Vitae Mosaic Prescription

Name Kim Davis

Date 18/4/24

Practitioner Lisa Hayne

Diet and Nutrition Plan

Water intake - I'd really like you to try and hit at least 1.2L most days. This is really going to help with your energy levels and hydration

Protein intake - let's work on hitting 60-70g consistently every day, split between your 3 meals each day.
> Breakfast - overnight oats, porridge, chia puddings, baked beans, eggs on toast, savoury muffins (can be frozen)
> Lunch - pre-packed salad and BBQ chicken, adding feta or nuts to a salad

Aiming for 1/2 plate of veg/salad every day, can be split between lunch and dinner
Pasta swap - try the lentil or pulse pastas as a higher protein/fibre, low cal option. They're in the pasta aisle

Lifestyle Plan

Transit time test - mix 1 tsp of sesame seeds in a small glass of water, drink immediately. Then keep watch for when you see it in your stool in the toilet. Let me know how many hours from start to finish.

Chewing your food thoroughly - aiming for 20 chews per mouthful so your food is well and truly broken down before it hits your stomach.

Easy Diet Diary

Prescribed Supplements

B12 - 1 capsule daily

Prime Essentials - 1 capsule daily, with food (finish off your BN Caps first then swap over)

Testing and Pathology

Jump online and create an account with Instant Scripts - request the "Womens Fertility" pathology bundle. Untick the box for AMH (they charge extra for this). Have done on day 2 of your cycle (or day 3-4 is ok as well) for the most accurate look at your hormones. Have done fasted, rested and hydrated, first thing in the morning.

Additional Comments and Follow-up

Have a look at my Metabolic Balance program. It would be a really good fit for your goals, and will give you a personalised nutrition plan based on your current health history, goals and blood tests.

Practitioner contact details

Name: Lisa Hayne Phone: 0439 447 556 Email: admin@herbandspice.net.au