

		AESTHETIC LAB		PROFILE		Styku scan results			
				Full Name	Nicholas Moschopoulos	Body Fat %	22.1%		
				Age	30	Fat Mass	40.8 lbs		
				Gender	male	Fat-Free Mass	144.2 lbs		
				Height & Weight	5 ft 10 in & 185.0 lbs	BMR	1896 Calories/day		
						Fitness goal			
						Caloric expenditure	2843		
						Total calories per day	2275		
						Caloric deficit	568		

MEAL SUMMARY											
2275 KCAL											
BREAKFAST: choose 1 carb option + 1 protein source + fat and your favorite beverage											
Carb options (mix the ingredients for a oatmeal bowl)	Complex carb (Choose one)		(+)	Liquids (Choose one)		(+)	Beverages (no sugar)				
	1cup raw oats/oatmeal	1 - 1/2 slice whole grain bread		300ml almond milk sugar free			Black coffee	Tea (black, green)			
	2 slices sourdough bread	1 whole wheat bagel					Almond latte (sugar free)				
	Fruits (choose one)		(+)	Fats			Dairy				
	1cup berries	1cup melon		3tbsp nuts (almonds, walnuts)	1/4avocado		4oz. greek yogurt				
	1green apple	1kiwi		1tbsp olive oil	2tbsp nut butter						
**You can also use cinnamon powder, ginger powder, matcha powder, raw cacao powder as antioxidant sources.											
Protein choices (choose 1 serving)	Protein source: 1 scoop isolate protein powder										
	4eggs: 2 whole eggs,2whites										
Complete breakfast examples	4slices turkey deli meat										
	1. Smoothie: 1cup berries, 1cup oatmeal, 1tsp cinnamon powder, 300ml almond milk, 1 scoop protein powder			2. Egg omelette: 4eggs, 1/2cup spinach, tomato, oregano, black pepper, 1/4 avocado on 1whole wheat bagel , 1 cup berries. A cup of coffee or tea		3: Oatmeal bowl: 1cup raw oatmeal, 250 ml almond milk, 2tbsp almonds, 1cup berries and 1 scoop protein powder.	4. Sandwich: 1/4 avocado, 3 turkey deli meat, 1whole egg, lettuce, tomato, oregano, 1 1/2 slice whole grain bread. 1 kiwi.		5. Scrambled eggs, 1/4 avocado, 1/4cup sautéed spinachs, wholewheat bagel, 1cup melon		
	6. Sandwich: 2 slices deli meat, 2 scrambled eggs, 1/2 cup sautéed spinach (made with 1tbsp olive oil), 1 1/2 slices whole grain bread. 1 cup frozen blueberries.										
	1/4 cup almonds with 10 strawberries										
	protein shake with 1cup frozen blueberries and 250ml almond milk										
	Protein bites										
SNACK (choose one)	1tbsp peanut or almond butter on 1 rice toast										
				Carbs Option (choose just on per meal)		Veggies (raw, steamed, stir-fried, air-fried)	Legumes (one per meal as protein with carb source)				
				2/3cup = 127gr Whole wheat pasta, cooked		All (try to avoid beets)					
	4on. roasted chicken, 2/3cup pasta al dente, 1 tbsp olive oil and mixed green salad (lettuce, onion, tomato)			2/3 = 127 gr cup brown rice (without oil and salt)		2cups cooked: Broccoli, asparragus, green beans. snap peas, romaine lettuce, onion, bell pepper, kale, Brussels sprouts, cucumber	1/4cup cooked: Beans, lentils, chickpeas				
	2 Whole wheat tortilla (medium size)						1cup Portobello	2 tbsp olive oil	4ounces cod/snapper fish		
	4on. cod fish, 2 cups green beans and 1cup mushrooms, 2/3 cup brown rice.			1cup cooked Sweet/white potatoes			1cup shiitake mushrooms	2tbsp coconut oil	4on. or 127gr. chicken and turkey breast		
(Choose one)	Wrap: 4on. Chicken breast, 2cups: bell pepper, lettuce, onion, tomato and 2 (mid) whole wheat tortilla						1cup morel	1/4 avocado	4oz. canned in water Tuna		
	Tuna wrap: 4on. 2cups: tuna, lettuce, tomato, lime, 1tbsp olive oil and 2 whole grain tortilla.										
	4.on. Turkey breast, 2cups: broccoli, mixed green salad (lettuce, tomato, onion) with vinaigrette and 1cup sweet potato										
	3 slices turkey deli meat and low fat cheese										
	120grs mixed nuts										
	16 pistachios										
SNACK (choose one)	20 almonds and 1clementine										
	2tbsp peanut butter and 1 rice toast										
				CARBS OPTION		Veggies		Mushrooms	Fats	Dressings	Protein sources

DINNER EXAMPLES (choose one)	Son. steamed or grill fish, lime juice, 1cup mixed green salad and 1 cup green beans. With 1small baked potato	1/2cup cooked Whole wheat pasta	All (sprouts either)	1cup Portobello	2 tbsp olive oil	1tbsp mustard	Son. Salmon	
	Son. roasted chicken, 1cup asparagus, 1 cup mushrooms and mixed green salad with 1tbs. olive oil and 1/2cup cooked brown rice	1/2cup cooked brown or white Rice	2cups: Broccoli, green beans, asparagus, snap peas, onion, romaine lettuce, bell pepper, kale	1cup shiitake mushrooms	2tbsp coconut oil	2tbsp apple vinegar	Sounces trout	
	3oz. or 1/2 cup or 1 small sweet or white potato			1cup morel	1/4 avocado		Vinaigrette: lime juice, 1tsp mustard, 2tbsp olive oil, little salt. Mixed it.	Son. chicken or turkey breast
	2 slices Whole wheat tortilla							Son.. canned in water Tuna
	Son. turkey breast, 1/4 Avocado salad, onion, lettuce, lime juice and 1/2 cup steamed potato					1 tsp chopped garlic		
	Son. Salmon, 1cup broccoli and 1cup mixed green salad (tomato, lettuce, lime juice) with 1/2cup brown rice							
	Son.lean meat, 1cup asparagus, 1 cup mushrooms, with 1tbsp olive oil with 1/2cup pasta							
	Son. baked salmon, 1 cup roasted Brussels sprouts, 1cup lettuce and vinaigrette and 2slices whole wheat tortilla							

Cooking tips:	Steamed vegetables or raw. Grilled or steamed chicken, turkey and fish. You can use no sugar and low fat dressings. Eat the fruits (low sugar) with the skin, no fruit juices (they don't have fibre and are high concentrated in sugar), no sodas. You can have air-fried potaoes (watch your recommended serving)
Consider this:	Drink a lot of water during your days (1gl - 128oz), you can also: green tea, coffee (do not exceed 3 cups/day) and any beverages without sugar.
During social events	Alcohol: choose tequila or vodka on the rocks or with seltzer water and lime (max. 2 glasses)
Cheat meal	Enjoy your favorite fast food once each 15 days. Is just 1 meal, no a cheat day. Then, get back in track!