

PERSONALIZED 1-MONTH NUTRITION PLAN

Dietitian Jinane El Masri

Daily target: approximately 2,100 kcal | Protein ~96 g | Carbohydrates ~260 g | Fat ~75 g

Choose ONE option from each section according to your training schedule. Household measures are approximate; use a kitchen scale when available for best accuracy.

1 BREAKFAST — NEVER SKIP

Option 1 — Goat Labneh

- Goat labneh: 50 g = about 3 tablespoons
- Whole-wheat tannour: ½ medium tannour (about 60 g) OR 2 slices whole-wheat toast
- Cucumber: 1 cucumber
- Tomato: 1 medium tomato
- ¼–½ cup Rocket leaves
- Olive oil: 1 teaspoon

Option 2 — Eggs

- Eggs: 2 whole eggs
- Whole-wheat tannour: ½ medium tannour (about 60 g) OR 2 slices whole-wheat toast
- Cucumber: 1 cucumber
- Tomato: 1 medium tomato
- Olive oil: 1 teaspoon

Option 3 — Turkey

- Turkey slices: 4–5 thin slices (about 70 g); choose wheat- and dairy-free
- Whole-wheat tannour: ½ medium tannour (about 60 g) OR 2 slices whole-wheat toast
- Cucumber: 1 cucumber
- Tomato: 1 medium tomato
- Olive oil: 1 teaspoon

Option 4 — Salmon

- Salmon slices: about 4–5 thin slices (70 g)
- Whole-wheat tannour: ½ medium tannour (about 60 g) OR 2 slices whole-wheat toast
- Cucumber: 1 cucumber
- Avocado: ⅓ medium avocado (about 50 g)

2 PRE-WORKOUT — 60–90 MINUTES BEFORE TRAINING

Option 1 — Banana & Collagen Smoothie

- Calcium-fortified unsweetened almond milk: ¾–1 cup (200 ml)
- Banana: 1 medium
- Collagen peptides: 10 g (use the measuring scoop according to the product label)
- Cinnamon + ice

Option 2 — Rice Cake + Nut Butter + Date

- Plain rice cake: 1 piece
- Natural peanut or almond butter: 1 level tablespoon (15 g)
- Medjool date: 1 large date

Option 3 — Banana, Date & Almond Smoothie

- Calcium-fortified unsweetened almond milk: ¾–1 cup (200 ml)
- Banana: 1 medium
- Medjool date: 1 large date
- Almonds: 8–10 almonds (about 10 g)
- Ice + cinnamon

Option 4 — Sweet Potato Bites

- Cooked sweet potato: about ½ medium sweet potato (100 g)
- Tahini: 2 teaspoons (10 g)
- Medjool date: 1 large date

3 POST-WORKOUT — WITHIN 1 HOUR

IMPORTANT: Do not skip the post-workout meal.

Option 1 — Beef + Mashed Potato

- Lean grilled beef: 1 palm-sized portion (about 100 g cooked)
- Mashed/cooked potato: about 1¼ cups (180 g)
- Salad: about 1½ cups (lettuce + cucumber + bell pepper)
- Olive oil: 1 teaspoon
- Lemon juice, mustard...

Option 2 — Tuna + Quinoa Bowl

- Tuna in water, drained: 1 small can, drained (about 100 g)
- Cooked quinoa: about ¾ cup (150 g)
- Kale or lettuce + cucumber + bell pepper: about 1½ cups
- Olive oil: 1 teaspoon
- Mustard if desired

Option 3 — Salmon + Rice

- Grilled salmon: 1 palm-sized portion (about 100 g cooked)
- Cooked white rice: about ¾–1 cup (150 g)
- Grilled zucchini + carrots: about 1½ cups
- Lemon juice

Option 4 — Turkey Tannour Wrap

- Turkey slices: about 4–5 thin slices (100 g), wheat- and dairy-free
- Whole-wheat tannour: ½ medium tannour (about 60 g) OR 2 slices whole-wheat toast
- Lettuce + cucumber: about ½–1 cup
- Pickles: 2–3 small pieces
- Mustard if desired

Option 5 — Protein Smoothie (only if a proper meal is not possible)

- Calcium-fortified unsweetened almond milk: ¾–1 cup (200 ml)
- Strawberries: about ¾ cup (100 g)
- Banana: 1 medium
- Plant-based protein powder: 20–25 g protein; follow the product scoop/label
- Almond or peanut butter: 2 teaspoons (10 g)
- Cinnamon + ice

4 SNACK

Option 1 — Vitamin C-Rich Fruit + Nuts

- Choose ONE: 1 medium orange OR 2 kiwis OR 1 cup strawberries
- Almonds or walnuts: 1 small closed handful (15 g; about 10–12 almonds)

