nutrium

👤 kailash rathod

💼 Nutritionist

✉ kailash.rthd45@gmail.com

📞 +91 80 808 19 292

📍 Online Practice

CLIENT INFORMATION

Example client
e2033032@patients.nutrium.com

AGE 45 years
BMI 25.1 kg/m2

HEIGHT 167.0 cm
WEIGHT 70.0 kg

MEALS

07:00 AM **BREAKFAST**
- 1 large whole egg, omelet [61 g]
- Slices of mushrooms, white, raw [70 g]
- 1 cup chopped of red peppers, sauteed [106 g]
- 1 portion of keto Vanilla Ice Cream [37 g]

10:00 AM **MORNING SNACK**
- 1 oz [22 whole kernels] of nuts, almonds, dry roasted, with salt added [28 g]

12:00 PM **LUNCH**

APPETIZER
- Avocados [136 g]
- 1 whole egg, poached [50 g]

DISH
- Chicken breast, skinless cooked, grilled [85 g]
- 1 tbsp of caesar dressing [15 g]
- 1 tbsp of cheese, parmesan [5 g]
- 1 teaspoon of oil, olive [3 g]
- 1 unit of bacon rashers, back, grilled [25 g]

BEVERAGE
- 1 glass of water

04:00 PM **AFTERNOON SNACK**
- 1 portion of brazil nuts, kernel only [10 g]

07:00 PM **DINNER**

APPETIZER
- 1 small portion of soup, vegetable, homemade [150 g]

DISH
- Salmon, Atlantic, wild, cooked, dry heat [85 g]
- Lemon juice
- Asparagus, boiled in unsalted water [25 g]

DESSERT
- 1 average pot of yogurt, Greek style, plain [125 g]

BEVERAGE

- 1 glass of water

RECOMMENDATIONS

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 and Red meat (beef; pork; lamb)

WATER INTAKE BETWEEN MEALS

Between 1.5 and 2 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 03/18/2024   **HOUR** 09:08 PM

NEXT APPOINTMENT 03/19/2024   **HOUR** 09:00 AM

_____

(kailash rathod)

KETO VANILLA ICE CREAM
by Dua'a

🥧 10 portions

INGREDIENTS

- 1 cup of nuts, coconut cream, raw [liquid expressed from grated meat] [240 g]
- 1 cup, whipped of cream, fluid, heavy whipping [120 g]
- 1 package of sweetener, herbal extract powder from Stevia leaf [1 g]
- 1 tsp of vanilla extract [4 g]

COOKING METHOD

1º Make whipped coconut: Spoon coconut cream into a large bowl. use a hand mixer to beat coconut cream until very creamy. Set aside. Make whipped cream: In a separate large bowl using a hand mixer [or in a bowl of a stand mixer], beat heavy cream until soft peaks form. Beat in sweetener and vanilla. Fold whipped coconut into whipped cream, then transfer mixture into a loaf pan. Freeze until solid, about 5 hours.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [37 g]	% DRI
ENERGY	332 kcal	121 kcal	5 %
FAT	35 g	13 g	17 %
FATTY ACIDS, TOTAL SATURATED	28 g	10 g	—
CHOLESTEROL	37 mg	14 mg	—
SODIUM	12 mg	4 mg	—
CARBOHYDRATE	6 g	2 g	1 %
SUGARS	1 g	0 g	—
FIBER	1 g	1 g	2 %
PROTEIN	3 g	1 g	1 %