





 Nader Khouzam  
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 THE FTNS TRUCK

## CLIENT INFORMATION



**Anas**

a1528910@patients.nutrium.com

**AGE** 29 years

**WEIGHT** 79.1 kg

## MEALS

### MON, WED, FRI AND SUN

#### 11:00 AM EARLY MORNING SNACK

- 5 units, pitted of plums, dried (prunes), uncooked [48 g]

#### 12:30 PM BREAKFAST

- 1 spray, about 1/3 second (1 NLEA serving) of oil, PAM cooking spray, original [0 g]
- 1 unit of eggs, chicken, whole, fried, without fat [60 g]
- 1 average portion of salmon, smoked (cold-smoked) [56 g]
- 1 large pita [6-1/2" dia] of bread, pita, white, enriched [60 g]
- 100 grams of grapes, red

#### 05:00 PM LUNCH

- DISH
- 1 tsp of oil, olive, salad or cooking [5 g]
  - 150 grams of chicken, breast, grilled without skin, meat only **or** 180 grams of beef, rump steak, from steakhouse, lean only
  - 70 grams of rice, white, basmati, boiled in unsalted water **or** 100 grams of potato, flesh, baked
  - 1 medium portion of bone and nuckle broth, homemade [220 g]

#### 10:00 SUPPER

### TUE, THU AND SAT

#### 02:00 AM SUPPER

- 1 protein bar [53 g]

#### 11:00 AM MORNING SNACK

- 40 grams of mango, dried, sweetened

#### 12:30 PM BREAKFAST

- 1 container [7 oz] of yogurt, Greek, plain, lowfat [200 g]
- 30 grams of Whey protein isolate mixed with the greek yogurt
- 30 grams of cereals, QUAKER, Quick Oats, Dry

#### 05:00 PM LUNCH

- DISH
- 1 tsp of oil, olive, salad or cooking [5 g]
  - 150 grams of chicken, breast, grilled without skin, meat only **or** 180 grams of beef, rump steak, from steakhouse, lean only
  - 70 grams of rice, white, basmati, boiled in unsalted water **or** 100 grams of potato, flesh, baked
  - 1 medium portion of bone and nuckle broth, homemade [220 g]

#### 11:00 PM DINNER

- DISH
- 1 cup of fish, tuna salad from recipe [205 g]

PM • 1 protein bar (53 g)

## 11:00 DINNER

PM DISH

- 70 grams of turkey, breast, smoked, , 97% fat-free
- 1 tablespoon of salad dressing, mayonnaise, light (15 g)
- 1 tub of salad, green (250 g)

DESSERT

- 300 grams of melon, cantaloupe, raw

## 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

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** 11/19/2022

**HOUR** 12:36 AM

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[Nader Khouzam]