



 Nader Khouzam
 Nutritionist
 khoziology@gmail.com

 +20 12 70321915
 THE FTNS TRUCK

CLIENT INFORMATION



Rasha Ahmed Ashmawy
rasha@eaglesegy.com

AGE 50 years
BMI 35.0 kg/m²

HEIGHT 167.0 cm
WEIGHT 97.5 kg

MEALS

MON, WED AND SAT

07:00 BREAKFAST

AM

- 2 portions of no-Bake Carrot Cake Protein Bars [92 g] **or** 1 portion of chocolate Baked Oats [239 g]

10:00 MORNING SNACK

AM

- 300 grams of strawberries **or** 1 unit [2-7/8" dia] of oranges, raw, navels [140 g]

01:00 AFTERNOON SNACK

PM

- 3 units, without refuse of guavas, common, raw [165 g] **or** 2 small bunches of grapes, red [200 g]

04:00 LUNCH

PM

- DISH
- 1 portion of pesto Pasta [514 g]

07:00 DINNER

PM

- DISH
- 1 portion of avocado, Feta and Pomegranate Toast [178 g]

TUE, THU, FRI AND SUN

07:00 BREAKFAST

AM

- 4 portions of spicy Egg Muffins [267 g] **or** 1 portion of chia Parfait [265 g]

10:00 MORNING SNACK

AM

- 1 large [3-1/4" dia] of apples, raw, with skin [223 g] **or** 1 large unit [8" to 8-7/8" long] of bananas, raw [136 g] **or** 180 grams of grapes, average **or** 200 grams of grapes, red **or** 300 grams of melon, cantaloupe, raw

01:00 SECOND MORNING SNACK

PM

- 1 cup of snacks, popcorn, oil-popped, white popcorn, salt added [11 g]

04:00 LUNCH

PM

- DISH
- 1 tsp of oil, olive, salad or cooking [5 g]
 - 250 grams of chicken, breast, grilled without skin, meat only **or** 300 grams of beef, rump steak, grilled, lean only

- 1 portion of potato puree (287 g) or 1 small portion of rice, white, basmati, easy cook, boiled in unsalted water (100 g)
- 1 tub of salad, green (250 g)

07:00 DINNER

PM DISH

- 1 portion of lamb Kebab Skewers (137 g) or 1 portion of tuna Wrap (201 g)
- 1 tub of salad, green (250 g)

RECOMMENDATIONS

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

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 01/05/2023

HOUR 12:20 AM

RECIPES

TUNA WRAP

by Natalie Henderson

Quick Lunchtime Meal

 15 minutes

 15 minutes

 1 portion

INGREDIENTS

- 1 unit of tortilla, wheat, soft (40 g)
- 1 small can of tuna, canned in sunflower oil, drained (100 g)
- 3 slices of cucumber, raw, flesh and skin (18 g)
- 1 tablespoon of sweetcorn kernels, canned in water, drained (30 g)
- 2 sliced rings of pepper, capsicum, red, raw (20 g)
- 1/2 cup shredded of lettuce, cos or romaine, raw (24 g)
- 1/2 heaped tablespoon of mayonnaise, reduced fat (17 g)

COOKING METHOD

- 1° Wash and chop vegetables in to small slices.
- 2° Take out tortilla wrap from packet, place on clean surface or chopping board.
- 3° Spread mayonnaise across wrap evenly. Drain tuna can well and place in middle of wrap along with chopped vegetables and sweetcorn.
- 4° Fold ends in and roll in to a wrap.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (201 g)	% DRI
ENERGY	144 kcal	290 kcal	19 %
FAT	6 g	12 g	23 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	-
CHOLESTEROL	16 mg	33 mg	-
SODIUM	238 mg	480 mg	-
CARBOHYDRATE	14 g	28 g	14 %
SUGARS	2 g	5 g	-
FIBER	2 g	3 g	15 %
PROTEIN	10 g	20 g	32 %

AVOCADO, FETA AND POMEGRANATE TOAST

by Joanna Derry



Who doesn't love toast.. especially this avocado, feta and pomegranate toast! The creamy avocado makes a lovely base and is a great way of using up any avocados that you have ripening in your fruit bowl.

