

Dear Luma TEST 01
Here's Your Weekly Food Menu Program



**THE
DOCTORS
DIET**

Day - 01-01-2025 -- Wednesday

#	BreakFast	Lunch	Dinner
1	<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 	<p>Stuffed chicken breasts</p> <p>onion powder, garlic powder, black pepper, , tomatoes, mozzarella cheese, oregano, parsley,</p> <p>(chicken breast, garlic powder, onion powder, black pepper, Himalayan salt, cumin, oregano, olive oil, tomatoes, coriander, mozzarella)</p>	<p>Raw Nuts</p> <p>Nuts,</p> <ul style="list-style-type: none"> • Raw Almond or Raw walnuts • Quantity from 3-5 pieces only
2	<p>Strawberries</p> <p>Strawberry,</p> <p>5 medium pieces only.</p>	<p>Fattoush salad with eggplant</p> <p>tomatoes, lettuce, cucumber, lemon, parsley, sweet pepper, Sumac, Turkish coffee cup of olive oil, Salt,</p> <ul style="list-style-type: none"> • Adding Turkish coffee cup of olive oil • Quantity until you are super full 	<p>Lettuce and feta cheese salad</p> <p>garlic powder, black pepper, lettuce, cucumber, lemon, Feta cheese, Turkish coffee cup of olive oil, Salt, Raddish,</p> <ul style="list-style-type: none"> • Adding Turkish coffee cup of olive oil. • You can exclude the garlic powder. • Quantity until you are super full
3	<p>Greek salad</p> <p>tomatoes, lettuce, cucumber, lemon, Halloumi, Feta cheese, vinegar, Turkish coffee cup of olive oil, Salt,</p> <p>Turkish coffee cup of olive oil to be added. Quantity until you are super full.</p>		

Day - 02-01-2025 -- Thursday

#	BreakFast	Lunch	Dinner
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1	Parmesan cheese Parmesan cheese, <ul style="list-style-type: none"> Quantity until you are super full 	Eggplant Moussaka eggplant, Minced meat, black pepper, tomatoes, Olive oil, Salt, <ul style="list-style-type: none"> Quantity until you are super full 	Avocado Mutabal Tahini, black pepper, Avocado, lemon, Olive oil, Salt, <ul style="list-style-type: none"> Without adding yogurt Quantity until you are super full
2	Raw Nuts Nuts, <ul style="list-style-type: none"> Raw Almond or Raw walnuts Quantity from 3-5 pieces only 	Akkawi cheese and olives salad lettuce, sweet pepper, vinegar, Black olives, Akawi cheese, Olive oil, Mint, Salt, 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	(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 		

Day - 03-01-2025 -- Friday

#	BreakFast	Lunch	Dinner
1	Zucchini mutabal Zucchini, Tahini, lemon, Olive oil, <ul style="list-style-type: none"> Without adding yogurt Quantity until you are super full 	Creamy vegetables garlic powder, black pepper, mozzarella cheese, oregano, Mushrooms, Cooking cream, Black olives, 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	Hard boiled eggs black pepper, Eggs, Olive oil, Salt, <ul style="list-style-type: none"> Quantity until you are super full 	Cucumber salad black pepper, cucumber, Olive oil, Mint, Salt, Cream yogurt, <ul style="list-style-type: none"> Cream yogurt; Kolios brand Quantity until you are super full 	Chicken salad with mayonnaise and mustard lettuce, cucumber, Chicken, vinegar, walnuts, Olive oil, Rocca, Salt, Mayonnaise, Mustard, Cucumber pickles, Carb free mayonnaise and carb free mustard. Quantity until you are super full.

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 - 04-01-2025 -- Saturday

#	BreakFast	Lunch	Dinner
1	Fresh tomatoes slices black pepper, tomatoes, Salt, Adding a pinch of salt and black pepper. 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	Tomato and basil soup Parmesan cheese, garlic powder, black pepper, tomatoes, butter, oregano, Cooking cream, Salt, Cooking cream; Al Maraai brand. Quantity until you are super full.
2	Brochette Boiled eggs black pepper, Eggs, Sumac, Olive oil, Salt, <ul style="list-style-type: none"> • Quantity until you are super full 	(Green salad) black pepper, basil, lettuce, lemon, 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	(Spinach and strawberry salad) spinach, Strawberry, walnuts, Balsamic vinegar, Olive oil, Salt, <ul style="list-style-type: none"> • 5 medium strawberries. • 7 raw walnuts. • Quantity until you are super full. 		

