

Dear Luma TEST 01

Here's Your Weekly Food Menu Programm



**THE
DOCTORS
DIET**

Day - 26-10-2024 -- Saturday

#	BreakFast	Lunch	Dinner
1	Eggs and spinach bread black pepper spinach Eggs Olive oil Salt Quantity until you are super full.	Zucchini Lasagna Zucchini Minced meat Parmesan cheese garlic powder black pepper oregano basil Olive oil Salt Quantity until you are super full	Fresh tomatoes slices black pepper tomatoes Salt Adding a pinch of salt and black pepper. Quantity until you are super full.
2	Raw Nuts Nuts • Raw Almond or Raw walnuts • Quantity from 3-5 pieces only	(Green salad) black pepper basil lettuce lemon Black olives Rocca One tablespoon olive oil Salt Adding one tablespoon of olive oil Quantity until you are super full	(Tuna salad) lettuce Tuna lemon sweet pepper Olive oil Rocca Salt Quantity until you are super full
3	(Caesar salad with turkey) Parmesan cheese garlic powder black pepper lettuce lemon Turkey Olive oil Salt You can exclude the garlic powder Quantity until you are super full		

Day - 27-10-2024 -- Sunday

#	BreakFast	Lunch	Dinner
1	Strawberries Strawberry 5 medium pieces only.	Eggplant Moussaka eggplant Minced meat black pepper tomatoes Olive oil Salt • Quantity until you are super full	Vegetable soup onion powder garlic powder black pepper tomatoes sweet pepper Cauliflower green beans Olive oil Salt Quantity until you are super full.

2	Scrambled eggs without vegetables black pepper Eggs Olive oil Salt Quantity until you are super full	(Rocca and avocado salad) Avocado lemon parsley sweet pepper Sumac Rocca Mint One tablespoon olive oil Salt Quantity until you are super full.	(Chicken salad with cream yogurt) black pepper tomatoes cucumber Chicken parsley sweet pepper Olive oil Cream yogurt Cream yogurt; Al Junaidi brand Quantity until you are super full.
3	(Arabian salad) tomatoes lettuce cucumber lemon vinegar Rocca One tablespoon olive oil Salt Adding one tablespoon of olive oil You can exclude the vinegar Quantity until you are super full		

Day - 28-10-2024 -- Monday

#	BreakFast	Lunch	Dinner
1	Dumyate cheese Quantity until you are super full	Grilled tuna fish Parmesan cheese black pepper spinach Tuna sweet pepper Olive oil Salt Quantity until you are super full.	Lemon slices lemon Salt Quantity is half large lemon. Adding a pinch of salt.
2	Stuffed Egg wraps black pepper Eggs Olive oil Rocca Salt Eggs cooked with olive oil, salt and black pepper. Quantity until you are super full.	(Fattoush salad with eggplant) tomatoes lettuce cucumber lemon parsley sweet pepper Sumac Mint One tablespoon olive oil Salt Adding one tablespoon of olive oil Quantity until you are super full	(Avocado and halloumi salad) tomatoes Avocado lettuce lemon Halloumi Black olives Olive oil Mint Salt Adding two tablespoons of olive oil. Quantity until you are super full.
3	(Halloumi with mint salad) black pepper tomatoes lettuce lemon Halloumi Greek Yogurt Olive oil Rocca Mint Salt Greek yogurt; Kiri Kiri brand Quantity until you are super full		