 5 minutes

 5 minutes

 2 portions

INGREDIENTS

- 2 medium slices of wholemeal bread
- 1 avocado
- 50 grams of feta cheese, crumbled
- 1/4 pomegranate, seeds
- Mint leaves to garnish

COOKING METHOD

- ^{1°} Toast the bread to your liking. Remove the avocado flesh and mash it up with a fork, season with salt and pepper.
- ^{2°} Divide the avocado between the 2 slices of toasted bread. Crumble the feta cheese on top and sprinkle with pomegranate seeds. Garnish with mint leaves and serve

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [178 g]	% DRI
ENERGY	177 kcal	315 kcal	21 %
FAT	12 g	21 g	41 %
FATTY ACIDS, TOTAL SATURATED	4 g	7 g	-
CHOLESTEROL	10 mg	18 mg	-
SODIUM	225 mg	400 mg	-
CARBOHYDRATE	14 g	25 g	13 %
SUGARS	4 g	8 g	-
FIBER	2 g	4 g	20 %
PROTEIN	5 g	9 g	15 %



NO-BAKE CARROT CAKE PROTEIN BARS

by Hannah Willcocks

A healthy spin on carrot cake.

🕒 15 minutes

🕒 35 minutes

🍴 12.1 portions

INGREDIENTS

- 75 grams of dates [1/2 cup]
- 75 grams of raisins [1/2 cup]
- 75 grams of walnuts, raw, unsalted [1/2 cup]
- 2 scoops of vanilla protein powder
- 2 tbsp unsweetened vanilla almond milk
- 1 1/2 of tsp cinnamon, plus extra for sprinkling
- 1/4 teaspoon of allspice
- 130 grams of grated carrot [1 1/2 cups]
- 1 pinch of salt
- 1 scoop of vanilla protein powder
- 1/4 cup unsweetened vanilla almond milk
- 1/8 tsp cinnamon
- 1/8 tsp vanilla extract
- 1 pinch of salt, not further defined [0 g]

COOKING METHOD

- 1° Place the dates and raisins in a food processor or high-speed blender and pulse a few times until broken down into pieces. Add the walnuts, proteins powder, almond milk, cinnamon, allspice and salt; blend until combined. Mixture will look very dry and crumbly.
- 2° Add carrots and pulse until evenly combined (but some texture still remains). It should be a little sticky to the touch. If needed, add a bit more liquid to help it come together (it will depend on how juicy your dates were).
- 3° Line a 7-by-5 glass baking dish with baking paper and add mixture. Press dough firmly into dish with your hands until evenly distributed. Set aside.
- 4° Make the icing. Add all remaining ingredients into a small bowl and mix until well combined. Using a spatula, spread evenly over bars. Sprinkle with cinnamon. Place in the fridge to let set for 10-15 minutes. Cut into 12 pieces.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (46 g)	% DRI
ENERGY	248 kcal	114 kcal	8 %
FAT	11 g	5 g	10 %
FATTY ACIDS, TOTAL SATURATED	1 g	0 g	-
CHOLESTEROL	2 mg	1 mg	-
SODIUM	116 mg	53 mg	-
CARBOHYDRATE	22 g	10 g	5 %
SUGARS	20 g	9 g	-
FIBER	4 g	2 g	9 %
PROTEIN	17 g	8 g	12 %



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	2 %
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	3 %
SUGARS	6 g	6 g	-
FIBER	4 g	4 g	18 %
PROTEIN	1 g	1 g	1 %

CHOCOLATE BAKED OATS

by Joanna Derry



These single serve chocolate baked oats are so simple to make, but taste deliciously indulgent.. like having dessert for breakfast (or any time of the day). Great both hot from the oven or cold when pre-prepared for those busier days. Doubling or tripling the recipe can make additional portions for meal prep. (Store in the refrigerator in an air-tight container and add any toppings when ready to eat).

🕒 5 minutes

🕒 30 minutes

🍴 1 portion

INGREDIENTS

- 40 grams of rolled oats
- 1 teaspoon of chia seeds
- 80mls of unsweetened almond milk
- 2 tablespoons of water
- 25 grams of chocolate whey
- 1/8 teaspoon of salt
- 1/4 teaspoon of bicarbonate of soda
- 1 tablespoon of cocoa powder

COOKING METHOD

- 1° Preheat the oven to 180oC (Gas Mark 4). Lightly grease an ovenproof dish with oil.
- 2° In a bowl, combine all the ingredients and then transfer to the earlier prepared dish.
- 3° Place the dish in the oven and bake for 20-25 minutes. Serve hot or cold, with your favourite fruit, nut or seed toppings (toppings not included in nutrition information).