Day - 05-01-2025 -- Sunday

#	BreakFast	Lunch	Dinner
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1	<p>halloumi cheese</p> <p>Halloumi,</p> <ul style="list-style-type: none"> • Quantity until you are super full 	<p>Mushrooms with tuna and cheese</p> <p>black pepper, tomatoes, mozzarella cheese, Mushrooms, Tuna, parsley, Black olives, Olive oil, Salt, Fresh mushrooms and tomatoes Quantity until you are super full</p>	<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>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>(Rocca and avocado salad)</p> <p>Avocado, lemon, parsley, sweet pepper, Sumac, Rocca, Mint, One tablespoon olive oil, Salt,</p> <ul style="list-style-type: none"> • Quantity until you are super full. 	<p>Caesar salad with chicken</p> <p>Parmesan cheese, garlic powder, black pepper, lettuce, lemon, Chicken, Olive oil, Salt,</p> <p>You can exclude the garlic powder Quantity until you are super full</p>
3	<p>(Avocado and lettuce salad)</p> <p>tomatoes, Avocado, lettuce, lemon, Feta cheese, vinegar, Olive oil, Salt,</p> <ul style="list-style-type: none"> • Quantity until you are super full. 		

Day - 06-01-2025 -- Monday

#	BreakFast	Lunch	Dinner
1	<p>Turkey</p> <p>Turkey,</p> <ul style="list-style-type: none"> • Quantity until you are super full 	<p>Chicken Fattah</p> <p>Tahini, eggplant, garlic powder, black pepper, butter, Roasted almonds, Chicken breast, Olive oil, Salt, Cream yogurt,</p> <p>Quantity until you are you super full</p>	<p>Hard boiled eggs</p> <p>black pepper, Eggs, Olive oil, Salt,</p> <ul style="list-style-type: none"> • Quantity until you are super full
2	<p>Stuffed Egg wraps</p> <p>black pepper, Eggs, Olive oil, Rocca, Salt,</p> <ul style="list-style-type: none"> • Eggs cooked with olive oil, salt and black pepper. • Quantity until you are super full. 	<p>(Fattoush salad with eggplant)</p> <p>tomatoes, lettuce, cucumber, lemon, parsley, sweet pepper, Sumac, 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 	<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>Spinach and strawberry salad</p> <p>spinach, Strawberry, walnuts, Balsamic vinegar, Olive oil, Salt,</p> <ul style="list-style-type: none"> • 5 medium strawberries. 7 raw walnuts. • Quantity until you are super full. 		
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Day - 07-01-2025 -- Tuesday

#	BreakFast	Lunch	Dinner
1	<p>Cheddar cheese</p> <p>Cheddar cheese,</p> <ul style="list-style-type: none"> • Quantity until you are super full 	<p>Eggplant and chicken with tzatziki sauce</p> <p>eggplant, garlic powder, black pepper, cucumber, Chicken, Greek Yogurt, Olive oil, Salt, Mayonnaise,</p> <ul style="list-style-type: none"> • Carb free mayonnaise. • Quantity until you are super full. 	<p>Cucumber slices</p> <p>cucumber, Salt,</p> <p>Adding a pinch of salt. Quantity until you are super full.</p>
2	<p>Feta cheese</p> <p>Feta cheese,</p> <ul style="list-style-type: none"> • Quantity until you are super full 	<p>Rocca salad</p> <p>black pepper, Mushrooms, lemon, vinegar, Black olives, Rocca, Turkish coffee cup of olive oil, Salt,</p> <ul style="list-style-type: none"> • Adding Turkish coffee cup of olive oil • Quantity until you are super full 	<p>(Chicken salad with avocado)</p> <p>Avocado, lettuce, lemon, Chicken, sweet pepper, Paprika, Olive oil, Salt,</p> <ul style="list-style-type: none"> • Quantity until you are super full
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. 		

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 باسماك 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/>