Day - 29-10-2024 -- Tuesday

#	BreakFast	Lunch	Dinner
1	Scrambled eggs with vegetables black pepper mozzarella cheese Mushrooms Eggs sweet pepper Olive oil Salt Quantity until you are super full.	Creamy vegetables garlic powder black pepper mozzarella cheese oregano Mushrooms Cooking cream Black olives Olive oil Salt Cooking cream; Al Maraei brand Quantity until you are super full	Broccoli Cheese Soup(Butter + onion powder + garlic powder + chicken broth + salt + black pepper + broccoli + whipping cream (Almarai) two tablespoons + cheddar cheese) onion powder garlic powder black pepper butter broccoli Cooking cream Cheddar cheese Olive oil Salt Cooking cream; Al Maraei brand Quantity until you are super full.
2	Cucumber slices cucumber Salt Adding a pinch of salt. Quantity until you are super full.	(Cucumber salad) black pepper cucumber Olive oil Mint Salt Cream yogurt Cream yogurt; Kolios brand Quantity until you are super full	(Lettuce and feta cheese salad) garlic powder black pepper lettuce cucumber lemon Feta cheese vinegar One tablespoon olive oil Salt Raddish You can exclude the garlic powder. Quantity until you are super full.
3	(Avocado and lettuce salad) tomatoes Avocado lettuce lemon Feta cheese vinegar Olive oil Salt Quantity until you are super full.		

Day - 30-10-2024 -- Wednesday

#	BreakFast	Lunch	Dinner
1	Edam cheese Quantity until you are super full	Stuffed chicken breasts onion powder garlic powder black pepper tomatoes mozzarella cheese oregano parsley (chicken breast, garlic powder, onion powder, black pepper, Himalayan salt, cumin, oregano, olive oil, tomatoes, coriander, mozzarella)	Mushroom soup onion powder black pepper butter Mushrooms Cooking cream chicken spices Olive oil Salt You can add chicken spices. Cooking cream to be Al Maraei brand. Quantity until you are super full.

2	Hard boiled eggs black pepper Eggs Olive oil Salt Quantity until you are super full	(Rocca and avocado salad) Avocado lemon parsley sweet pepper Sumac Rocca Mint One tablespoon olive oil Salt Quantity until you are super full.	(Lettuce and feta cheese salad) garlic powder black pepper lettuce cucumber lemon Feta cheese vinegar One tablespoon olive oil Salt Raddish You can exclude the garlic powder. Quantity until you are super full.
3	(Tomato and Halloumi salad) black pepper tomatoes lemon parsley Halloumi Olive oil Mint Salt Quantity until you are super full		

Day - 31-10-2024 -- Thursday

#	BreakFast	Lunch	Dinner
1	Turkey Quantity until you are super full	Chicken burger stuffed with cheese (chicken breast, garlic cloves, burger spices, celery, mozzarella) garlic powder black pepper mozzarella cheese Chicken breast Olive oil Salt Quantity until you are super full.	Eggs and spinach bread black pepper spinach Eggs Olive oil Salt Quantity until you are super full.
2	Zucchini mutabal Zucchini Tahini lemon Olive oil <ul style="list-style-type: none"> • Without adding yogurt • Quantity until you are super full 	(Rocca and avocado salad) Avocado lemon parsley sweet pepper Sumac Rocca Mint One tablespoon olive oil Salt Quantity until you are super full.	(Chicken salad with avocado) Avocado lettuce lemon Chicken sweet pepper Paprika Olive oil Salt Quantity until you are super full
3	(Caesar salad with turkey) Parmesan cheese garlic powder black pepper lettuce lemon Turkey Olive oil Salt You can exclude the garlic powder Quantity until you are super full		

Day - 01-11-2024 -- Friday

#	BreakFast	Lunch	Dinner
1	halloumi cheese Quantity until you are super full	Meat Sajeyeh Meat black pepper sweet pepper Olive oil Salt You can add onion powder You can add fresh tomatoes Quantity until you are super full	Stuffed Lettuce wraps Avocado lettuce Turkey Kashkawan cheese Quantity until you are super full.
2	Sun Fried eggs Eggs Olive oil Fried with olive oil. Quantity until you are super full.	(Akkawi cheese and olives salad) lettuce sweet pepper vinegar Black olives Akawi cheese Olive oil Mint Salt Quantity until you are super full.	(Caesar salad with chicken) Parmesan cheese black pepper lettuce Chicken Olive oil Salt You can exclude the garlic powder Quantity until you are super full
3	(Spinach and strawberry salad) spinach Strawberry walnuts Balsamic vinegar Olive oil Salt 5 medium strawberries. 7 raw walnuts. Quantity until you are super full.		

