

# Dear Lumaa

Here's Your Weekly Food Menu Program



**THE  
DOCTORS  
DIET**

**Day - 21-01-2026 -- Wednesday**

#	BreakFast	Lunch	Dinner
1	<p><b>Halloumi cheese</b></p> <p><b>Halloumi cheese,</b></p> <ul style="list-style-type: none"> <li>• Quantity until you are super full</li> </ul>	<p><b>Grilled beef Steak</b></p> <p><b>Black pepper, Broccoli, Mushrooms, Olive oil, Salt, Steak meat,</b></p> <ul style="list-style-type: none"> <li>• You can add Al Maraei cream</li> <li>• Quantity until you are super full</li> </ul>	<p><b>Brochette Boiled eggs</b></p> <p><b>Black pepper, Eggs, Sumac, Olive oil, Salt,</b></p> <ul style="list-style-type: none"> <li>• Quantity until you are super full</li> </ul>
2	<p><b>Scrambled eggs with vegetables</b></p> <p><b>Black pepper, Mozzarella cheese, Mushrooms, Eggs, Green sweet pepper, Olive oil, Salt,</b></p> <ul style="list-style-type: none"> <li>• Quantity until you are super full</li> </ul>	<p><b>Fattoush salad with eggplant</b></p> <p><b>Eggplant, Tomatoes, Lettuce, Cucumber, Lemon, Parsley, Green sweet pepper, Sumac, Turkish coffee cup of olive oil, Salt,</b></p> <ul style="list-style-type: none"> <li>• Adding Turkish coffee cup of olive oil</li> <li>• Quantity until you are super full</li> </ul>	<p><b>(Caesar salad)</b></p> <p><b>Parmesan cheese, Garlic powder, Black pepper, Lettuce, Lemon, Chicken, Olive oil, Salt,</b></p> <ul style="list-style-type: none"> <li>• You can exclude the garlic powder</li> <li>• Quantity until you are super full</li> </ul>
3	<p><b>Spinach with feta cheese salad</b></p> <p><b>Tomatoes, Spinach, Lemon, Feta cheese, Sumac, Mint, Turkish coffee cup of olive oil, Salt,</b></p> <ul style="list-style-type: none"> <li>• Quantity until you are super full</li> <li>• Adding Turkish coffee cup of olive oil</li> </ul>		

**Day - 22-01-2026 -- Thursday**

#	BreakFast	Lunch	Dinner
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1	<p><b>Shakshuka with veggies</b></p> <p><b>Black pepper, Tomatoes, Eggs, Green sweet pepper, Olive oil, Salt,</b></p> <ul style="list-style-type: none"> <li>• Quantity until you are super full.</li> </ul>	<p><b>Turkish grilled chicken</b></p> <p><b>Black pepper, Chicken, Olive oil, Salt,</b></p> <ul style="list-style-type: none"> <li>• Quantity until you are super full</li> </ul>	<p><b>Laban with cream</b></p> <p><b>Cream yoghurt,</b></p> <ul style="list-style-type: none"> <li>• One cup Teeba or Juanidi brand</li> </ul>
2	<p><b>Egg wrap stuffed</b></p> <p><b>Black pepper, Mushrooms, Eggs, Olive oil, Salt, Rocca,</b></p> <ul style="list-style-type: none"> <li>• Quantity until you are super full</li> </ul>	<p><b>Rocca and avocado salad</b></p> <p><b>Avocado, Parsley, Green sweet pepper, Sumac, Olive oil, Mint, Salt, Rocca,</b></p> <ul style="list-style-type: none"> <li>• Quantity until you are super full</li> </ul>	<p><b>Chicken salad</b></p> <p><b>Lettuce, Cucumber, Chicken, Vinegar, Olive oil, Cucumber pickles, Mayonnaise, Mustard, Rocca,</b></p> <ul style="list-style-type: none"> <li>• 2 tablespoons of carb free mayonnaise</li> <li>• 2 tablespoons of carb free Mustard</li> <li>• Quantity of the salad until you are super full</li> </ul>
3	<p><b>(Tomato and Halloumi cheese salad)</b></p> <p><b>Black pepper, Tomatoes, Parsley, Halloumi cheese, Vinegar, Olive oil, Salt,</b></p> <ul style="list-style-type: none"> <li>• Quantity until you are super full</li> </ul>		

