

PERSONALIZED 1-MONTH NUTRITION PLAN

PATIENT LINA KOBAISSI DAHER

Dietitian Jinane El Masri

Daily target: approximately 1,500–1,600 kcal

Protein: 90–100 g/day

Carbohydrates: 140–160 g/day

Fat: 55–60 g/day

How to use this plan:

Choose one option from each meal section: Breakfast, Snack 1, Lunch, Snack 2 and Dinner. Portions are provided in grams together with simple household measurements to make the plan easy to follow.

BREAKFAST

Option1

- 3 plain rice cakes
- 60 g turkey breast — approximately 3–4 thin slices
- ½ small avocado (approximately 70 g edible portion)
- 1½ cups sliced cucumber

Don't use:

- turkey with garlic/onion seasoning
- turkey containing sugar alcohols
- highly processed turkey with lots of added ingredients

Option 2

- 75 g smoked salmon — approximately 5–6 thin slices

- 2 small slices rice-based bread — approximately 50–60 g total (if not available replace with 3 rice cake)
- 30 g avocado — about 2 tablespoons mashed or ¼ small avocado
- 1–2 cups rocket leaves
- Lemon juice and herbs as desired

Option 3

- 20 g lactose-free whey (3/4 scoop)
- 150 g strawberries (1 cup)
- 10 g almonds (8 almonds)
- 3 rice cakes

Note: Mix whey with water and/or ice. Cinnamon may be added if desired

SNACK 1

Option 1

- 1 kiwi
- 1 cup of strawberries
- 15g of **Lactose-free whey isolate**, About ½ scoop.

Option 2

Approximately 1 medium-small sweet potato - about 1 cup cubed + 8 almonds

Option 3

1 fruit + 10 g almonds (8 pieces)

- Choose 1 fruit: 1 medium kiwi; 1 medium orange; 100 g grapes (~¾ cup); 150 g strawberries (~1 heaped cup); 1 small unripe banana; or 100 g blueberries (~¾ cup)

LUNCH

Option 1

- 1 palm-sized piece of grilled fish (120 g cooked, 150 g uncooked)
- ¾ cup cooked white or basmati rice
- 2 cups grilled zucchini and carrots
- 2 teaspoons olive oil

You can use lemon, parsley, sumac and suitable herbs/spices for flavor.

Important: No garlic or onion in the marinade or seasoning.

Option 2

- 130 g lean grilled steak, cooked — approximately 1½ palm-sized pieces
- 200 g mashed potato — approximately 1 heaped cup
- 75 g grilled bell pepper — about ½–¾ cup
- 100 g grilled zucchini — about 1 cup
- 1–2 cups lettuce/cucumber salad
- 2 tsp olive oil total for cooking/dressing

Preparation note: Prepare mashed potato without regular milk, cream or butter

Option 3

- 100 g lean kafta – 5 to 6 small kafta balls.
- 180 g cooked basmati rice – 1 cup
- 100 g cherry tomatoes (¾ cup) + 2 tsp olive oil

Note: Remember to ask for your Kafta with no onions.

Option 4:

- Kousa Mehshi – stuffed zucchini
3 medium stuffed zucchini (120g of lean minced beef in the filling and ½ cup cooked rice with 2 tsp olive oil, you can include Tomato, lemon, spices.
NOTE: No onions and garlic)

Preparation note: Prepare without onions or garlic

SNACK 2

Option 1

- 2 rice cakes
- 2 teaspoons tahini
- about 2 teaspoons carob molasses

Option 2

- 1 medium orange
- 5 almonds
- 2 walnut halves

DINNER

Option 1

- 100 g tuna in water, drained — approximately 1 small can.
- $\frac{3}{4}$ cup cooked quinoa — approximately 150 g
- 2 cups lettuce
- 1 cup sliced cucumber
- $\frac{1}{2}$ – $\frac{3}{4}$ cup sliced bell pepper
- 2 teaspoons olive oil
- 1 teaspoon plain mustard
- Lemon juice, parsley, sumac and herbs as desired

Note: Choose mustard without onion/garlic or sugar alcohols.

Option 2

- 120 g grilled turkey breast — approximately 1 full palm-sized portion
- 150 g cooked basmati rice — approximately $\frac{3}{4}$ cup cooked
- 1 cup cucumber
- 1–2 cups lettuce/rocket
- $\frac{1}{2}$ cup bell pepper, if desired
- 2 tsp olive oil
- Lemon + herbs

Option 3

- 100 g grilled chicken – 1 palm-sized piece
- 220 g potato – 1 headed cup
- 100 g zucchini – 1 cup
- 100 g carrots – 1 cup
- 2–3 tsp olive oil

Note: Chicken is included only occasionally, not as a daily staple (1 time/week)

Option 4

- Sardines: 100 g drained - about 1 small can
- Spelt sourdough bread: 60 g - 2 small slices
- Cucumber: 100 g - about 1 cup
- Lettuce/rocket: 1–2 cups
- Olive oil: 1 tsp with salad

Note: If sardines are packed in olive oil, drain well and omit the extra olive oil

Important food & preparation guidelines

- Avoid during this 1-month protocol: eggs; white cheeses such as halloumi, akkawi, labneh and feta-style cheeses; lentils, beans, chickpeas and other legumes; oats; regular milk, regular yogurt and cream; onion; garlic; mushrooms; cauliflower; apple; pear; mango; dried fruit and stone fruit.
- Avoid sugar alcohols such as xylitol, sorbitol and mannitol, including common 'sugar-free' products.
- Protein choices: prioritize fish, turkey, lean red meat and other options included in the plan. Chicken should remain occasional.
- Fats: use measured portions of olive oil, tahini, avocado, almonds and walnuts rather than adding freely.
- Hydration: aim for 1.5–2 L plain water daily, in addition to the prescribed Himalayan salt water. Increase fluids if stools are loose.
- Constipation: increase fiber gradually and prioritize soluble-fiber sources first, as tolerated, while continuing the prescribed Movicol.
- Food labels: check packaged turkey, smoked fish, breads, mustard, sauces and sweeteners for onion/garlic and sugar alcohols.