Important information about Doctors Diet menu

Hello from The Doctors Diet;

Few steps until you reach your ideal and healthy weight by receiving your body manual.

This customized and fixed meal plan that will make you ideal, healthy and free from any medical issues you have and affecting your daily lifestyle activities.

Kindly preview the below recommendations to make your weight loss journey with us more interesting and easy;

The Doctors Diet مرحبا من

ايام قليلة تفصلك عن وزنك المثالي والصحي او الفئة التي اشتركت بها معنا لتحقيقها، وذلك من خلال الجدول الغذائي الخاص بك " دليل جسمك

جدولك الغذائي الخاص سيجعلك مثاليًا وصحيًا وخاليًا من أي مشاكل صحية تعاني منها وتؤثر على أداء أنشطتك اليومية

يرجى مراجعة والتقيد بالتوصيات التالية لجعل رحلة نزول الوزن معنا أكثر متعة وسهولة

Firstly; the quality of food written in your meal plan is what your body needs at every weight loss stage

for your body metabolism, body organs and function and this is not something for lifetime, this is to reach your ideal and healthy weight in a fast and healthy way.

At every stage there will be elimination or addition for specific food items and quality

based on your weight loss, body response to the diet, and the differentiation in your body composition of the fat%, Visceral fat, water % and protein %

Make sure that nothing is forbidden or allowed to you lifetime,

but there is a specific quality of food that you should or should not eat at every stage of your weight loss journey.

There are no specific quantities to eat,

you can eat until you are super full from all the food items written in your meal plan but the very important thing that anything not written you should not eat at all since it will not affect only your weight loss but also your overall health.

At every meal there is more than one choice,

these are choices you can eat them all or choose the most preferable one but the better to eat them all for the nutrition value

It is allowed to you to drink coffee, tea

and herbs without adding sugar and without milk if the milk is not written in your meal plan.

You should drink every hour one cup of

water and it's very important to keep your body hydrated.

There are no specific timings for the

meals, but keep from 2-3 hours between every meal and stop eating before sleeping with 3 hours for better digestive processes.

To achieve best results you should

commit day by day for the meals

written, but also you can replace between the days and meals written in your schedule to make it easier to you.

نوعية الاكل المكتوبة في جدولك الغذائي هي

ما يحتاجه جسمك في كل مرحلة من مراحل

نزول الوزن المرتبطة بعمليات الحرق ومتناغمة مع وظائف الجسم كافة ويكون النظام قصير الامد ويهدف الى الوصول إلى وزنك المثالي والصحي بطريقة سريعة وصحية

سيكون هناك دائما حذف أو إضافة لنوعيات

غذائية معينة بناءً على فقدان الوزن، واستجابة الجسم للجدول الغذائي، اختلاف نسب الدهون والدهون الحشوية في الجسم، ونسب الماء والبروتين أيضا

لا يوجد اطعمة ممنوعة أو مسموحة مدى الحياة،

هناك دائما نوعيات محددة من الاطعمة يجب أو لا يجب عليك تناولها في كل مرحلة من مراحل نزول الوزن

لا توجد كميات محددة، يمكنك تناول الطعام حتى

تشعر بالشبع التام من جميع العناصر الغذائية المكتوبة في جدولك الغذائي ولكن المهم جدا هو أن أي شيء غير مكتوب يجب ألا تأكله على الإطلاق لأنه لن يؤثر على نزول الوزن فقط ولكنه صحيا مضر

خيارات متعددة تصل الى 3 خيارات لكل وجبة

هذه عبارة عن خيارات يمكنك أن تأكلها كلها أو تختار أكثرها تفضيلا ولكن الافضل تناولها كاملة للاستفادة من القيمة الغذائية

مسموح تناول المشروبات الساخنة مثل

القهوة، الشاي والاعشاب بانواعها بدون اضافة سكر وبدون اضافة الحليب اذا لم تكن مذكورة في الجدول الغذائي

يجب شرب كل ساعة كوب من الماء

لا يوجد اوقات معينة لتناول الوجبات، لكن يفضل

ابقاء من 2-3 ساعة بين كل وجبة وقبل النوم ب 3 ساعات تكون اخر وجبة لتسهيل عمليات الهضم

لتحقيق أفضل النتائج يجب عليك الالتزام

بالوجبات المكتوبة كل يوم بيومه ولكن أيضا يمكنك الاستبدال بين الايام والوجبات المكتوبة في جدولك لتسهيل الامر

It is allowed to replace chicken by chicken, meat by meat and fish by fish but it is not allowed to replace chicken with meat or meat with chicken or fish with meat or chicken.

