



Liliane Zaher

Clinical Nutrition Specialist & Expert in Kuwait

Lebanese - Kuwait

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Who is Liliane Zaher

Liliane Zaher is one of Kuwait's leading clinical nutrition specialists, with over 18 years of experience in hospitals and specialized clinics. Throughout her career, she has helped thousands of individuals and families improve their health and achieve their nutritional goals. Liliane holds a Bachelor of Science in Nutrition and Food Science from the American University of Beirut (AUB), and is a licensed nutritionist renowned for delivering evidence-based consultations. She is the founder of lilianezaher.com, a specialized platform offering professional, trusted clinical nutrition services and certified health and lifestyle programs in Kuwait. Liliane's approach is rooted in science, focusing on personalized nutrition plans tailored to each client's health conditions, lifestyle, food preferences, and long-term goals. Her comprehensive services include weight management (loss or gain), digestive health, metabolic optimization, gut health support, and holistic wellness planning. Clients receive custom meal plans, recipe books, and fitness guides—all grounded in the latest scientific research. Liliane believes nutrition is not about deprivation, but a balanced lifestyle that delivers real results while enjoying the foods you love. Beyond her clinical practice, Liliane Zaher is a writer and recipe creator, authoring several e-books including: *The Recipe Book - Live Healthy*, *Ramadan E-Recipe Book*, and *Tawazon*, all designed to teach the principles of healthy eating and provide flavorful, balanced recipes. She also shares educational content on social media, covering nutrition facts, diet tips, health guidance, recipes, and lifestyle improvement programs. With her blend of scientific expertise, extensive clinical experience, and passion for cooking and education, Liliane Zaher is recognized as one of the most trusted names in healthy nutrition in Kuwait and the region.

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