

Analysis for the Coach

Client Information George Costopoulos

Analysis created: 23/08/2024		Client-ID-No.: 1945602	
Title:	Mr		
First Name:	George		
Last Name:	Costopoulos		
Gender:	male		
Address:	unit 9, 8 Booth Place, Balcatta		
Town / State / Postcode	AUS-6021 WA		
e-mail:	george@davenportre.com		
Phone:	08 92406400		
Profession:			

Date of Birth (DOB):	27/02/1954	Height:	172 cm
Starting Weight:	108 kg	Navel:	123 cm
Target Weight:	80 kg	Hips:	121 cm
BMI (Body Mass Index)	37	Upper Thigh:	68 cm

Remarks:	-
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Personal information regarding your individual health and nutrition profile

Eating Habits	Seafood: none
Dislikes	-
Medication	Cholesterol lowering medication / Statins
Illnesses / Allergies	Depression, Rheumatoid arthritis, Reflux / GERD, Sleep disturbances / Insomnia, Eczema

Analysis for the Coach

Meal Plan

Client: George Costopoulos

Breakfast 220 ml Milk Products, 60 g Starch, Fruit	Breakfast 105 g Poultry, 105 g Vegetable, Fruit, Bread	Breakfast 220 g Yogurt, Fruit
Lunch 95 g Pulses, 150 g Vegetable, Fruit, Bread	Lunch 150 g Meat, 150 g Vegetable, Fruit, Bread	Lunch 150 g Fish, 150 g Salad, Fruit, Bread
Dinner 160 g Fish, 160 g Vegetable, Bread	Dinner 115 g Cheese, 160 g Vegetable, Bread	Dinner 2 Eggs, 160 g Vegetable, Bread

Water: 3 ¾ litres per day	Bread 0 - 5 slices per day
Fruits: 2 kinds per day	Eggs: 1 - 2 piece(s) per week

Nutritional Analysis

- Due to your client's waist circumference, there is a possibility of a impaired glucose tolerance/metabolic syndrome.
- The lab. results suggest your client has a reduced red blood cell count. Please advise your client to further investigate this with their doctor.

Analysis for the Coach

Personal Food Lists

Client: George Costopoulos

Personal Food List - Phase 2

Fish	Barramundi, Basa, Blue-eyed trevalla, Flounder, Flounder, Gemfish, Hake, Herring, John Dory, King George Whiting, Orange roughy, Salmon, Trout
Milk Products	Goat Milk
Yogurt	Goat Milk Yogurt, Sheep Yogurt
Meat	Beef Loin, Goat, Kangaroo, Lamb Fillet, Mutton, Pork Loin, Roast Beef, Veal, Venison
Poultry	Chicken Breast, Pheasant
Cheese	Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
Pulses	Black (Beluga) Lentils, Black Eyed Beans, Borlotti Beans, Chickpeas, Kidney Beans, Mung Beans, Red Lentils, White Beans (Cannellini; Butter; Haricot; Navy), Yellow Lentils
Eggs	Eat a minimum of 1 eggs and a maximum of 2 eggs per week.

Vegetable	Avocado, Bok Choy, Broccoli, Carrots, Cauliflower, Celeriac, Chicory (Belgium Endive), Daikon/ White Radish, Eggplant, Fennel bulb, Green Beans, Green Cabbage, Horseradish, Kohlrabi (Cabbage Turnip), Leek, Okra, Pepperoncinis, Porcini mushrooms, Pumpkin, Radish, Savoy Cabbage, Silverbeet, Spinach, Swede, Turnip, Watercress, White & brown mushrooms, Zucchini
Salad	Frisee, Iceberg Lettuce, Lollo Rosso Lettuce, Mache Rosettes, Red Oak Leaf Lettuce, Rocket, Romaine Lettuce
Starch	Porridge Oats, Rye flakes
Bread	Crispy Rye Bread, Wholegrain Rye Bread
Fruit	Apple (1), Mango (170 g), Papaya (180 g)

Additional Information about the Nutrition Plan

Water	We recommend that you drink 3 ¾ litres of water, which has been calculated individually for you. This supports the excretion of break-down products and thereby speeds up metabolic adjustment.
Eggs	Eat a minimum of 1 eggs and a maximum of 2 eggs per week. You can prepare the eggs to your liking, for example, scrambled, fried, omelet, boiled or poached.

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Mandelade	You may also exchange one of your breakfast choices for the delicious Mandelade. Mandelade stems from two German words, where Mandel = Almonds and Mandelade = Almond mix. This breakfast can be enjoyed even if you do not have seeds or nuts on your plan. Mandelade is easy to prepare. Take 40 g of almonds and 30 g of sunflower seeds. Soak the almonds and seeds overnight. The following morning chop or puree. Mix in with one chopped or grated apple and flavour the Mandelade with cinnamon or mint. Enjoy!
Vegetables	We suggest that you enjoy your vegetables al dente (firm to the bite) or raw (depending on the kind of vegetable you are using). You may also use additive-free frozen vegetables. You are welcome to combine different vegetables and even swap vegetables for salad depending on your personal preference and the seasonal availability.
Herbs and Spices	Use fresh or pure dried herbs, fresh garlic, chilli, ginger, black pepper, turmeric, cinnamon, mustard and pure curry powders in moderate quantities to flavour your meals. Use one tablespoon of pure apple cider vinegar or balsamic vinegar for salad dressing, but no oil.
Bread	Do not to exceed your limit of 5 serves of rye bread per day. A serve of whole-grain sourdough rye bread (25 g) equates nutritionally to a serve of rye crispbread (10 g). Do ensure you choose 100% rye flour bread. If you like, you can alternate both types of bread. Bread is however optional and you do not need to eat bread if you don't want to.
Fruits	Eat a medium-sized, tart apple every day. In addition to your apple, you may eat one additional fruit daily from your fruit list where fruit is indicated on your meal plan. Only one type and serving of fruit may be eaten per meal and fruit should be enjoyed within your meal hour. If possible, please choose older varieties of apples such as Granny Smith, Jonathan or Gold/Red Delicious. If the fruits in your personal food list are currently not available fresh, you can buy them frozen. Do not use canned fruit!
Coffee and Tea	You may treat yourself to up to three normal-sized cups of coffee and / or up to three cups of black, green, white or rooibos tea daily. Please drink tea or coffee only at mealtimes and avoid adding any milk, sugar or artificial sweeteners. We do not recommend drinking flavoured teas or coffees.
Alcohol, Soft Drinks and Fruit Juices	In the Strict Adjustment Phase: alcohol, soft drinks, and fruit juices are not allowed.
Vitamins	Please be aware that your body may have increased nutrient requirements during it's nutritional adjustment. Since vitamins are lost during cooking, it is useful not to cook all of your fruits and vegetables. If possible, eat some fruit and vegetables raw or lightly steamed. Please consult with your coach as to whether a multivitamin and / or mineral supplement is advisable for you.