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (239 g)	% DRI
ENERGY	128 kcal	304 kcal	20 %
FAT	3 g	8 g	15 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	-
CHOLESTEROL	1 mg	3 mg	-
SODIUM	297 mg	709 mg	-
CARBOHYDRATE	17 g	40 g	20 %
SUGARS	1 g	1 g	-
FIBER	2 g	5 g	23 %
PROTEIN	9 g	21 g	34 %

LAMB KEBAB SKEWERS

by Joanna Derry



These lamb kebabs are full of flavour and will become a staple in your cookout arsenal for years to come. If you can't find minced lamb, you can use minced beef, but it won't be as flavourful. Minced lamb has a stronger flavour that stands up to the herbs better than beef. Minced lamb tends to be fattier than minced beef as well, which makes for a juicier kebab.

- 🕒 5 minutes
- 🕒 45 minutes
- 👤 4 portions

INGREDIENTS

- 500 grams of lamb, mince, raw
- 1/2 level teaspoon of salt [3 g]
- 1/4 level teaspoon of pepper, black [1 g]
- 1/2 teaspoon of paprika [2 g]
- 1/8 level teaspoon of pepper, cayenne, ground [0 g]
- 1/2 level teaspoon of garlic powder [2 g]
- 1/2 tsp of spices, onion powder [1 g]
- 1/2 teaspoon of thyme, dried, ground [1 g]
- 1/2 level teaspoon of basil, dried, ground [1 g]
- 1/2 teaspoon of rosemary, dried [1 g]
- 1/4 level teaspoon of parsley, dried [0 g]
- Fresh lemon juice, to serve [optional]

COOKING METHOD

- 1° Combine all the ingredients and work the mixture with your hands to thoroughly combine. You don't need to be gentle here. Really work it all together.
- 2° Divide the combined mixture into 8 'sausage' shaped kebabs, skewer and refrigerate for 20 minutes or so while you get a salad ready to serve the kebabs with.
- 3° Cook the kebabs under a medium grill, turning every couple of minutes, until the meat is completely cooked through.
- 4° Drizzle with a little fresh lemon juice [optional] and serve 2 kebabs per person with a portion of the salad.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (137 g)	% DRI
ENERGY	181 kcal	249 kcal	17 %
FAT	12 g	17 g	33 %
FATTY ACIDS, TOTAL SATURATED	6 g	8 g	-
CHOLESTEROL	70 mg	96 mg	-
SODIUM	242 mg	333 mg	-
CARBOHYDRATE	1 g	1 g	0 %
SUGARS	0 g	0 g	-
FIBER	0 g	0 g	1 %
PROTEIN	18 g	24 g	38 %

SPICY EGG MUFFINS

by Sondra Hope



High protein, low carb and easy recipe to follow for a snack or breakfast. These also freeze really well.

 12 portions

INGREDIENTS

- 1 medium unit of pepper, capsicum, red, raw (160 g)
- 1/2 cup, chopped of onions, raw (80 g)
- 1 cup pieces of ham, turkey, sliced, extra lean, prepackaged or deli (138 g)
- 450 grams of eggs, chicken, whole, raw

COOKING METHOD

- 1° Preheat oven to 182 degrees Celsius.
- 2° Place 12 silicone muffin liners on a rimmed baking sheet (or split up onto 2 baking sheets). If not using silicone muffins liners (and it is highly that you do), grease a 12-cup muffin tin with olive oil.
- 3° Add approximately 1 tsp each of the onion and bell pepper to the bottom of the muffin cups. If you have leftovers, divide them evenly in the cups.
- 4° Divide the turkey/chicken/pork ham evenly between the 12 muffin cups.
- 5° Beat all the eggs in a large bowl and add salt and pepper. Whisk until smooth, making sure to get all the yolks incorporated. (9 whole eggs)
- 6° Scoop 1/4 of the whisked egg into each muffin cup. If there are any leftover eggs, divide evenly or fill up any smaller cups.
- 7° Sprinkle the hot pepper on top of all the muffin cups evenly. (optional)
- 8° Bake in the preheated oven for 20-25 minutes, or until a knife inserted in the egg comes out clean.
- 9° Serve hot. If storing these, refrigerate in an airtight container for up to 1 week, or store in the freezer for up to one month. If freezing, it's best to use a Ziplock bag to prevent frost from accumulating.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (67 g)	% DRI
ENERGY	101 kcal	67 kcal	4 %
FAT	6 g	4 g	8 %
FATTY ACIDS, TOTAL SATURATED	1 g	1 g	-
CHOLESTEROL	201 mg	135 mg	-
SODIUM	257 mg	172 mg	-
CARBOHYDRATE	2 g	1 g	1 %
SUGARS	1 g	1 g	-
FIBER	1 g	0 g	2 %
PROTEIN	10 g	7 g	11 %