Option 2 — Hummus + Tahini + Crackers

- Hummus: about 3 tablespoons (50 g). Prepare from chickpeas soaked for 24 hours; discard soaking water, rinse well and cook thoroughly.
- Tahini: 1 teaspoon (5 g)
- Gluten-free/rice crackers: about 3–4 small crackers (20 g)
- Cucumber/carrot sticks: 1 cup

Option 3 — Termos

- Cooked termos (lupin beans): about $\frac{1}{4}$ – $\frac{1}{3}$ cup (50–60 g), rinsed well
- Cucumber/carrot sticks: 1 cup
- Lemon juice

Option 4 — Goat Labneh + Rice Cake

- Goat labneh: about 3 tablespoons (50 g)
- Plain rice cake (gluten-free): 1 piece
- Cucumber: $\frac{1}{2}$ –1 small cucumber

5 LUNCH / DINNER

Choose ONE complete meal.

Option 1 — Lean Kafta + Potatoes + Salad

- Lean kafta: 1 palm-sized portion (about 100 g cooked)
- Grilled/roasted potatoes: about 1 cup (180 g)
- Salad: about $1\frac{1}{2}$ cups (lettuce + cucumber + tomato)
- Olive oil: 2 teaspoons (10 g)

Option 2 — Salmon + Rice + Vegetables

- Grilled salmon: 1 palm-sized portion (about 100 g cooked)
- Cooked white rice: about $\frac{3}{4}$ –1 cup (160 g)

- Grilled carrots + zucchini + broccoli: about 1½ cups
- Olive oil: 1 teaspoon

Option 3 — Mdardara + Minced Beef

- Cooked mdardara: about 1 cup (180 g)
- Lean minced beef on the side: about ½ palm-sized portion (70 g cooked)
- Salad: about 1½ cups
- Olive oil: 1 teaspoon

Option 4 — Grilled Fish + Vegetables + Potatoes

- Grilled white fish: 1 palm-sized portion (about 120 g cooked)
- Grilled/boiled potatoes: about 1 cup (180 g)
- Grilled vegetables including broccoli, carrots and zucchini : about 2 cups
- Olive oil: 2 teaspoons (10 g)
- Lemon

Option 5 — Potato Soufflé + Salad

- Potato soufflé: 1½ large square serving, about 200 g
- Salad: about 1½ cups (lettuce + parsley + cucumber + tomato+ bell peppers)
- Olive oil: 1 teaspoon

Note: Prepare the soufflé without cow's milk (you can add almond milk instead), cream, butter or cheese. Use minimal onion and garlic because of bloating. Do not use kaak/bread crumbs on top because they contain wheat/gluten.

Option 6 — Mloukhiye Stew + Rice

- Cooked mloukhiye stew: about 1 cup (200 g)
- Cooked white rice: about ¾–1 cup (150 g)
- Lean beef pieces: about ½–¾ palm-sized portion (80 g cooked with mloukhiye)

Option 7 — Hummus + Lean Beef + Bell Pepper

- Hummus: about 2-3 tablespoons (80 g), prepared from properly soaked and cooked chickpeas.
- Tahini: 1 Teaspoon
- Lean beef pieces: about 1 palm-sized portion (90 g cooked)

- Bell pepper + cucumber + kale: about 1½ cups
- Whole-wheat tannour: about ⅓ medium tannour (40 g)
- Olive oil: 1 teaspoon

6 IRON SUPPLEMENT — IMPORTANT

Take the prescribed iron tablet on waking, EVERY OTHER DAY, with water. Follow the dose prescribed by your physician.

Keep tea and coffee at least 2 hours away from the iron tablet. Keep calcium supplements and calcium-rich foods such as goat labneh and calcium-fortified plant milk away from the iron dose when possible.

For beef/other iron-rich meals, avoid tea and coffee around the meal and include a vitamin-C-rich fruit or vegetable.

7 VITAMIN C-RICH FRUIT & VEGETABLES

Fruit options: orange, kiwi, strawberries, mandarin, grapefruit, lemon and lime.

Vegetable options: red/yellow bell pepper, broccoli, tomato, parsley, kale and other leafy greens.

Because of bloating, choose tolerated foods and build fiber gradually. During the first 4–6 weeks, limit large amounts of onion, garlic, apples and pears.

8 IMPORTANT WEEKLY & CLINICAL NOTES

- Fish: at least 3 times per week. Favor salmon, sardines and other fish/seafood.
- Lean beef/red meat: approximately 2–3 times per week to support iron/ferritin; choose lean cuts.
- Wheat: exclude regular wheat bread, pasta, white flour products and pastries. Whole-wheat tannour is the allowed exception.
- Lentils/chickpeas: soak for 24 hours, discard soaking water, rinse and cook well; start with small portions.
- Calcium goal: approximately 1,000 mg/day from sardines with bones, goat labneh, tahini, almonds, leafy greens and calcium-fortified plant milk.
- Fluids: 2.5–3 L/day. Use electrolytes on training days as already practiced.
- Rosacea: limit very spicy foods, very hot drinks and alcohol.