



Tareq Aljeeran

Kuwaiti Nutrition Specialist

Kuwaiti - Kuwait

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Who is Tareq Aljeeran

Tareq Aljeeran is a Kuwaiti Nutrition Specialist dedicated to advancing healthy eating principles and developing balanced nutrition programs. He excels in crafting personalized meal plans tailored to individual needs, leveraging scientific foundations and the latest nutritional knowledge. His approach emphasizes structured dietary systems that promote overall well-being, reflecting a commitment to delivering effective, balanced nutrition models that support healthy lifestyles. Tareq Aljeeran provides exceptional, personalized nutrition consultations at a specialized nutrition center, focusing on weight management and helping clients achieve their health goals through balanced dietary strategies. He bases his work on thorough case analysis and realistic goal-setting, staying up to date with the latest advancements in clinical nutrition and weight loss programs. He continuously reviews and adapts plans to ensure optimal results, integrating cutting-edge techniques and scientific guidelines to enhance the quality of his consultations. Beyond his consulting practice, Tareq Aljeeran is passionate about nutrition awareness, actively developing educational content across social media platforms such as Instagram, TikTok, YouTube, and X (formerly Twitter). He shares a variety of content aimed at simplifying nutrition concepts, including practical tips, healthy recipes, and educational videos, inspiring his audience to adopt healthier eating habits. He also engages directly with his followers, responding to their nutrition inquiries and further enriching the value of his content.

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