PESTO PASTA

by Jeniffer Moyle

 1 portion

Serves 1 person for 1 day. As this is planned for a Friday, you can easily double it and have it for a meal on the weekend.

INGREDIENTS

- 1 cup Penne Pasta, wholemeal, cooked
- 25g Pesto
- 50g Cherry Tomatoes, sliced
- 150g Baby Spinach
- 1 medium Capsicum, sliced
- 100g Chicken, diced
- 25g Feta, diced

COOKING METHOD

- 1° Cook pasta according to the instructions on the pasta packet.
- 2° Meanwhile, in a frying pan heat 1 tbsp of olive oil on a medium heat.
- 3° Add in chicken and cook until browned and no longer pink.
- 4° Once pasta is cooked, add in pesto and mix.
- 5° Place all other ingredients into the bowl.
- 6° Serve with a crumble of feta and enjoy.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (514 g)	% DRI
ENERGY	100 kcal	512 kcal	34 %
FAT	4 g	22 g	44 %
FATTY ACIDS, TOTAL SATURATED	1 g	6 g	-
CHOLESTEROL	21 mg	108 mg	-
SODIUM	118 mg	606 mg	-
CARBOHYDRATE	7 g	36 g	18 %
SUGARS	1 g	6 g	-
FIBER	1 g	7 g	35 %
PROTEIN	9 g	46 g	71 %



CHIA PARFAIT

Balance of Protein, Carbohydrates and Fats with plenty of healthy fiber to support digestion and metabolic function!

🕒 5 minutes

🕒 5 minutes

🍴 1 portion

INGREDIENTS

- 2 Tbsp [1 oz] of chia seeds, dried
- 1/4 cup of any berry (blueberry, strawberry, raspberry, or blackberry)
- 1 cup Greek yogurt, plain, lowfat [2%]

COOKING METHOD

1° Mix chia seeds in 4 tablespoons of filtered water until the seeds form a gel.

2° In a mason jar or bowl, layer yogurt, berries, then chia seeds. You may do this in as many divided layers as you please. Enjoy!

3° *Optional: Prior to layering, mix in any preferred natural non-sugar sweetener such as Stevia, Monk Fruit Extract or Allulose into Greek yogurt. Then layer in your bowl or jar. Easily made the morning or evening prior in a mason jar or container with a lid, and refrigerated for later.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (265 g)	% DRI
ENERGY	115 kcal	305 kcal	20 %
FAT	5 g	13 g	25 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	-
CHOLESTEROL	8 mg	20 mg	-
SODIUM	27 mg	73 mg	-
CARBOHYDRATE	9 g	25 g	13 %
SUGARS	4 g	11 g	-
FIBER	4 g	11 g	51 %
PROTEIN	9 g	25 g	39 %



POTATO PUREE

by Victoria Kolozian

🕒 30 minutes

🍴 6 portions

INGREDIENTS

- 1200 grams of potatoes, raw, skin
- 20 grams of butter, salted
- 500 grams of beverages, water, tap, well

COOKING METHOD

1° 1. Peel and cut the potatoes into quarters. 2. Put the potatoes in casserole with water and salt. 3. Close the cover, lower the heat and cook for 20 minutes. 4. Mash the potatoes with mixer without removing the water. Beat in butter and serve warm.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (287 g)	% DRI
ENERGY	49 kcal	141 kcal	9 %
FAT	1 g	3 g	6 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	-
CHOLESTEROL	2 mg	7 mg	-
SODIUM	17 mg	49 mg	-
CARBOHYDRATE	9 g	25 g	12 %
SUGARS	0 g	0 g	-
FIBER	2 g	5 g	24 %
PROTEIN	2 g	5 g	8 %