

Dear Luma TEST 01

Here's Your Weekly Food Menu Programm



**THE
DOCTORS
DIET**

Day - 01-11-2024 -- Friday

#	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.	Meat Balls With Bamyra Meat black pepper tomatoes Olive oil Okra Salt Without adding tomato paste Quantity until you are super full	Avocado Mutabal Tahini black pepper Avocado lemon Olive oil Salt • Without adding yogurt • 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	(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 - 02-11-2024 -- Saturday

#	BreakFast	Lunch	Dinner
1	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.	Eggplant Moussaka eggplant Minced meat black pepper tomatoes Olive oil Salt • Quantity until you are super full	Cucumber slices cucumber Salt Adding a pinch of salt. Quantity until you are super full.

2	<p>Cucumber slices</p> <p>cucumber Salt Adding a pinch of salt. Quantity until you are super full.</p>	<p>(Green salad)</p> <p>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</p>	<p>(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.</p>
3	<p>(Tomato and Halloumi salad)</p> <p>black pepper tomatoes lemon parsley Halloumi Olive oil Mint Salt • Quantity until you are super full</p>		

Day - 03-11-2024 -- Sunday

#	BreakFast	Lunch	Dinner
1	<p>Stuffed Lettuce wraps</p> <p>Avocado lettuce Turkey Kashkawan cheese • Quantity until you are super full.</p>	<p>Stuffed zucchini with minced meat</p> <p>Zucchini Minced meat black pepper Olive oil Salt You can add fresh tomato sauce or Jameed pure without adding yogurt Quantity until you are super full</p>	<p>Strawberries Strawberry 5 medium pieces only.</p>
2	<p>Eggplant Mutabbal</p> <p>Tahini eggplant lemon Olive oil Without adding yogurt Quantity until you are super full</p>	<p>(Rocca and avocado salad)</p> <p>Avocado lemon parsley sweet pepper Sumac Rocca Mint One tablespoon olive oil Salt • Quantity until you are super full.</p>	<p>(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.</p>

3	<p>(Spinach with feta cheese salad)</p> <p>black pepper spinach fresh tomatoes lemon Feta cheese Mint One tablespoon olive oil Salt</p> <ul style="list-style-type: none"> • Adding one tablespoon of olive oil. • Quantity until you are super full. 		
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Day - 04-11-2024 -- Monday

#	BreakFast	Lunch	Dinner
1	<p>Eggs and spinach bread</p> <p>black pepper spinach Eggs Olive oil Salt</p> <ul style="list-style-type: none"> • Quantity until you are super full. 	<p>Chicken burger stuffed with cheese (chicken breast, garlic cloves, burger spices, celery, mozzarella)</p> <p>garlic powder black pepper mozzarella cheese Chicken breast Olive oil Salt</p> <ul style="list-style-type: none"> • Quantity until you are super full. 	<p>Scrambled eggs without vegetables</p> <p>black pepper Eggs Olive oil Salt</p> <ul style="list-style-type: none"> • Quantity until you are super full
2	<p>Sun Fried eggs</p> <p>Eggs Olive oil</p> <ul style="list-style-type: none"> • Fried with olive oil. • Quantity until you are super full. 	<p>(Rocca salad)</p> <p>black pepper Mushrooms lemon Feta cheese vinegar Black olives Rocca One tablespoon olive oil Salt</p> <ul style="list-style-type: none"> • Adding one tablespoon of olive oil • Quantity until you are super full 	<p>(Tuna salad)</p> <p>lettuce Tuna lemon sweet pepper Olive oil Rocca Salt</p> <ul style="list-style-type: none"> • Quantity until you are super full
3	<p>(Tomato and Halloumi salad)</p> <p>black pepper tomatoes lemon parsley Halloumi Olive oil Mint Salt</p> <ul style="list-style-type: none"> • Quantity until you are super full 		

Day - 05-11-2024 -- Tuesday

#	BreakFast	Lunch	Dinner
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1	<p>Labaneh with olive oil</p> <p>Labaneh Olive oil Quantity until you are super full</p>	<p>Chicken Fattah</p> <p>Tahini eggplant garlic powder black pepper butter Roasted almonds Chicken breast Olive oil Salt Cream yogurt Quantity until you are you super full</p>	<p>Hard boiled eggs black pepper Eggs Olive oil Salt • Quantity until you are super full</p>
2	<p>Feta cheese</p> <p>Feta cheese • Quantity until you are super full</p>	<p>(Cucumber salad)</p> <p>black pepper cucumber Olive oil Mint Salt Cream yogurt • Cream yogurt; Kolios brand • Quantity until you are super full</p>	<p>(Caesar salad with chicken)</p> <p>Parmesan cheese black pepper lettuce Chicken Olive oil Salt • You can exclude the garlic powder • Quantity until you are super full</p>
3	<p>(Tomato and Halloumi salad)</p> <p>black pepper tomatoes lemon parsley Halloumi Olive oil Mint Salt • Quantity until you are super full</p>		

