





 Nader Khouzam  
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 THE FTNS TRUCK

## CLIENT INFORMATION



**mohamed darwish**  
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**AGE** 31 years

**WEIGHT** 87.5 kg

## MEALS

### MON, WED AND SUN

#### 09:00 BREAKFAST

AM

- 1 tsp of butter [5 g]
- 2 units of eggs, chicken, whole, fried, without fat [120 g]
- 1 cubic inch of cheese, feta [17 g]
- 1 large pita [6-1/2" dia] of bread, pita, white, unenriched [60 g]

#### 12:00 MORNING SNACK

PM

- 1 unit [2-1/2" dia] of persimmons, japanese, raw [168 g] or 2 medium units [2-1/2" dia] of tangerines, [mandarin oranges], raw [176 g]

#### 03:00 AFTERNOON SNACK

PM

- 200 grams of grapes, red or 250 grams of pineapple, raw

#### 03:00 LUNCH

PM

- DISH
- 1/2 cup of vegetables cooked or fresh [91 g]
  - 70 grams of rice, brown, cooked
  - 250 grams of meat or 250 grams of white fish or 250 grams of chicken, breast, grilled without skin, meat only
  - 1 tsp of oil, olive, salad or cooking [5 g]

#### 09:00 DINNER

PM

DISH

### TUE, THU, FRI AND SAT

#### 09:00 BREAKFAST

AM

- 1 cup of broadbeans [fava beans], mature seeds, cooked, boiled, with salt [170 g]
- 2 large units of egg, whole, cooked, hard-boiled [100 g]
- 1/2 large pita [6-1/2" dia] of bread, pita, white, enriched [30 g]

#### 12:00 MORNING SNACK

PM

- 1 medium unit [3" dia] of apples, raw, without skin [161 g] or 1 unit [2-7/8" dia] of oranges, raw, navels [140 g]

#### 03:00 AFTERNOON SNACK

PM

- 170 grams of pomegranate, raw
- 1 tbsp of honey [21 g]

#### 06:00 LUNCH

PM

- DISH
- 100 grams of potato, flesh, baked
  - 200 grams of meat or 250 grams of chicken, breast, grilled without skin, meat only
  - 1 tsp of oil, olive, salad or cooking [5 g]

#### DESSERT

- 350 grams of melon balls, frozen [cantaloupe and honeydew]

#### 10:30 DINNER

- 155 grams of chicken, breast, grilled without skin, meat only
- 1 tub of salad, green (250 g)
- 1 tbsp of salad dressing Mayo Light Mayonnaise (15 g)

#### DESSERT

- 300 grams of melon, cantaloupe, raw

#### PM DISH

- 1/2 cup of vegetables cooked or fresh (91 g) or 1 tub of salad, green (250 g)
- 180 grams of meat or 200 grams of white fish or 150 grams of chicken, breast, grilled without skin, meat only
- 1 tsp of oil, olive, salad or cooking (5 g)

## 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 11/24/2022

HOUR 11:23 AM

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[Nader Khouzam]