

Dear Test Luma Hamam

Here's Your Weekly Food Menu Program



**THE
DOCTORS
DIET**

Day - 28-07-2025 -- Monday

#	BreakFast	Lunch	Dinner
1	Stuffed Lettuce wraps Avocado, lettuce, Turkey, Kashkawan cheese, • Quantity until you are super full.	Chicken shawarma black pepper, Chicken, Olive oil, Salt, Without bread. Quantity until you are super full	Edam cheese Edam cheese, • Quantity until you are super full
2	Popcorn Popcorn, • One cup	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, Salt, • Quantity until you are super full
3	Tomato and Halloumi salad black pepper, , lemon, parsley, Halloumi, Olive oil, Mint, Salt, • Quantity until you are super full		

Day - 29-07-2025 -- Tuesday

#	BreakFast	Lunch	Dinner
1	Cucumber slices cucumber, Salt, Adding a pinch of salt. Quantity until you are super full.	Grilled chicken wings with olive oil, salt, black pepper and lemon black pepper, lemon, chicken wings, Olive oil, Salt, • Quantity until you are super full	Strawberries Strawberry, 5 medium pieces only.

2	Fresh tomatoes slices black pepper, tomatoes, Salt, Adding a pinch of salt and black pepper. Quantity until you are super full.	Green salad basil, lettuce, lemon, Black olives, Turkish coffee cup of olive oil, Salt, • Adding Turkish coffee cup of olive oil • Quantity until you are super full	Caesar salad with chicken Parmesan cheese, garlic powder, black pepper, lettuce, lemon, Chicken, Olive oil, Salt, You can exclude the garlic powder 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 - 30-07-2025 -- Wednesday

#	BreakFast	Lunch	Dinner
1	Turkey Turkey, • Quantity until you are super full	Creamy chicken Chicken, Cooking cream, Black olives, Olive oil, Salt, • Cooking cream; Al Maraei brand. • Quantity until you are super full.	Tomato zucchini soup Zucchini, onion powder, black pepper, tomatoes, sweet pepper, Olive oil, Salt, Without adding tomato paste. You can exclude the onion powder. Quantity until you are super full.
2	Rice cake Rice cake, • 2 pieces	Akkawi cheese and olives salad lettuce, sweet pepper, vinegar, Black olives, Akawi cheese, Olive oil, Mint, 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	Halloumi with mint salad black pepper, tomatoes, lettuce, lemon, Halloumi, , Olive oil, Mint, Salt, • Greek yogurt; Kiri Kiri brand • Quantity until you are super full		

Day - 31-07-2025 -- Thursday

#	BreakFast	Lunch	Dinner
1	halloumi cheese Halloumi, • Quantity until you are super full	Chicken drumsticks with grilled vegetables Zucchini, black pepper, broccoli, Mushrooms, Chicken thighs, Olive oil, Salt, Fresh mushrooms only. Quantity until you are super full.	Kashkawan cheese Kashkawan cheese, • Quantity until you are super full
2	White cheese White Cheese, • 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.	Tuna salad lettuce, Tuna, lemon, sweet pepper, Olive oil, Salt, • Quantity until you are super full
3	Arabic salad tomatoes, lettuce, cucumber, lemon, vinegar, Turkish coffee cup of olive oil, Salt, Adding Turkish coffee cup of olive oil You can exclude the vinegar Quantity until you are super full		

Day - 01-08-2025 -- Friday

#	BreakFast	Lunch	Dinner
1	Granola with Greek yogurt Granola, Cream yogurt, • Two tablespoons granola. • Cream yogurt; Al Junaidi brand.	Grilled chicken with vegetables Zucchini, black pepper, broccoli, Mushrooms, Chicken, Olive oil, Salt, Quantity until you are super full.	Dumyate cheese Dumyate cheese, • Quantity until you are super full
2	Feta cheese Feta cheese, • Quantity until you are super full	Avocado and halloumi cheese salad , Avocado, lettuce, lemon, Halloumi, Black olives, Olive oil, Mint, Salt, • Adding two tablespoons of olive oil. • Quantity until you are super full.	Caesar salad with chicken Parmesan cheese, garlic powder, black pepper, lettuce, lemon, Chicken, Olive oil, Salt, 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.		
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Day - 02-08-2025 -- Saturday

#	BreakFast	Lunch	Dinner
1	Peanut butter Peanut butter, Two tablespoons only.	indian 3 black pepper, Olive oil, Salt, Salmon fish,	Sardines Olive oil, Sardine, • Canned Sardine. • Quantity until you are super full.
2	Akawi cheese Akawi cheese, • Quantity until you are super full • new test	Green salad basil, lettuce, lemon, Black olives, Turkish coffee cup of olive oil, Salt, • Adding Turkish coffee cup of olive oil • Quantity until you are super full	Chicken salad with mayonnaise and mustard lettuce, cucumber, Chicken, vinegar, walnuts, Olive oil, 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, , lemon, parsley, Halloumi, Olive oil, Mint, Salt, • Quantity until you are super full		

Day - 03-08-2025 -- Sunday

#	BreakFast	Lunch	Dinner
1	Labaneh with olive oil Labaneh, Olive oil, Quantity until you are super full	Turkish grilled chicken black pepper, Chicken, 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	Lemon slices lemon, Salt, Quantity is half large lemon. Adding a pinch of salt.	Cucumber salad black pepper, cucumber, Olive oil, Mint, Salt, Cream yogurt, • Cream yogurt; Kolios brand • Quantity until you are super full	Chicken salad with mayonnaise and mustard lettuce, cucumber, Chicken, vinegar, walnuts, Olive oil, 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, , lemon, parsley, Halloumi, Olive oil, Mint, Salt, • 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;

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 %

مرحبا من The Doctors Diet

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 والتفقد 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 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

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.

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

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

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 الخاصة 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

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.

يفضل عدم القيام بأي نوع من أنواع 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
- Mental Clarity problems
- Prevents 90% of cancer types

For more information you can preview our websites as below;

<https://doctorsdiet.net/>

<https://dnadiet.uk/>

خلوك من الامراض و/او الوقاية منها

من خلال الالتزام التام بالجدول الغذائية، ستكون خاليًا من أي أمراض تؤثر على أنشطة نمط حياتك اليومية: الأمراض 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
- مشاكل في التركيز
- يمنع 90% من أنواع السرطان

لمزيد من المعلومات يمكنك الطالع على الروابط التالية؛

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