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 THE FTNS TRUCK

CLIENT INFORMATION



Walid El Sallab
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AGE 39 years
BMI 29.7 kg/m²

HEIGHT 178.0 cm
WEIGHT 94.2 kg

MEALS

MON, WED AND SAT

06:15 BREAKFAST

- AM**
- 1 portion of nutella Smoothie [345 g]

10:00 MORNING SNACK

- AM**
- 2 small slices of bread, brown, toasted [46 g]
 - 1 portion of lettuce, average, raw [20 g]
 - 60 grams of salmon, smoked [cold-smoked]

01:00 AFTERNOON SNACK

- PM**
- 120 grams of pomegranate, raw or 200 grams of strawberries
 - 1 tbsp of honey [21 g]

03:00 LUNCH

- PM**
- DISH**
- 1 tsp of oil, olive, salad or cooking [5 g]

TUE, THU, FRI AND SUN

06:15 BREAKFAST

- AM**
- 1 container of yogurt, plain, low fat [170 g]
 - 1. scoops of Whey protein isolate powder mixed with the yogurt [29 g]
 - 1/2 medium unit [7" to 7-7/8" long] of bananas, raw [59 g]
 - 20 grams of ready to eat granola, homemade

10:00 MORNING SNACK

- AM**
- 200 grams of strawberries

01:00 SECOND MORNING SNACK

- PM**
- 20 grams of nuts, mixed nuts, oil roasted without peanuts

03:00 LUNCH

- PM**
- DISH**
- 1/2 cup of vegetables cooked or fresh [91 g]

- 1 portion of honey and garlic chicken breast (250 g) **or** 1 portion of honey Garlic Shrimp (327 g) **or** 150 grams of chicken, breast, grilled without skin, meat only
- 70 grams of potato, baked or boiled
- 80 grams of salad, green

09:00 PM DINNER DISH

- 1 portion of bunless Burger (234 g) **or** 1 portion of egg Muffins (169 g) **or** 150 grams of shish kebab, meat only
- 1/2 tub of salad, green (125 g)

- 170 grams of beef, fillet steak, grilled, lean **or** 150 grams of chicken, breast, grilled without skin, meat only
- 1 tsp of oil, olive, salad or cooking (5 g)

DESSERT

- 150 grams of puddings, rice, ready-to-eat

07:00 PM DINNER DISH

- 100 grams of salad, green
- 200 grams of beef, liver, pan-fried **or** 300 grams of high Protein Tuna Bake

RECOMMENDATIONS

FOODS TO AVOID

Sweets (sugar; honey; jam) **and** Packaged snacks (pastries; milk chocolates; candy; cakes; cookies; pudding; cream; pies) **and** Sugar-sweetened beverages (soda; fruit drinks; sports drinks; fruit juices; sweet tea) **and** Fast food **and** Processed foods (fries; salami; high-fat ham; bacon; sausage) **and** Canned foods (except tuna; sardines and salmon) **and** Saturated fats (sauces; gravies; lard; dripping; goose fat; butter; hard margarine; ghee) **and** Refined grains (white bread; white rice; white pasta) **and** Alcoholic beverages

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 12/07/2022

HOUR 06:44 AM

RECIPES



BUNLESS BURGER

by Maryem El-Hileh

 3 portions

INGREDIENTS

- 450 grams of beef, grass-fed, ground, raw
- 1 tbsp of sauce, worcestershire (17 g)
- 4 slices of cheese, american cheddar, imitation (84 g)
- 1 cup diced of mushrooms, maitake, raw (70 g)
- 1/2 cup, chopped of onions, raw (80 g)

COOKING METHOD

- 1° Mix minced beef with Worcestershire sauce, salt and pepper. Mustard is optional. Make into patties and grill on stovetop. Add 2 slices of cheese per burger before removing burgers from pan.
- 2° Grill onions and mushrooms in the same opan after burger with some olive oil.
- 3° Use lettuce instead of buns. Add tomatoes, jalapenos and anything else you may prefer.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (234 g)	% DRI
ENERGY	165 kcal	386 kcal	13 %
FAT	10 g	23 g	24 %
FATTY ACIDS, TOTAL SATURATED	4 g	10 g	–
CHOLESTEROL	44 mg	103 mg	–
SODIUM	237 mg	554 mg	–
CARBOHYDRATE	4 g	8 g	2 %
SUGARS	2 g	4 g	–
FIBER	0 g	1 g	3 %
PROTEIN	15 g	35 g	24 %

NUTELLA SMOOTHIE

by Tanisha O'Malley

 1 portion

INGREDIENTS

- 250 grams of milk, cow, fluid, skim (~0.15% fat)
- 50 grams of banana, cavendish, peeled, raw
- 30 grams of protein powder, whey based, protein > 70%, unfortified
- 15 grams of nutella

COOKING METHOD

1º Add all ingredients into a blender and blend for desired consistency.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (345 g)	% DRI
ENERGY	92 kcal	319 kcal	11 %
FAT	2 g	6 g	6 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	–
CHOLESTEROL	3 mg	11 mg	–
SODIUM	54 mg	186 mg	–
CARBOHYDRATE	9 g	33 g	9 %
SUGARS	5 g	19 g	–
FIBER	1 g	2 g	5 %
PROTEIN	10 g	34 g	23 %



