



## Mostafa Sapra (Chef Healthy)

Certified Nutritionist and Content Creator

Egyptian - Saudi Arabia

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## Who is Mostafa Sapra (Chef Healthy)

Mostafa Sapra is an Egyptian nutrition consultant and health-focused content creator known for his brand, "Chef Healthy." He specializes in providing online nutrition consultations and designing personalized diet plans to help clients achieve their health goals, whether it's weight loss, muscle gain, or adopting a healthier lifestyle. He develops and shares healthy, calorie-counted recipes across his social media platforms, particularly Instagram, YouTube, and TikTok, where he offers practical and simplified advice on proper nutrition. His approach is centered on making healthy eating enjoyable and accessible, avoiding restrictive diets. Through his YouTube channel, "شيف صبره Healthy day," he presents a variety of content, sometimes collaborating with his brother, Chef Ahmed Sapra. Based on his professional contact information, he appears to primarily serve a clientele in Saudi Arabia and the broader Middle East, offering personalized follow-up and support via WhatsApp to ensure his clients achieve their desired outcomes.

## Achievements of Mostafa Sapra (Chef Healthy)

Mostafa Sapra successfully established the "Chef Healthy" personal brand, which has become a recognized name in the online healthy nutrition space within the Arab world. Through his platforms, he has built a community that follows him for practical advice and recipes to improve their dietary lifestyles. He is a Certified Nutritionist through the International Sports Sciences Association (ISSA), a globally recognized credential that validates his expertise in therapeutic and sports nutrition. This certification underpins his credibility as an expert in his field. Sapra runs successful online coaching and personal follow-up programs, having helped numerous clients in Egypt and Saudi Arabia reach their health goals. He utilizes direct communication channels like WhatsApp to provide continuous support, reflecting his commitment to his clients' success.

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