



Nader Khouzam  
 Nutritionist

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 N.K Natural keys Nutrition

## CLIENT INFORMATION



**Amira**  
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**AGE** 43 years  
**BMI** 31.3 kg/m2

**HEIGHT** 153.0 cm  
**WEIGHT** 73.2 kg

## MEALS

### MON, TUE, WED, THU AND SUN

**08:30 AM BREAKFAST**

- 1 container of yogurt, plain, low fat (170 g)
- 1/2 medium unit (7" to 7-7/8" long) of bananas, raw (59 g)
- 20 grams of cereal, ready to eat, granola, homemade

**12:00 PM MORNING SNACK**

- 200 grams of grapes, red

**03:30 PM MORNING SNACK1**

- 1 unit of kiwifruit (81 g)
- 1 portion of pistachio nuts, kernel only, roasted and salted (10 g)

**06:00 PM LUNCH**

- DISH**
- 1/2 cup of vegetables cooked or fresh (91 g)
  - 70 grams of pasta, cooked or 70 grams of rice, brown, cooked
  - 120 grams of meat or 60 grams of white fish
  - 1 tsp of oil, olive, salad or cooking (5 g)

**DRINKS, APPETIZERS, DESSERTS AND OTHERS**

- 1 medium unit (2-2/3" dia) of peaches, yellow, raw (150 g)

**10:30 PM DINNER**

- DISH**
- 100 grams of salmon, smoked (cold-smoked)
  - 1 tub of salad, green (250 g)

### FRI AND SAT

**10:00 AM BREAKFAST**

- 5 units of eggs, chicken, white, hard boiled (160 g)
- 100 grams of broadbeans (fava beans), mature seeds, cooked, boiled, with salt
- 1 teaspoon of oil, olive (3 g)
- 1 small slice of bread, brown, toasted (23 g)

**01:00 PM MORNING SNACK**

- 1 large unit (8" to 8-7/8" long) of bananas, raw (136 g)

**04:00 PM LUNCH**

- DISH**
- 1 medium unit of sweet potato, baked (65 g) or 70 grams of potato, flesh, baked or 70 grams of rice, wild, boiled in unsalted water
  - 1/2 cup of vegetables, mixed, frozen, cooked, boiled, drained, without salt (91 g)
  - 120 grams of meat or 150 grams of chicken, breast, grilled without skin, meat only
  - 1 tsp of oil, olive, salad or cooking (5 g)

**07:00 PM AFTERNOON SNACK**

- 2 units of mangoes, ripe, raw, flesh only (300 g)

**11:30 PM DINNER**

- DISH**
- 140 grams of yogurt, Greek, plain, lowfat
  - 1 tbsp of honey (21 g)
  - 15 grams of cereals, oats, instant, fortified, plain, dry
  - 1 teaspoon of cinnamon, ground (3 g)
  - 1 cup of cherry raw (98 g)

## RECOMMENDATIONS

## PHYSICAL ACTIVITY

- 1 hour of health club exercise classes, general, gym/weight training combined in one visit, 6 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

## 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 09/12/2020

HOUR 08:17 PM

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[Nader Khouzam]