### Day - 23-01-2026 -- Friday

#	<b>BreakFast</b>	<b>Lunch</b>	<b>Dinner</b>
1	<p><b>White Cheese</b></p> <p><b>White Cheese,</b></p> <ul style="list-style-type: none"> <li>• Quantity until you are super full</li> </ul>	<p><b>Meat shawarma</b></p> <p><b>Meat, Black pepper, Olive oil, Salt,</b></p> <ul style="list-style-type: none"> <li>• Without bread.</li> <li>• Quantity until you are super full</li> </ul>	<p><b>Parmesan cheese with lettuce</b></p> <p><b>Parmesan cheese, Lettuce,</b></p> <ul style="list-style-type: none"> <li>• Quantity until you are super full</li> </ul>
2	<p><b>Scrambled eggs with vegetables</b></p> <p><b>Black pepper, Mozzarella cheese, Mushrooms, Eggs, Green sweet pepper, Olive oil, Salt,</b></p> <ul style="list-style-type: none"> <li>• Quantity until you are super full</li> </ul>	<p><b>Rocca and avocado salad</b></p> <p><b>Avocado, Parsley, Green sweet pepper, Sumac, Olive oil, Mint, Salt, Rocca,</b></p> <ul style="list-style-type: none"> <li>• Quantity until you are super full</li> </ul>	<p><b>(Caesar salad)</b></p> <p><b>Parmesan cheese, Garlic powder, Black pepper, Lettuce, Lemon, Chicken, Olive oil, Salt,</b></p> <ul style="list-style-type: none"> <li>• You can exclude the garlic powder</li> <li>• Quantity until you are super full</li> </ul>

3	<p><b>(Spinach with feta cheese salad)</b></p> <p><b>Tomatoes, Spinach, Lemon, Feta cheese, Sumac, Mint, One tablespoon olive oil, Salt,</b></p> <ul style="list-style-type: none"> <li>• Adding one tablespoon of olive oil</li> <li>• Quantity until you are super full</li> </ul>		
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### Day - 24-01-2026 -- Saturday

#	BreakFast	Lunch	Dinner
1	<p><b>feta cheese</b></p> <p><b>Feta cheese,</b></p> <ul style="list-style-type: none"> <li>• Quantity until you are super full</li> </ul>	<p><b>Chicken with Mushrooms</b></p> <p><b>Parmesan cheese, Black pepper, Mushrooms, Chicken, Parsley, Cooking cream, Olive oil, Salt,</b></p> <ul style="list-style-type: none"> <li>• Cooking cream; Al Maraei brand</li> <li>• Quantity until you are super full</li> </ul>	<p><b>Eggplant Mutabbal</b></p> <p><b>Tahini, Eggplant, Lemon, Olive oil,</b></p> <ul style="list-style-type: none"> <li>• Without adding Yogurt</li> <li>• Quantity until you are super full</li> </ul>
2	<p><b>Scrambled eggs</b></p> <p><b>Black pepper, Eggs, Olive oil, Salt,</b></p> <ul style="list-style-type: none"> <li>• Quantity until you are super full</li> </ul>	<p><b>Green salad</b></p> <p><b>Black pepper, Basil, Lettuce, Cucumber, Lemon, Black olives, Turkish coffee cup of olive oil, Salt, Rocca,</b></p> <ul style="list-style-type: none"> <li>• Adding Turkish coffee cup of olive oil</li> <li>• Quantity until you are super full</li> </ul>	<p><b>Chicken salad with avocado</b></p> <p><b>Tomatoes, Avocado, Lettuce, Chicken, Green sweet pepper, Paprika, Olive oil, Salt,</b></p> <ul style="list-style-type: none"> <li>• Quantity until you are super full</li> </ul>
3	<p><b>Tomato and Halloumi cheese salad</b></p> <p><b>Black pepper, Tomatoes, Parsley, Halloumi cheese, Vinegar, Olive oil, Salt,</b></p> <ul style="list-style-type: none"> <li>• Quantity until you are super full</li> </ul>		

