



Lubna Shannis

Clinical Nutrition Specialist & Expert

Jordanian - Jordan

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Who is Lubna Shannis

Lubna Shannis is recognized as one of Jordan's leading clinical nutrition specialists, renowned for her expertise in designing comprehensive nutrition programs that bridge scientific knowledge with practical application. She holds a Bachelor's degree in Nutrition and Food Technology from Jordan University of Science and Technology, one of the region's most prestigious academic institutions. Lubna founded her own practice, the "Dietitian Lubna Shannis Center" in Amman, establishing a dedicated platform for evidence-based nutrition consultations that empower individuals to achieve their health goals safely and effectively. With over nine years of professional experience, Lubna Shannis focuses on clinical nutrition and weight management, with specialized expertise in keto programs (Keto Master) and tailored nutrition plans for women. Her holistic approach addresses the role of nutrition in obesity treatment, metabolic enhancement, and overall wellness across all age groups and health conditions. Lubna delivers personalized nutrition plans designed to meet each individual's unique needs, emphasizing sustainable balance over deprivation—helping many achieve tangible results in weight loss and improved quality of life. Through her dynamic presence on social media, especially TikTok and Instagram, Lubna Shannis has built a wide-reaching audience and is known as "Ask the Dietitian Lubna." She shares practical advice and easy-to-understand insights on vitamins, minerals, and healthy alternatives, contributing to greater community health awareness. Lubna has also appeared on prominent TV programs such as "New Day" on Jordan TV, highlighting the importance of proper nutrition in disease prevention. Her work blends professional passion with hands-on expertise, cementing her reputation as a qualified nutritionist who inspires her audience towards a healthier, balanced lifestyle.

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