





 Nader Khouzam
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 THE FTNS TRUCK

CLIENT INFORMATION



Rasha Ahmed Ashmawy
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AGE 49 years
BMI 35.4 kg/m2

HEIGHT 167.0 cm
WEIGHT 98.7 kg

MEALS

MON, WED, FRI AND SUN

11:00 AM BREAKFAST CAL:281 FAT:10G CAR:44 PRO:7G
FB:3G

- 4 units of snacks, rice cakes, [36 g]
- 2 level teaspoons of honey [16 g]
- 1 tbsp of nuts, almond butter, plain, without salt added [16 g] **or** 1 tbsp of peanut butter, reduced sodium [16 g]

02:00 PM 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

05:00 PM 2ND SNACK CAL:102 FAT:4 CARB:16G PRO:2G
FB:2G

- 5 units, pitted of plums, dried (prunes), uncooked [48 g] **or** 15 grams of pistachio nuts, kernel only, roasted and salted

08:00 PM LUNCH CAL:522 FAT:15G CARB:50G PRO:49G
FIB:2G

DISH

- 1 tsp of oil, olive, salad or cooking [5 g]
- 170 grams of beef, rump steak, from steakhouse, lean only **or** 150 grams of salmon, wild, baked

TUE, THU AND SAT

11:00 AM BREAKFAST CAL:284 FA:15G CA:16G PR:24G
FI:3G

- 1 spray, about 1/3 second of PAM cooking spray, original [0 g]
- 2 units of eggs, chicken, whole, fried, with Pam cooking spray[120 g]
- 100 grams of spinach, raw
- 65 grams of potato, boiled and mashed without skin, flesh **or** 1 small slice of bread, brown, toasted [23 g]

02:00 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 :)

05:00 PM 2ND SNACK CAL:97 FAT:0G CARB:24 PRO:2
FIB:2G

- 300 grams of watermelon, raw **or** 300 grams of melon, cantaloupe, raw **or** 200 grams of pineapple, raw

08:00 PM LUNCH CAL:344 FAT:9G CARB:24G PRO:40G
FIB:1G

DISH

- 70 grams of rice, brown, long-grain, cooked **or** 100 grams of potato, boiled without skin, flesh
- 1 tsp of oil, olive, salad or cooking [5 g]

- 70 grams of rice, white, basmati, boiled in unsalted water **or** 120 grams of potato, flesh, baked

DESSERT

- 35 grams of mango, dried, sweetened
- 1 cup of beverages, coffee [248 g]

11:30 PM DINNER CAL:297 FAT:13G CARB:37G PRO:9G FIB:7G

DISH

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

- 200 grams of white fish **or** 150 grams of chicken, breast, grilled without skin, meat only **or** 150 grams of honey and garlic chicken breast

11:45 PM DINNER CAL:267 FAT:11G CARB:38G PRO:6G FIB:3G

DISH

- 130 grams of quinoa, cooked
- 200 grams of coconut milk, reduced fat, retail **or** 250 grams of beverages, almond milk, unsweetened, shelf stable
- 1 heaped teaspoon of honey [17 g]

RECOMMENDATIONS

FOODS TO AVOID

Alcoholic beverages **and** Refined grains [white bread; white rice; white pasta] **and** Sauces and gravies **and** Canned foods [except tuna; sardines and salmon] **and** Processed foods [fries; salami; high-fat ham; bacon; sausage] **and** Fast food **and** Pre-made foods **and** Sugar-sweetened beverages [soda; fruit drinks; sports drinks; fruit juices; sweet tea] **and** Packaged snacks [pastries; milk chocolates; candy; cakes; cookies; pudding; pies] **and** Sweets [sugar; honey; jam]

WATER INTAKE BETWEEN MEALS

Between 2 and 2.5 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 09/03/2022

HOUR 08:58 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^o 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	26 %
FAT	5 g	12 g	23 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	–
CHOLESTEROL	59 mg	146 mg	–
SODIUM	152 mg	380 mg	–
CARBOHYDRATE	10 g	25 g	13 %
SUGARS	10 g	24 g	–
FIBER	0 g	0 g	1 %
PROTEIN	18 g	46 g	72 %