

Dear Mais Hamam

Here's Your Weekly Food Menu Program



**THE
DOCTORS
DIET**

Day - 16-03-2026 -- Monday

#	BreakFast	Lunch	Dinner
1	Hard boiled eggs Black pepper, Eggs, Sumac, Olive oil, Salt, <ul style="list-style-type: none">Quantity until you are super full	Chicken shawarma Black pepper, Chicken, Olive oil, Salt, <ul style="list-style-type: none">Without breadQuantity until you are super full	Parmesan cheese with lettuce Parmesan cheese, Lettuce, <ul style="list-style-type: none">Quantity until you are super full
2	Hard 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, Cucumber, Lemon, Black olives, Turkish coffee cup of olive oil, Salt, Rocca, <ul style="list-style-type: none">Adding Turkish coffee cup of olive oilQuantity until you are super full	Lettuce and feta cheese salad Black pepper, Lettuce, Cucumber, Lemon, Feta cheese, Turkish coffee cup of olive oil, Salt, Raddish, <ul style="list-style-type: none">You can add garlic powderAdding Turkish coffee cup of olive oilQuantity until you are super full
3	(Halloumi with mint salad) Black pepper, Lettuce, Lemon, Halloumi cheese, Olive oil, Mint, Salt, Rocca, <ul style="list-style-type: none">Quantity until you are super full		

Day - 17-03-2026 -- Tuesday

#	BreakFast	Lunch	Dinner
1	Fried eggs Eggs, Olive oil, <ul style="list-style-type: none">Quantity until you are super full	Turkish grilled chicken Black pepper, Chicken, Olive oil, Salt, <ul style="list-style-type: none">Quantity until you are super full	Lettuce wraps Avocado, Lettuce, Turkey, Kashkawan cheese, <ul style="list-style-type: none">Quantity until you are super full

2	<p>Egg wrap stuffed</p> <p>Black pepper, Mushrooms, Eggs, Olive oil, Salt, Rocca,</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, Turkish coffee cup of olive oil, Salt, Rocca,</p> <ul style="list-style-type: none"> • Adding Turkish coffee cup of olive oil • Quantity until you are super full • You can add Feta cheese. 	<p>Chicken salad</p> <p>Lettuce, Cucumber, Chicken, Vinegar, Olive oil, Cucumber pickles, Mayonnaise, Mustard, Rocca,</p> <ul style="list-style-type: none"> • 2 tablespoons of carb free mayonnaise • 2 tablespoons of carb free Mustard • Quantity of the salad until you are super full
3	<p>(Greek salad)</p> <p>Lettuce, Cucumber, Halloumi cheese, Vinegar, One tablespoon olive oil, Salt,</p> <ul style="list-style-type: none"> • You can exclude the vinegar • Adding one tablespoon of olive oil • Quantity until you are super full 		

Day - 18-03-2026 -- Wednesday

#	BreakFast	Lunch	Dinner
1	<p>Lettuce wrap with eggs</p> <p>Black pepper, Avocado, Lettuce, Broccoli, Eggs, Salt,</p> <ul style="list-style-type: none"> • You can add chili pepper. • Quantity until you are super full. 	<p>Grilled chicken wings</p> <p>Black pepper, Lemon, Chicken wings, Olive oil, Salt,</p> <ul style="list-style-type: none"> • Quantity until you are super full 	<p>Dumyate cheese</p> <p>Dumyate cheese,</p> <ul style="list-style-type: none"> • Quantity until you are super full
2	<p>Scrambled eggs with vegetables</p> <p>Black pepper, Mozzarella cheese, Mushrooms, Eggs, Green sweet pepper, Olive oil, Salt,</p> <ul style="list-style-type: none"> • Quantity until you are super full 	<p>(Avocado and halloumi cheese salad)</p> <p>Avocado, Lettuce, Halloumi cheese, Black olives, Olive oil, Mint, Salt,</p> <ul style="list-style-type: none"> • Adding two tablespoons of olive oil • Quantity until you are super full 	<p>(Cucumber and feta cheese salad)</p> <p>Black pepper, Cucumber, Lemon, Feta cheese, 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>Spinach, Lemon, Feta cheese, Sumac, Mint, Turkish coffee cup of olive oil, Salt,</p> <ul style="list-style-type: none"> • Quantity until you are super full • Adding Turkish coffee cup of olive oil 		
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Day - 19-03-2026 -- Thursday

#	BreakFast	Lunch	Dinner
1	<p>feta cheese</p> <p>Feta cheese,</p> <ul style="list-style-type: none"> • Quantity until you are super full 	<p>Grilled Fish</p> <p>Black pepper, Fish, Olive oil, Salt,</p> <ul style="list-style-type: none"> • Quantity until you are super full 	<p>Kashkawan cheese</p> <p>Kashkawan cheese,</p> <ul style="list-style-type: none"> • Quantity until you are super full
2	<p>Scrambled eggs</p> <p>Black pepper, Eggs, Olive oil, Salt,</p> <ul style="list-style-type: none"> • Quantity until you are super full 	<p>Avocado and halloumi cheese salad</p> <p>Avocado, Lettuce, Halloumi cheese, Black olives, Olive oil, Mint, Salt,</p> <ul style="list-style-type: none"> • Adding two tablespoons of olive oil • Quantity until you are super full 	<p>Chicken salad with avocado</p> <p>Avocado, Lettuce, Chicken, Green sweet pepper, Paprika, Olive oil, Salt,</p> <ul style="list-style-type: none"> • Quantity until you are super full
3	<p>(Avocado and lettuce salad)</p> <p>Black pepper, Avocado, Lettuce, Vinegar, Olive oil, Salt,</p> <ul style="list-style-type: none"> • Quantity until you are super full • You can add Feta cheese. 		

