



THE DOCTORS DIET

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	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)

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)