

 Nader Khouzam
 Nutritionist
 khoziology@gmail.com

 +20 12 70321915
 THE FTNS TRUCK

CLIENT INFORMATION



Ayah Salah Abdalla
ayooy.92@aucegypt.edu

AGE 30 years
BMI 34.3 kg/m²

HEIGHT 162.0 cm
WEIGHT 89.9 kg

MEALS

MON, WED, FRI AND SUN

- 09:00 AM** **BREAKFAST** CAL:410 FA:9G CA:38G PR:45G FIB:5G
- 3 small slices of bread, brown, toasted [69 g]
 - 3 portions of lettuce, average, raw [60 g]
 - 6 units of eggs, chicken, white, raw [192 g]
 - 75 grams of salmon, smoked [cold-smoked]
- 12:00 PM** **2ND SNACK** CAL:97 FAT:0G CARB:24 PRO:2 FIB:2G
- 1 portion of pistachio nuts, kernel only, roasted and salted [10 g]
- 03:00 PM** **1ST SNACK** CAL:220 FAT:6G CARB:41G PR:3G FI:3G
- 370 grams of mangos, raw **or** 1 bar of Klt KAT Wafer Bar [42 g] 42 grams only please :)
- 06:00 PM** **LUNCH** CAL:398 FAT:12G CARB:11G PRO:61G FIB:0G DISH
- 1 tsp of oil, olive, salad or cooking [5 g]
 - 300 grams of white fish **or** 250 grams of chicken, breast, grilled without skin, meat only **or** 200 grams of honey and garlic chicken breast
 - 1 tub of salad, green [250 g]
- 08:00 PM** **3RD SNACK** CAL:55 FAT:5 CARB:6 PRO:1 FIB:1

TUE, THU AND SAT

- 06:00 AM** **1ST SNACK** CAL:97 FAT:0 CAR:24G PRO:2G FIB:2G
- 300 grams of watermelon, raw **or** 300 grams of melon, cantaloupe, raw **or** 200 grams of pineapple, raw
- 09:00 AM** **BREAKFAST** CAL:415 FAT:12G CAR:56 PR:25G FB:3G
- 3 units of snacks, rice cakes, brown rice, rye [27 g]
 - 3 level teaspoons of honey [24 g]
 - 1 tbsp of peanut butter, reduced sodium [16 g]
 - 30 grams of Whey protein isolate or hydrolyzed
 - 1 cup of beverages, almond milk, unsweetened, shelf stable [262 g]
- 12:00 PM** **2ND SNACK** CAL:95 FAT:0 CARB:25G PRO:0G FB:4G
- 1 medium unit [3" dia] of apples, raw, with skin [182 g]
- 03:00 PM** **3RD SNACK** CAL:91 FAT:1G CARB:23G PRO:1G FI:3G
- 3 units [2-1/8" dia] of plums, raw [198 g]
- 06:00 PM** **LUNCH** CAL:522 FAT:15G CARB:50G PRO:49G FIB:2G DISH

- 15 grams of snacks, popcorn, oil-popped, white popcorn, salt added

10:00 PM DINNER CAL:267 FAT:11G CARB:38G PRO:6G FIB:3G

DISH

- 100 grams of quinoa, cooked
- 150 grams of coconut milk, reduced fat, retail **or** 200 grams of beverages, almond milk, unsweetened, shelf stable
- 1 heaped teaspoon of honey (17 g)

- 1 tsp of oil, olive, salad or cooking (5 g)
- 200 grams of chicken, breast, grilled without skin, meat only
- 70 grams of rice, white, basmati, boiled in unsalted water **or** 120 grams of potato, flesh, baked

09:00 PM DINNER CAL:297 FAT:13G CARB:37G PRO:9G FIB:7G

DISH

- 150 grams of hummus, home prepared
- [open portion] of cucumber sliced to dip, raw

RECOMMENDATIONS

PHYSICAL ACTIVITY

- 1 hour of home exercise, general, 3 times a week

FOODS TO AVOID

sweet and jams if not included in plan **and** Alcoholic beverages **and** Refined grains (white bread; white rice; white pasta) **and** Saturated fats (sauces; gravies; lard; dripping; goose fat; butter; hard margarine; ghee) **and** Canned foods (except tuna; sardines and salmon) **and** Processed foods (fries; salami; high-fat ham; bacon; sausage) **and** Fast food **and** Sugar-sweetened beverages (soda; fruit drinks; sports drinks; fruit juices; sweet tea) **and** Packaged snacks (pastries; milk chocolates; candy; cakes; cookies; pudding; cream; pies)

WATER INTAKE BETWEEN MEALS

Between 2.5 and 3 litres

OTHER RECOMMENDATIONS

Eat slowly and in small portions;

Drink water throughout the day;

Alternate among different foods and cooking methods [exclude fried foods];

Reduce salt intake, replacing it with herbs and spices;

Avoid binge-eating;

Read carefully the nutrition facts/labelling;

Eat meals and snacks on schedule;

Choose whole-grain foods [quinoa, oats, barley, whole wheat], whole fruits, nuts, seeds, beans and plant oils [olive oil];

Choose low or reduced fat products [yoghurt, milk and cheese] and skinless and lean cuts of meat [chicken and turkey breast, pork tenderloin, beef round, sirloin or tenderloin];

Practice regular physical activity [150 minutes per week].

OTHER INFORMATION

CREATION DATE 09/22/2022

HOUR 05:40 AM

[Nader Khouzam]

RECIPES

HONEY AND GARLIC CHICKEN BREAST

An incredible quick and easy way to serve up chicken breast - seared then simmered in the most amazing honey garlic sauce. Don't be deceived by the short ingredient list! It's absolutely worth

- 🕒 4 hours
- 🕒 12 hours
- 🍽️ 3.5 portions

INGREDIENTS

- 700 grams of chicken, broiler or fryers, breast, skinless, boneless, meat only, raw
- 2 tablespoons of oil, olive [22 g]
- 3 cloves of garlic, raw [9 g]
- 1.5 tbsps of vinegar, cider [22 g]
- 1 tbsp of soy sauce made from soy low sodium [18 g]
- 0.3 cups of honey [102 g]

COOKING METHOD

1- Cut the breasts in half horizontally to create 4 steaks in total. Sprinkle each side with salt and pepper. Place flour in a shallow dish. 2- put 1 tbsp of olive oil in a large skillet over high heat - hold back about 1 tsp for later. Place chicken in skillet and cook for 2 - 3 minutes until golden. Turn and cook the other side for 1 minute. 3- Turn heat down slightly to medium high. Make a bit of room in the pan and add garlic and top with remaining tbsp of olive oil . Stir garlic briefly Add vinegar, soy sauce and honey. Stir / shake pan to combine. Bring sauce to simmer, then simmer for 1 minute or until slightly thickened. 4. Turn chicken to coat in sauce. If the sauce gets too thick, add a touch of water and stir. Remove from stove immediately. Place chicken on plates and drizzle over remaining sauce.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [250 g]	% DRI
ENERGY	158 kcal	394 kcal	17 %
FAT	5 g	12 g	15 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	–
CHOLESTEROL	59 mg	146 mg	–
SODIUM	152 mg	380 mg	–
CARBOHYDRATE	10 g	25 g	9 %
SUGARS	10 g	24 g	–
FIBER	0 g	0 g	0 %
PROTEIN	18 g	46 g	41 %