Day - 06-11-2024 -- Wednesday

#	BreakFast	Lunch	Dinner
1	<p>Mozzarella Cheese</p> <p>mozzarella cheese • Quantity until you are super full.</p>	<p>Meat with feta cheese sauce</p> <p>Minced meat onion powder garlic powder black pepper oregano lemon Feta cheese Greek Yogurt Junaidi brand cream yogurt Quantity until you are super full</p>	<p>Zucchini mutabal</p> <p>Zucchini Tahini lemon Olive oil • Without adding yogurt • Quantity until you are super full</p>
2	<p>Hard boiled eggs</p> <p>black pepper Eggs Olive oil Salt • Quantity until you are super full</p>	<p>(Rocca and avocado salad)</p> <p>Avocado lemon parsley sweet pepper Sumac Rocca Mint One tablespoon olive oil Salt • Quantity until you are super full.</p>	<p>(Tuna salad)</p> <p>lettuce Tuna lemon sweet pepper Olive oil Rocca Salt • Quantity until you are super full</p>

3	(Tomato and Halloumi salad) black pepper tomatoes lemon parsley Halloumi Olive oil Mint Salt <ul style="list-style-type: none"> • Quantity until you are super full 		
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Day - 07-11-2024 -- Thursday

#	BreakFast	Lunch	Dinner
1	Kashkawan cheese Kashkawan cheese <ul style="list-style-type: none"> • Quantity until you are super full 	Chicken stuffed with pesto sauce garlic powder black pepper butter mozzarella cheese oregano Chicken Cooking cream Pesto sauce Olive oil Salt <ul style="list-style-type: none"> • Cooking cream; Al Maraei brand. • Quantity until you are super full. 	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	Scrambled eggs without vegetables black pepper Eggs Olive oil Salt <ul style="list-style-type: none"> • Quantity until you are super full 	(Rocca salad) black pepper Mushrooms lemon Feta cheese vinegar Black olives Rocca One tablespoon olive oil Salt <ul style="list-style-type: none"> • Adding one tablespoon of olive oil • Quantity until you are super full 	(Tuna salad) lettuce Tuna lemon sweet pepper Olive oil Rocca Salt <ul style="list-style-type: none"> • Quantity until you are super full
3	(Arabian salad) tomatoes lettuce cucumber lemon vinegar Rocca One tablespoon olive oil Salt <ul style="list-style-type: none"> • Adding one tablespoon of olive oil • You can exclude the vinegar • Quantity until you are super full 		

Important information about Doctors Diet menu

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;

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.

ايام قليلة تفصلك عن وزنك المثالي والصحي او الفئة الي 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 أنشطة حياتك اليومية

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

نوعية الاكل المكتوبة في جدولك الغذائي هي ما يحتاجه جسمك في كل مرحلة من مراحل نزول الوزن المرتبطة بعمليات الحرق ومنتاغمة 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 ايضا

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 الاطلاق لانه 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

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.

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 secrets 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.

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

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

مسموح التبديل بين انواع السلطات والخضراوات المكتوبة بالجدول الغذائي مع الاحتفاظ بوصفات التحضير الخاصه بكل طبق من السلطه 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 ستلقاها 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

خلوك من الامراض و/او الوقاية منها

من خلال الالتزام التام بالجدول 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

- Hypothyroidism
- Hypertension
- Heart Palpitations
- Irritable bowel syndrome
- Gastro esophageal reflux disease
- Disc problems
- Arthritis
- Sleep problems
- Mental Clarity problems
- Prevents 90% of cancer types

For more information you can preview our websites as below;

<https://doctorsdiet.net/>

<https://dnadiet.uk/>

- قصور الغدة الدرقية
- ارتفاع ضغط الدم
- تسارع في نبضات القلب
- متلازمة القولون العصبي
- الارتداد المريئي
- مشاكل الديسك
- التهاب المفاصل
- مشاكل النوم
- مشاكل في التركيز
- يمنع 90% من أنواع السرطان

لمزيد من المعلومات يمكنك الطالع على الروابط التالية؛

<https://doctorsdiet.net/>

<https://dnadiet.uk/>