
| 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 | 29-09-2023 -- Friday |
| Breakfast | Scrambled eggs without vegetables (eggs + olive oil +salt + black pepper) |
| Breakfast | Raw Nuts (3-5 pieces) |
| Lunch | Chicken breast with spinach |
| Dinner | Zucchini mutabal with olive oil (without yogurt) |
| Daily Meals | 30-09-2023 -- Saturday |
| Breakfast | halloumi 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 | 01-10-2023 -- Sunday |
| Breakfast | feta cheese |
| Breakfast | Fried eggs in olive oil |
| Lunch | Chicken breasts with molokhia (without maggi) |
| Dinner | Eggplant Mutabbal with olive oil (without adding yogurt) |
| Daily Meals | 02-10-2023 -- Monday |
| Breakfast | Edam 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) |

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| Dinner | Raw Nuts (3-5 pieces) |
| Daily Meals | 03-10-2023 -- Tuesday |
| Breakfast | Labaneh with olive oil |
| Breakfast | Scrambled eggs without vegetables (eggs + olive oil + salt + black pepper) |
| Lunch | Chicken stuffed with cheese with pesto sauce (boneless chicken, mozzarella cheese, paprika, oregano, salt, pesto sauce, butter, almarai cooking cream, 1 teaspoon black pepper, garlic) |
| Dinner | Eggs and spinach bread :(eggs, spinach, salt, black pepper) |
| Daily Meals | 04-10-2023 -- Wednesday |
| Breakfast | Kashkawan cheese |
| Breakfast | Fried eggs in olive oil |
| Lunch | Grilled chicken with vegetables (broccoli + zucchini + mushrooms + salt + black pepper + olive oil) |
| Dinner | Green lemon juice and cucumber (cucumber slices, spinach, lemon juice) |