



MEAL PLAN QUESTIONNAIRE

BROUGHT
TO YOU BY



NAME **Mortaza Lutfy**

SPORT **Soccer/Futbol**

TELL US ABOUT YOURSELF (AGE, WEIGHT, HEIGHT)

**23; 158 lbs;
5' 9"**

DO YOU HAVE ANY FOOD ALLERGIES? IF SO, PLEASE LIST.

**No pork/ham/
pig products**

DO YOU HAVE ANY FOOD PREFERENCES? IF SO, PLEASE LIST.

**No pork/ham/
pig products**

HOW WOULD YOU DESCRIBE YOUR CURRENT DIET?

Standard

WHAT DOES A HEALTHY DIET LOOK LIKE TO YOU?

**All nutrients +
high protein**

WHAT DO YOU TYPICALLY EAT FOR BREAKFAST?

**Eggs, fruits,
etc.**

ARE YOU ON ANY MEDICATIONS?

No

ARE THERE ANY RESTRICTIONS TO YOUR CURRENT DIET? VEGAN, KOSHER ETC..

No pork

TELL US A LITTLE BIT ABOUT YOUR CURRENT TRAINING SCHEDULE.
(DAYS/HOURS/WHAT IT CONSISTS OF)

**Training 6 days a week with two a days
often and eating 3-4 meals per day**