You can replace between the salads types and the vegetables written in your food schedule.

You should not add anything not written in your meal plan since this will not affect only your weight loss progress but it will affect your health negatively

For the physical activity; it is preferable not to do any type of physical activity during your weight loss journey, since extra effort will make the body secrete specific hormones like cortisol which is stress hormone that make weight plateau.

For the results of your test; your results are your meal plans and the quality of food written in your schedule, the meal plans that you will receive will guarantee you losing your needed weight based on your subscription.

مسموح التبديل بين اللحوم بلحوم، الدجاج بدجاج والاسماك باسماك اذا تواجدت في جدولك والاستبدال يكون بوصفات طبخ أخرى موجودة في جدولك فقط لكن لتحقيق افضل النتائج يجب التقيد بالجدول بحذافيره

مسموح التبديل بين انواع السلطات والخضراوات المكتوبة بالجدول الغذائي مع الاحتفاظ بوصفات التحضير الخاصة بكل طبق من السلطة على حده لكن لتحقيق افضل النتائج يجب التقيد بالجدول بحذافيره

غير مسموح إضافة أي شيء غير مكتوب في جدولك الغذائي لان ذلك لن يؤثر فقط على نزول الوزن ولكنه سيؤثر على صحتك بشكل سلبي

يفضل عدم القيام بأي نوع من انواع الرياضة في فترة نزول الوزن لان الجهد الزائد سيجعل الجسم يفرز هرمونات معينة مثل الكورتيزول وهو هرمون التوتر الذي يسبب ثبات الوزن، بعد الوصول للوزن الذي تفضلك يمكنك ممارسة أي نشاط رياضي

نتائج الفحص الخاص بك نتائج الفحص هي عبارته عن الجداول الغذائية ونوعية الاكل المكتوبة والتي ستتلقاها كل اسبوع وستضمن لك نزول الوزن المطلوب بناء على فئة اشتراكك

Being free from diseases and/or preventing them

By committing to the meal plans you will be free from any diseases or metabolic syndromes that affect your lifestyle activities such as:

- High Cholesterol
- High Uric Acid
- Insulin Resistance
- Diabetes type 2
- Fatty liver
- PCOS
- Hypothyroidism
- Hypertension
- Heart Palpitations
- Irritable bowel syndrome
- Gastro esophageal reflux disease
- Disc problems
- Arthritis
- Sleep problems

خلوك من الامراض و/او الوقاية منها

من خلال الالتزام التام بالجداول الغذائية، ستكون خاليًا من أي أمراض تؤثر على أنشطة نمط حياتك اليومية:الامراض هي

- ارتفاع الكوليسترول
- ارتفاع حمض اليوريك
- مقاومة الأنسولين
- مرض السكري من النوع الثاني
- دهون الكبد
- متلازمة تكيس المبايض
- قصور الغدة الدرقية
- ارتفاع ضغط الدم
- تسارع في نبضات القلب
- متلازمة القولون العصبي
- الارتداد المريئي
- مشاكل الديسك
- التهاب المفاصل
- مشاكل النوم

- Mental Clarity problems

- Prevents 90% of cancer types

For more information you can preview our websites as below;

<https://doctorsdiet.net/>

<https://dnadiet.uk/>

- مشاكل في التركيز

- يمنع 90% من أنواع السرطان

لمزيد من المعلومات يمكنك الطالع على الروابط التالية؛

<https://doctorsdiet.net/>

<https://dnadiet.uk/>