STRAWBERRIES

by Protein Project

1 portion

INGREDIENTS

- 100 grams of strawberries, raw

COOKING METHOD

1° No cooked

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (100 g)	% DRI
ENERGY	30 kcal	30 kcal	1 %
FAT	1 g	1 g	1 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	–
CHOLESTEROL	0 mg	0 mg	–
SODIUM	1 mg	1 mg	–
CARBOHYDRATE	6 g	6 g	2 %
SUGARS	6 g	6 g	–
FIBER	4 g	4 g	10 %
PROTEIN	1 g	1 g	0 %



EGG MUFFINS

by Stacey Hendriks

 6 portions

INGREDIENTS

- 2 large spring onions, finely chopped (50 g)
- 150 grams of bacon, chopped
- 12 eggs (600 g)
- 2 tbsp basil pesto
- 175 grams of Grated Cheese

COOKING METHOD

- 1° Preheat the oven to 175°C
- 2° Line a muffin tin with non-stick, insertable baking cups or grease a silicone muffin tin with butter
- 3° Add spring onion and bacon to the bottom of the tin.
- 4° Whisk eggs together with pesto, salt and pepper. Add the cheese and stir.
- 5° Pour the batter on top of the spring onion and bacon.
- 6° Bake for 15–20 minutes, depending on the size of the muffin tin.
- 7° TIP: Prepare a big batch and store in the refrigerator for 3-4 days or freeze them.
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NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (169 g)	% DRI
ENERGY	190 kcal	322 kcal	11 %
FAT	13 g	22 g	23 %
FATTY ACIDS, TOTAL SATURATED	6 g	10 g	–
CHOLESTEROL	230 mg	389 mg	–
SODIUM	300 mg	508 mg	–
CARBOHYDRATE	1 g	2 g	1 %
SUGARS	1 g	1 g	–
FIBER	0 g	0 g	1 %
PROTEIN	16 g	28 g	19 %

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	14 %
FAT	5 g	12 g	12 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	–
CHOLESTEROL	59 mg	146 mg	–
SODIUM	152 mg	380 mg	–
CARBOHYDRATE	10 g	25 g	7 %
SUGARS	10 g	24 g	–
FIBER	0 g	0 g	0 %
PROTEIN	18 g	46 g	32 %



HONEY GARLIC SHRIMP

by McKenzie Lambeck

🕒 20 minutes

🍴 2 portions

INGREDIENTS

- 1 lb Shrimp
- 1/3 cup Honey (112 g)
- 4 tbsp Gluten Free Soy Sauce (72 g)
- 3 tbsp Minced Garlic (12 g)
- 2 tsps Avocado Oil (9 g)

COOKING METHOD

- 1° Whisk the honey, soy sauce, and garlic together in a medium bowl.
- 2° Place shrimp in a large zip-lock bag, pour 1/2 of the marinade mixture on top, mix then allow to marinate in the fridge for 15 minutes.
- 3° Heat avocado oil in skillet over medium-high heat. Place shrimp in the skillet and cook 1-2 minutes on each side then pour in the remaining marinade and let simmer for an additional minute.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (327 g)	% DRI
ENERGY	73 kcal	240 kcal	8 %
FAT	3 g	8 g	9 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	–
CHOLESTEROL	104 mg	342 mg	–
SODIUM	717 mg	2347 mg	–
CARBOHYDRATE	16 g	52 g	14 %
SUGARS	14 g	47 g	–
FIBER	0 g	1 g	1 %
PROTEIN	15 g	50 g	35 %

HIGH PROTEIN TUNA BAKE

by Joanna Derry



This tuna bake is easy to make, very budget friendly and perfect for batch cooking. It's also high in protein, contains some sneaky vegetables, and is very customisable. Chickpea pasta is used here as it's high in protein. This pasta is usually available in all major supermarkets - check the 'healthy' or 'gluten free' aisles. If unavailable, substitute with another variety of pasta, but note that the nutritional information for the recipe will change.

🕒 10 minutes

🕒 30 minutes

🍴 4 portions

INGREDIENTS

- 100 grams of chickpea pasta
- 2 cans tuna in spring water (200 grams drained weight)
- 160 grams of sweetcorn, drained
- 1/2 broccoli head, separated into florets
- 70 grams of mushrooms
- 1 clove of garlic, minced
- 1 tablespoon of mixed Italian herbs
- 30 grams of cheddar cheese, grated
- salt
- pepper

COOKING METHOD

- 1° Cook the pasta according to packet instructions, drain and set aside. Heat oven to 200°C [Gas Mark 6].
- 2° Place the drained tuna into a large bowl, add the sweetcorn, broccoli, mushrooms, garlic and herbs, and mix well.
- 3° Next add in the cooked pasta, season to taste with salt and pepper, and gently mix until well combined.
- 4° Place the mixture in an ovenproof dish, and top with the grated cheese.
- 5° Bake in the preheated oven for 15-20 minutes until the cheese is melted and has turned golden.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (234 g)	% DRI
ENERGY	105 kcal	245 kcal	8 %
FAT	3 g	7 g	7 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	–
CHOLESTEROL	12 mg	28 mg	–
SODIUM	50 mg	118 mg	–
CARBOHYDRATE	10 g	23 g	6 %
SUGARS	3 g	7 g	–
FIBER	4 g	9 g	21 %
PROTEIN	11 g	25 g	17 %