### Day - 25-01-2026 -- Sunday

#	BreakFast	Lunch	Dinner
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1	<p><b>Akawi cheese</b></p> <p><b>Akawi cheese,</b></p> <ul style="list-style-type: none"> <li>• Quantity until you are super full</li> </ul>	<p><b>Chicken with pesto sauce</b></p> <p><b>Garlic powder, Black pepper, Mozzarella cheese, Oregano, Chicken, Cooking cream, Pesto sauce, Paprika, Olive oil, Salt,</b></p> <ul style="list-style-type: none"> <li>• Cooking cream; Al Maraei brand</li> <li>• Quantity until you are super full</li> </ul>	<p><b>Minced meat with egg</b></p> <p><b>Minced meat, Black pepper, Eggs, Olive oil, Salt,</b></p> <ul style="list-style-type: none"> <li>• Quantity until you are super full</li> </ul>
2	<p><b>Scrambled eggs with vegetables</b></p> <p><b>Black pepper, Mozzarella cheese, Mushrooms, Eggs, Green sweet pepper, Olive oil, Salt,</b></p> <ul style="list-style-type: none"> <li>• Quantity until you are super full</li> </ul>	<p><b>Fattoush salad with eggplant</b></p> <p><b>Eggplant, Tomatoes, Lettuce, Cucumber, Lemon, Parsley, Green sweet pepper, Sumac, Turkish coffee cup of olive oil, Salt,</b></p> <ul style="list-style-type: none"> <li>• Adding Turkish coffee cup of olive oil</li> <li>• Quantity until you are super full</li> </ul>	<p><b>Chicken salad</b></p> <p><b>Lettuce, Cucumber, Chicken, Vinegar, Olive oil, Cucumber pickles, Mayonnaise, Mustard, Rocca,</b></p> <ul style="list-style-type: none"> <li>• 2 tablespoons of carb free mayonnaise</li> <li>• 2 tablespoons of carb free Mustard</li> <li>• Quantity of the salad until you are super full</li> </ul>
3	<p><b>Tomato and Halloumi cheese salad</b></p> <p><b>Black pepper, Tomatoes, Parsley, Halloumi cheese, Vinegar, Olive oil, Salt,</b></p> <ul style="list-style-type: none"> <li>• Quantity until you are super full</li> </ul>		

**Day - 26-01-2026 -- Monday**

#	<b>BreakFast</b>	<b>Lunch</b>	<b>Dinner</b>
1	<p><b>Fried white cheese</b></p> <p><b>White Cheese, Olive oil,</b></p> <ul style="list-style-type: none"> <li>• Quantity until you are super full</li> </ul>	<p><b>Meat kebab</b></p> <p><b>Minced meat, Onion powder, Garlic powder, Black pepper, Paprika, Olive oil, Salt,</b></p> <ul style="list-style-type: none"> <li>• Quantity until you are super full</li> </ul>	<p><b>Strawberries</b></p> <p><b>Strawberry,</b></p> <ul style="list-style-type: none"> <li>• 5 Medium pieces</li> </ul>

		<b>(Rocca salad)</b>  Black pepper, Mushrooms, Lemon, Vinegar, Black olives, One tablespoon olive oil, Salt, Rocca,  • Adding one tablespoon of olive oil • You can add Feta cheese. • Quantity until you are super full	<b>(Caesar salad)</b>  Parmesan cheese, Garlic powder, Black pepper, Lettuce, Lemon, Chicken, Olive oil, Salt,  • You can exclude the garlic powder • Quantity until you are super full
2	<b>Hard boiled eggs</b>  Black pepper, Eggs, Sumac, Olive oil, Salt,  • Quantity until you are super full		
3	<b>(Tomato and Halloumi cheese salad)</b>  Black pepper, Tomatoes, Parsley, Halloumi cheese, Vinegar, Olive oil, Salt,  • Quantity until you are super full		

