

AESTHETIC LAB

PROFILE

Full Name

Age

Gender

Height & Weight

Nicholas Moschopoulos

30

male

5 ft 10 in & 185.0 lbs

Styku scan results

Body Fat %

Fat Mass

Fat-Free Mass

BMR

22.1%

40.8 lbs

144.2 lbs

1896 Calories/day

Fitness goal

Caloric expenditure

Total calories per day

Caloric deficit

2843

2275

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)

1cup raw oats/oatmeal

2 slices sourdough bread

Fruits (choose one)

1 - 1/2 slice whole grain bread

1 whole wheat bagel

1cup berries

1green apple

1cup melon

1kiwi

(+)

300ml almond milk sugar free

3tbsp nuts (almonds, walnuts)

1tbsp olive oil

(+)

1/4avocado

2tbsp nut butter

Bevarages (no sugar)

Black coffee

Almond latte (sugar free)

Dairy

4oz. greek yogurt

Protein choices (choose 1 serving)

Protein source: 1 scoop isolate protein powder

4eggs: 2 whole eggs, 2whites

4slices turkey deli meat

Complete breakfast examples

1. Smoothie: 1cup berries, 1cup oatmeal, 1tsp cinamon 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

SNACK (choose one)

1/4 cup almonds with 10 strawberries

protein shake with 1cup frozen blueberries and 250ml almond milk

Protein bites

1tbsp peanut or almond butter on 1 rice toast

(Choose one)

Carbs Option (choose just on per meal)

2/3cup = 127gr Whole wheat pasta, cooked

2/3 = 127 gr cup brown rice (without oil and salt)

2 Whole wheat tortilla (medium size)

1cup cooked Sweet/white potatoes

Veggies (raw, steamed, stir-fried, air-fried)

All (try to avoid beets)

2cups cooked: Broccoli, asparragus, green beans. snap peas, romaine lettuce, onion, bell pepper, kale, Brussels sprouts, cucumber

Legumes (one per meal as protein with carb source)

1/4cup cooked: Beans, lentils, chickpeas

Mushrooms

1cup Portobello

1cup shiitake mushrooms

1cup morel

Fats

2 tbsp olive oil

2tbsp coconut oil

1/4 avocado

Protein sources

4ounces cod/snapper fish

4on. or 127gr. chicken and turkey breast

4oz. canned in water Tuna

SNACK (choose one)

3 slices turkey deli meat and low fat cheese

120grs mixed nuts

16 pistachios

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, 1/2cup 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
		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	Sources trout
	Son. roasted chicken, 1cup asparagus, 1 cup mushrooms and mixed green salad with 1tbs. olive oil and 1/2cup cooked brown rice	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
	Son. turkey breast, 1/4 Avocado salad, onion, lettuce, lime juice and 1/2 cup steamed potato	2 slices Whole wheat tortilla					1 tsp chopped garlic	Son.. canned in water Tuna
	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 potatoes (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!							