



THE DOCTORS DIET

Dear **mohammad abuzai**

Here's Your Weekly Food Menu Programm

| Daily Meals | 12-08-2023 -- Saturday |
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| Breakfast | Turkey |
| Breakfast | Laban with cream |
| Breakfast | Strawberries (5 Medium) |
| Lunch | Chicken sajiya (shredded chicken + sweet green peppers + salt + black pepper + olive oil) |
| Lunch | Rocca salad (arugula, feta, mushrooms, 5 black olives, half turkish coffee cup olive oil, a teaspoon of lemon, vinegar, salt and black pepper) |
| Lunch | Mushrooms with tuna and cheese (Mushrooms, Tuna, 5 olives, tomatoes, mozzarella or cheddar cheese, eggs, parsley, salt, Black pepper) |
| Dinner | Turkey |
| Dinner | Laban with cream |
| Daily Meals | 13-08-2023 -- Sunday |
| Breakfast | Cheddar cheese |
| Breakfast | Eggplant Mutabbal with olive oil (without adding yogurt) |
| Breakfast | One cup popcorn (snack) |
| Lunch | Boneless Chicken |
| Lunch | Green salad (lettuce, arugula, basil, 5 green/black olives, half turkish coffee cup olive oil, a small spoonful of lemon, salt and black pepper) |
| Lunch | Mushrooms with tuna and cheese (Mushrooms, Tuna, 5 olives, tomatoes, mozzarella or cheddar cheese, eggs, parsley, salt, Black pepper) |
| Dinner | Cheddar cheese |
| Dinner | Strawberries (5 Medium) |
| Daily Meals | 14-08-2023 -- Monday |
| Breakfast | Akawi cheese |
| Breakfast | Rocca salad (arugula, feta, mushrooms, 5 black olives, half turkish coffee cup olive oil, a teaspoon of lemon, vinegar, salt and black pepper) |
| Breakfast | Raw Nuts (3-5 pieces) |

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| Lunch | Creamy chicken |
| Lunch | Fattoush salad with eggplant (cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, half turkish coffee cup olive oil. spoon of lemon) |
| Lunch | Mushrooms with tuna and cheese (Mushrooms, Tuna, 5 olives, tomatoes, mozzarella or cheddar cheese, eggs, parsley, salt, Black pepper) |
| Dinner | Akawi cheese |
| Dinner | Eggplant Mutabbal with olive oil (without adding yogurt) |

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| Daily Meals | 15-08-2023 -- Tuesday |
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| Breakfast | Blue cheese |
| Breakfast | Green salad (lettuce, arugula, basil, 5 green/black olives, half turkish coffee cup olive oil, a small spoonful of lemon, salt and black pepper) |
| Breakfast | Laban with cream |
| Lunch | Fried drumsticks(with olive oil) with grilled vegetables a (Broccoli + Zucchini + fresh mushrooms + fresh tomatoes) |
| Lunch | Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar) |
| Lunch | Mushrooms with tuna and cheese (Mushrooms, Tuna, 5 olives, tomatoes, mozzarella or cheddar cheese, eggs, parsley, salt, Black pepper) |
| Dinner | Blue cheese |
| Dinner | Caesar salad (lettuce, chicken, garlic, olive oil, salt, black pepper, Parmesan cheese, a small spoonful of lemon) |

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| Daily Meals | 16-08-2023 -- Wednesday |
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| Breakfast | Boiled eggs with sakt, black pepper and one tablespoon olive oil |
| Breakfast | Fattoush salad with eggplant (cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, half turkish coffee cup olive oil. spoon of lemon) |
| Breakfast | halloumi cheese |
| Lunch | Meat shawerma without bread |
| Lunch | Arabian salad (ingredients: tomatoes, lettuce, arugula, cucumbers, one tablespoon of olive oil, salt, a tablespoon of vinegar) |
| Lunch | Mushrooms with tuna and cheese (Mushrooms, Tuna, 5 olives, tomatoes, mozzarella or cheddar cheese, eggs, parsley, salt, Black pepper) |

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| Dinner | Boiled eggs with sakt, black pepper and one tablespoon olive oil |
| Dinner | Chicken salad (chopped chicken + walnuts + lettuce + arugula + carp-free mayonnaise + carp-free mustard + onion powder + vinegar + pickled cucumbers 2 pieces) |
| Daily Meals | 17-08-2023 -- Thursday |
| Breakfast | Hard boiled eggs with salt, sumaq and one tablespoon olive oil |
| Breakfast | Spinach, Strawberry and Walnut Salad (5 strawberries + 7 walnuts + spinach + 1 tablespoon of balsamic vinegar) |
| Breakfast | halloumi cheese |
| Lunch | Turkish grilled chicken |
| Lunch | Fattoush salad with eggplant (ingredients: cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, one tablespoon olive oil. spoon of lemon) |
| Lunch | Mushrooms with tuna and cheese (Mushrooms, Tuna, 5 olives, tomatoes, mozzarella or cheddar cheese, eggs, parsley, salt, Black pepper) |
| Dinner | Hard boiled eggs with salt, sumaq and one tablespoon olive oil |
| Dinner | Rocca salad (arugula, feta, mushrooms, 5 black olives, half turkish coffee cup olive oil, a teaspoon of lemon, vinegar, salt and black pepper) |
| Daily Meals | 18-08-2023 -- Friday |
| Breakfast | Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil) |
| Breakfast | Fattoush salad with eggplant (ingredients: cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, one tablespoon olive oil. spoon of lemon) |
| Breakfast | halloumi cheese |
| Lunch | Chicken breast with spinach |
| 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 | Mushrooms with tuna and cheese (Mushrooms, Tuna, 5 olives, tomatoes, mozzarella or cheddar cheese, eggs, parsley, salt, Black pepper) |
| Dinner | Egg wrap stuffed with vegetables (eggs, rocca, salt, black peppers, olive oil) |
| Dinner | Green salad (lettuce, arugula, basil, 5 green/black olives, half turkish coffee cup olive oil, a small spoonful of lemon, salt and black pepper) |

| Daily Meals | 19-08-2023 -- Saturday |
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| Breakfast | Granola |
| Breakfast | Green salad (ingredients: lettuce, rocca, basil, 5 green/black olives, one tablespoon olive oil, a small teaspoon of lemon, salt and black pepper) |
| Breakfast | halloumi cheese |
| Lunch | Grilled chicken with vegetables (broccoli + zucchini + mushrooms + salt + black pepper + olive oil) |
| Lunch | Greek salad (cucumber, lettuce, tomato, grilled halloumi/feta cheese, Turkish coffee cup olive oil, vinegar, salt) |
| Lunch | Mushrooms with tuna and cheese (Mushrooms, Tuna, 5 olives, tomatoes, mozzarella or cheddar cheese, eggs, parsley, salt, Black pepper) |
| Dinner | Granola |
| Dinner | Fattoush salad with eggplant (cucumber, tomato, green pepper, lettuce, eggplant, mint, parsley, sumac, half turkish coffee cup olive oil. spoon of lemon) |