**Day - 27-01-2026 -- Tuesday**

#	<b>BreakFast</b>	<b>Lunch</b>	<b>Dinner</b>
1	<b>White wrapped cheese</b>  White wrapped cheese,  • Quantity until you are super full	<b>Meat ribs grilled</b>  Black pepper, Olive oil, Salt, Meat Rips,  • Quantity until you are super full	<b>Zucchini mutabal</b> Zucchini, Tahini, Lemon, Olive oil,  • Without adding Yogurt • Quantity until you are super full
2	<b>Omelette with spinach and cheese</b>  Black pepper, Spinach, Mozzarella cheese, Eggs, Olive oil, Salt,  • Quantity until you are super full.	<b>Fattoush salad with eggplant</b>  Eggplant, Tomatoes, Lettuce, Cucumber, Lemon, Parsley, Green sweet pepper, Sumac, Turkish coffee cup of olive oil, Salt,  • Adding Turkish coffee cup of olive oil • Quantity until you are super full	<b>(Zucchini and Feta cheese salad)</b> Zucchini, Black pepper, Lemon, Feta cheese, Olive oil, Salt, Rocca,  • Zucchini grilled with olive oil. • You can add garlic powder. • Quantity until you are super full.

3	<p><b>(Avocado and lettuce salad )</b></p> <p><b>Black pepper, Tomatoes, Avocado, Lettuce, Vinegar, Olive oil, Salt,</b></p> <ul style="list-style-type: none"> <li>• Quantity until you are super full</li> <li>• You can add Feta cheese.</li> </ul>		
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### **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 %

**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.

#### **مرحبا من The Doctors Diet**

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

جدولك الغذائي الخاص سيعملك مثالياً وصحيًا وحالياً من أي مشاكل صحية تعاني منها وتأثير على أداء أنشطة حياتك اليومية

#### **يرجى مراجعة والتقييد بالنوصيات 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 وبهدف 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 صحيًا مصر

**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

**خيارات متعددة تصل الى 3 خيارات لكل وجبة**  
هذه عبارة عن خيارات يمكنك أن تأكلها كلها أو تختار أكثرها تفضيلاً ولكن الأفضل تناولها كاملاً للاستفادة من القيمة الغذائية.

**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.

**مسموح تناول المشروبات الساخنة مثل القهوة، الشاي والاعشاب بانواعها بدون اضافة سكر وبدون اضافة الحليب اذا لم تكن مذكورة في الجدول الغذائي**

**You should drink every hour one cup of water** and it's very important to keep your body hydrated.

**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.

**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

**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.

**لتحقيق افضل النتائج يجب عليك الالتزام بالوجبات المكتوبة كل يوم بيومه ولكن أيضاً 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.

**مسموح التبديل بين اللحوم بلحوم، الدجاج بدواجن والأسماك بأسماك اذا تواجدت في جدولك والاستبدال يكون بوصفات طبخ أخرى موجودة في جدولك فقط لكن لتحقيق افضل النتائج يجب التقيد بالجدول بحذافيره**

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

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

**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

**غير مسموح إضافة أي شيء غير مكتوب في جدولك الغذائي** لأن 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 secrets specific hormones like cortisol which is stress hormone that make weight plateau.

**يفضل عدم القيام بأي نوع من انواع الرياضة في فترة نزول الوزن** لأن 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

**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.

**نتائج الفحص الخاص بك** نتائج الفحص هي عبارة 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**
- **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/>

## خلوک من الامراض و/او الوقاية منها

من خلال الالتزام التام بالجدائل الغذائية، ستكون حالياً من أي أمراض تؤثر على أنشطة نمط حيائك اليومية: الامراض هي:

- ارتفاع الكوليستروл
- ارتفاع حمض البيوريك
- 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 المرئي
- 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/>