Day - 20-03-2026 -- Friday

#	BreakFast	Lunch	Dinner
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1	<p>Fried white cheese</p> <p>White Cheese, Olive oil,</p> <ul style="list-style-type: none"> Quantity until you are super full 	<p>Meat kebab</p> <p>Minced meat, Onion powder, Garlic powder, Black pepper, Paprika, Olive oil, Salt,</p> <ul style="list-style-type: none"> Quantity until you are super full 	<p>Scrambled eggs with mushrooms</p> <p>Black pepper, Mushrooms, Eggs, Olive oil, Salt,</p> <ul style="list-style-type: none"> You can add cheese. Quantity until you are super full.
2	<p>Hard boiled eggs</p> <p>Black pepper, Eggs, Sumac, Olive oil, Salt,</p> <ul style="list-style-type: none"> Quantity until you are super full 	<p>Rocca and avocado salad</p> <p>Avocado, Parsley, Green sweet pepper, Sumac, Olive oil, Mint, Salt, Rocca,</p> <ul style="list-style-type: none"> Quantity until you are super full 	<p>Lettuce and feta cheese salad</p> <p>Black pepper, Lettuce, Cucumber, Lemon, Feta cheese, One tablespoon olive oil, Salt, Raddish,</p> <ul style="list-style-type: none"> You can add garlic powder Adding one tablespoon of olive oil Quantity until you are super full
3	<p>(Avocado and lettuce salad)</p> <p>Black pepper, Avocado, Lettuce, Vinegar, Olive oil, Salt,</p> <ul style="list-style-type: none"> Quantity until you are super full You can add Feta cheese. 		

Day - 21-03-2026 -- Saturday

#	BreakFast	Lunch	Dinner
1	<p>Halloumi cheese</p> <p>Halloumi cheese,</p> <ul style="list-style-type: none"> Quantity until you are super full 	<p>Salmon grilled with olive oil</p> <p>Black pepper, Olive oil, Salt, Salmon fish,</p> <ul style="list-style-type: none"> Quantity until you are super full 	<p>Eggs and spinach wrap</p> <p>Black pepper, Spinach, Eggs, Olive oil, Salt,</p> <ul style="list-style-type: none"> Quantity until you are super full
2	<p>Hard boiled eggs</p> <p>Black pepper, Eggs, Sumac, Olive oil, Salt,</p> <ul style="list-style-type: none"> Quantity until you are super full 	<p>Akkawi cheese and olives salad</p> <p>Lettuce, Green sweet pepper, Vinegar, Black olives, Akawi cheese, Olive oil, Mint, Salt,</p> <ul style="list-style-type: none"> Quantity until you are super full 	<p>Chicken salad with avocado</p> <p>Avocado, Lettuce, Chicken, Green sweet pepper, Paprika, Olive oil, Salt,</p> <ul style="list-style-type: none"> Quantity until you are super full

3	<p>Spinach, 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 • You can add feta cheese • Quantity until you are super full 		
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Day - 22-03-2026 -- Sunday

#	BreakFast	Lunch	Dinner
1	<p>White Cheese</p> <p>White Cheese,</p> <ul style="list-style-type: none"> • Quantity until you are super full 	<p>Grilled meat balls</p> <p>Minced meat, Black pepper, Olive oil, Salt,</p> <ul style="list-style-type: none"> • You can add garlic powder and onion powder • Quantity until you are super full 	<p>Laban with cream</p> <p>Cream yoghurt,</p> <ul style="list-style-type: none"> • One cup Teeba or Juanidi brand
2	<p>Nabulsi white cheese</p> <p>Nabulsi white cheese,</p> <ul style="list-style-type: none"> • Quantity until you are super full 	<p>Green salad</p> <p>Black pepper, Basil, Lettuce, Cucumber, Lemon, Black olives, Turkish coffee cup of olive oil, Salt, Rocca,</p> <ul style="list-style-type: none"> • Adding Turkish coffee cup of olive oil • Quantity until you are super full 	<p>(Cucumber and feta cheese salad)</p> <p>Black pepper, Cucumber, Lemon, Feta cheese, 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>Spinach, Lemon, Feta cheese, 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 		

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.

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.

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 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 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 الاطلاق لانه لن يؤثر على نزول الوزن فقط ولكنه صحيا مضر

خيارات متعددة تصل الي 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/>