



Faisal Al Mutawaa

Nutrition and Gastronomy Expert

Kuwaiti - Kuwait

[Read More](#)

Who is Faisal Al Mutawaa

Faisal Al Mutawaa is a Kuwaiti nutrition and gastronomy expert specializing in creating innovative and healthy meals. He focuses on helping individuals, particularly athletes and those on dietary plans, achieve their health and fitness goals through specialized content on social media. Faisal combines his scientific knowledge of nutrition with a passion for the culinary arts, which is evident in the recipes he shares—characterized by being high in protein, low in calories, and easy to prepare. Through his YouTube, Instagram, and TikTok channels, Faisal Al Mutawaa offers a vast library of healthy recipes suitable for various objectives, such as weight loss, muscle building, or maintaining a healthy lifestyle. His creations range from main courses and desserts to snacks, all emphasizing the use of wholesome ingredients and inventive substitutes for traditional components. This approach has allowed him to build a strong community of followers who trust his expertise and use his recipes in their daily lives.

Achievements of Faisal Al Mutawaa

Faisal Al Mutawaa has successfully built an influential presence on social media, becoming a trusted reference for healthy nutrition and practical recipes in Kuwait and the Gulf region. He provides a rich digital library of innovative recipes that serves a broad audience interested in health and fitness, from beginners to professional athletes. His academic specialization from the prestigious Le Cordon Bleu in London is a notable achievement, allowing him to merge the fine art of cooking with modern nutritional science. This unique combination enables him to create healthy meals without sacrificing flavor, helping his followers adhere to their dietary plans with ease and enjoyment.

[Read More](#)