

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

You can have herbal tea, coffee (no cardamon) in the morning only, black or with rice milk.

Option1

- 3 plain rice cakes
- 60 g turkey— 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 or with spelt sourdough)
- 30 g avocado — about 2 tablespoons mashed or ¼ small avocado
- 1–2 cups Lettuce or bakle
- Lemon juice and herbs as desired

Option 3

- 20 g lactose-free whey (3/4 scoop)
- 150 g strawberries (1 cup)
- 10 g pecans (8 pieces)
- 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
- 15 g of Lactose-free whey isolate, about ½ scoop

Option 2

BABA GHANOUJ: 1 small Eggplant grilled with 1 Tablespoon of olive oil (No Tahini, no garlic)

Option 3

1 fruit + 10 g pecans (8 pieces)

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

LUNCH

Option 1

- Cooked spinach: 200 g (about 1½–2 cups)
- Lean minced beef: 150 g cooked (about 1½ palm-sized portion)
- Cooked basmati rice: 150 g (about ¾ cup)
- Olive oil: 2 tsp (10 g)
- Lemon juice, coriander and spices as tolerated

Option 2

- Lean beef: 150 g cooked, **or** Chicken breast: 150 g cooked (occasional only)
- Cooked Mloukhiye leaves: 200 g (about 1½–2 cups, depending on preparation)
- Cooked basmati rice: 150 g (about ¾ cup)
- Olive oil: 2 tsp (10 g)
- Coriander, lemon and tolerated spices

Note: Prepare without onion or garlic, and avoid regular chicken broth or stock containing restricted ingredients.

Option 3:

- Eggplants or bell pepper Mehshi – stuffed eggplants or bell pepper
3 medium stuffed eggplants or bell pepper (150 g of lean minced beef in the filling and ½ cup cooked rice with 2 tsp olive oil, you can include Tomato, lemon, spices.)

Preparation note: Prepare without onions or garlic

Option 5:

Totbika

- Cooked basmati rice: 150 g (about $\frac{3}{4}$ cup)
- Lean minced beef: 100 g cooked
- Cooked chicken: 30 g (a small topping)
- Olive oil or cooking fat: 1 tsp

Option 6:

- Rice-based pasta: 150 g cooked (approximately 1 cup)
- Lean minced beef: 150 g cooked
- Tomato passata: 100 g, without onion or garlic
- Carrot: 30 g, finely grated
- Olive oil: 2 teaspoons (10 g)
- Fresh parsley, oregano, and black pepper as tolerated

SNACK 2

Option 1

- 2 rice cakes
- 30 g mashed avocado
- about 2 teaspoons carob molasses

Option 2

- 1 cup of strawberries
- 1 kiwi
- 5 pecan pieces

DINNER

Option 1

- 1 palm-sized piece of grilled fish (150 g cooked)
- $\frac{3}{4}$ cup cooked white or basmati rice

- 2 cups grilled eggplants 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 eggplant — 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

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

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

Option 4

- 150 g grilled chicken – 1 palm-sized piece
- 220 g potato – 1 heaped cup
- 100 g eggplants – 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 5:

- Potato: 200 g cooked (about 1 large potato)

- Lean minced beef: 150 g cooked
- Olive oil: 2 tsp (10 g)
- Tomato: 50–75 g, optional
- Parsley, cumin, paprika and tolerated spices

Note: You can use rice based milk instead of regular milk

Option 6:

Sheikh Mehshi

- Small eggplants: 2-3 Small
- Lean minced beef: 150 g cooked
- Cooked basmati rice: 120–150 g (about $\frac{2}{3}$ – $\frac{3}{4}$ cup)
- Olive oil: 2 tsp (10 g)
- Tomato sauce: 100 g (about $\frac{1}{2}$ cup)
- Parsley, lemon and tolerated spices

Important food & preparation guidelines

FOODS TO AVOID

Dairy Products and Eggs

- Eggs (egg whites and yolks)
- Regular milk, yogurt and kefir
- Cream
- White cheeses, including halloumi, akkawi, labneh and feta

Grains, Legumes and Seeds

- Lentils, all kind of beans, chickpeas and green peas
- Broad beans (foul) and lupin (termos)
- Soybeans and soy milk
- Quinoa, amaranth and oats
- Rye-spelt bread and termos bread
- Almonds and almond milk
- Walnuts, pumpkin seeds and flaxseeds
- Sesame seeds and tahini

Vegetables

- Zucchini (kousa)
- Green beans
- White radish and horseradish
- Cauliflower
- Onion and garlic
- Mushrooms

Fruits

- Oranges and tangerines
- Papaya and watermelon
- Black currants and dates
- Apples, pears and mangoes
- Dried fruits
- Stone fruits, such as peaches, plums, apricots and nectarines

Seafood

- Black caviar
- Crab, lobster and shrimp

Other Foods and Products

- Chilli
 - Cardamom for now
 - Sugar-free products containing sugar alcohols, such as xylitol, sorbitol or mannitol
 - Cava creamer
 - Myoki peptide (remain paused as instructed)
 - Termos based bread, rye spelt bread
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- Avoid sugar alcohols such as xylitol, sorbitol and mannitol, including common 'sugar-free' products.
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- Protein choices: prioritize fish, turkey, lean red meat and other options included in the plan. Chicken should remain occasional.
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- Fats: use measured portions of olive oil, avocado, and pecans or macadamia 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.

Hydration And Electrolytes

- Plain water, must match your salt water. Add a potassium and magnesium electrolyte sachet, free of sugar alcohols, on loose-stool days.
- Potassium from food: banana, potato, tomato.

Label Rules For Packaged Foods

- Short ingredient list only. No nitrites (E249–E252), carrageenan (E407), added gums (E410, E412, E415), phosphates (E450) or sugar alcohols.
- "Spices" or "natural flavour" without a breakdown counts as unconfirmed for onion and garlic.
- Choose plain roasted turkey, not smoked or cured deli meat.
- Protein powder: plain, unflavoured, lactose-free whey isolate only, with no creamer, sugar, cocoa or sucralose.