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 THE FTNS TRUCK

## CLIENT INFORMATION



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**AGE** 31 years

**WEIGHT** 91.5 kg

## MEALS

### MON, WED, FRI AND SUN

**09:00 AM BREAKFAST CAL:275 FAT:8G CAR:31 PRO:21G FIB:3G**

- 20 grams of cereal, ready to eat, granola
- 170 grams of yogurt, Greek, plain, lowfat
- 1/2 medium unit (7" to 7-7/8" long) of bananas, raw [59 g]

**12:00 PM 1ST SNACK CAL:121 FAT:0 CAR:30G PRO:1G FIB:6G**

- 1 medium unit (3" dia) of apples, raw, with skin [182 g] **or** 1 large unit of pears, raw, bosc [219 g]

**03:00 PM 2ND SNACK CAL:110 FAT:6 CARB:13G PRO:2G FIB:2G**

- 2 cups of snacks, popcorn, oil-popped, white popcorn, salt added [22 g]

**06:00 PM LUNCH CAL:555 FAT:19G CARB:30G PRO:74G FIB:2G**

DISH

- 1 tsp of oil, olive, salad or cooking [5 g]
- 280 grams of beef, rump steak, from steakhouse, lean only **or** 170 grams of salmon, wild, baked **or** 250 grams of chicken, breast, grilled without skin, meat only
- 80 grams of rice, white, basmati, boiled in unsalted water **or** 140 grams of potato, flesh, baked

### TUE, THU AND SAT

**09:00 AM BREAKFAST CAL:261 FA:2G CA:58G PR:4G FI:3G**

- 35 grams of cereal, ready to eat, Corn Flakes, Kellogg's
- 150 grams of beverages, almond milk, unsweetened, shelf stable
- 1 teaspoon of cinnamon, ground [3 g]
- 1 tbsp of honey [21 g]

**12:00 PM 1ST SNACK CAL:93 FA:0G CARB:24G PR:1G FI:2G**

- 300 grams of melon, cantaloupe, raw **or** 200 grams of pineapple, raw **or** 1 medium unit (3" dia) of apples, raw, without skin [161 g]

**03:00 PM 2ND SNACK CAL:116 FAT:3G CARB:9 PRO:16 FIB:3G**

- 100 grams of lupins, mature seeds, cooked, boiled, with salt

**06:00 PM LUNCH CAL:446 FAT:9G CARB:28G PRO:62G FIB:2G**

DISH

- 1 tsp of oil, olive, salad or cooking [5 g]
- 100 grams of rice, brown, long-grain, cooked **or** 150 grams of potato, boiled without skin, flesh
- 350 grams of white fish **or** 300 grams of chicken, breast, grilled without skin, meat only
- 1 tub of salad, green [250 g]

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#### 06:00 PM PRE-WORKOUT SNACK

- 3 units of figs, dried, uncooked [25 g]

#### 10:30 PM DINNER CAL:488 FAT:14G CARB:32G PR:61G FIB:0G

##### DISH

- 1 medium portion of soup, lentil, homemade [220 g]
- 1 large portion of chicken, breast, grilled without skin, meat only [150 g]

#### 06:30 PM PRE-WORKOUT SNACK CAL:179 F:13 C:14 PR:2 FI:3

- 30 grams of chocolate, dark, 70-85% cacao solids

#### 11:45 PM DINNER CAL:393 FAT:14G CARB:51G PR:21G FIB:7G

##### DISH

- 150 grams of cheese, cottage, plain
- 4 large units of egg, white, hardboiled [132 g]
- 1 teaspoon of oil, olive [3 g]
- 4 tsps, ground of spices, thyme, dried [6 g]
- 120 grams of arugula, raw
- 1 tub of salad, green [250 g]

##### DESSERT

- 150 grams of grapes, red

## RECOMMENDATIONS

### PHYSICAL ACTIVITY

- 1 hour of health club exercise classes, general, gym/weight training combined in one visit, 5 times a week

### FOODS TO AVOID

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

### WATER INTAKE BETWEEN MEALS

More than 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 11/09/2022

HOUR 09:44 PM

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[Nader Khouzam]