Analysis for the Coach

Personal recommendation for the client based on his / her profile

- ▶ We recommend you take a good acid-alkaline-balance support during the first 14 days. Please discuss with your practitioner the best option for you.





































Extended personal food list: Phase 3

Fish	Eel
Milk Products	Soy Milk (unsweetened)
Meat	Beef, Beef Brisket/Point End of Beef, Ground Beef, Minced Lamb, Pork Chop, Rabbit, Venison
Sprouts	Alfalfa Sprouts, Chickpea Sprouts, Soy Sprouts From now on you have sprouts on your food list. In your plan they count as vegetables. Please do not eat sprouts raw; but instead blanch them briefly in boiling water before consuming.
Vegetable	Beetroot, Large Mushrooms, Mustard Sprouts, Parsnip, Pickled gherkins (sugar free), Rhubarb, Snow Peas
Salad	Cucumber
Fruit	Longan (90 g)
Fats / Oils	Ghee (for hot vegetables), Native Coconut Oil (for frying)

Analysis for the Coach

Collected blood values

Client: George Costopoulos

Blood Results	Value	Unit	min.	Indicator	max.
Haemoglobin	138.00	g/L	130.00		180.00
RBC	4.41	10 ¹² /l	5.50		6.50
Haematocrit (PCV)	0.42	Ratio	0.40		0.55
MCV	95.00	fl	80.00		99.00
MCH	31.30	pg	27.00		32.00
White Cell Count	5.80	10 ⁹ /l	2.50		18.00
Neutrophils %	3.90	10 ⁹ /l	1.50		9.00
Lymphocytes %	1.00	10 ⁹ /l	1.00		6.50
Monocytes %	0.70	10 ⁹ /l	0.02		3.00
Eosinophils %	0.20	10 ⁹ /l	0.00		2.00
Platelets	165.00	10 ⁹ /l	70.00		700.00
Sodium	139.00	mmol/l	136.00		146.00
Potassium	4.70	mmol/l	3.50		5.20
Urea	6.90	mmol/l	2.50		8.00
Creatinine	101.00	μmol/l	40.00		85.00
Urate	0.37	mmol/l	0.20		0.45
Glucose	5.30	mmol/l	3.00		5.40
Calcium	2.22	mmol/l	2.10		2.55
Total Protein	75.00	g/L	60.00		82.00
Alk. Phos	98.00	U/l	30.00		120.00
Bilirubin	16.00	μmol/l	2.50		25.00
GGTP	116.00	U/l	0.00		50.00
AST	29.00	U/l	0.00		41.00
ALT	42.00	U/l	0.00		41.00
LD	212.00	U/l	50.00		280.00
Total Cholesterol	3.80	mmol/l	1.40		5.00
HDL Cholesterol	1.70	mmol/l	1.00		2.50
LDL Cholesterol	1.60	mmol/l	0.00		2.50
Triglycerides	1.00	mmol/l	0.00		1.50
Creatine Kinase	171.00	U/l	0.00		161.00
Iron	10.00	μmol/l	10.00		27.00
Amylase	78.00	U/l	0.00		111.00
C-Reactive Protein	5.81	mg/l	0.00		3.00
TSH	1.56	mIU/l	0.50		5.00
Lipase	32.00	IU/l	0.00		300.00
LDL/HDL Ratio	0.94	kA	0.35		4.00

Shopping Helper Phase 2 for George Costopoulos

Breakfast 220 ml Milk Products, 60 g Starch, Fruit	Breakfast 105 g Poultry, 105 g Vegetable, Fruit, Bread	Breakfast 220 g Yogurt, Fruit
Lunch 95 g Pulses, 150 g Vegetable, Fruit, Bread	Lunch 150 g Meat, 150 g Vegetable, Fruit, Bread	Lunch 150 g Fish, 150 g Salad, Fruit, Bread
Dinner 160 g Fish, 160 g Vegetable, Bread	Dinner 115 g Cheese, 160 g Vegetable, Bread	Dinner 2 Eggs, 160 g Vegetable, Bread

Fish	Barramundi, Basa, Blue-eyed trevalla, Flounder, Flounder, Gemfish, Hake, Herring, John Dory, King George Whiting, Orange roughy, Salmon, Trout
Milk Products	Goat Milk
Yogurt	Goat Milk Yogurt, Sheep Yogurt
Meat	Beef Loin, Goat, Kangaroo, Lamb Fillet, Mutton, Pork Loin, Roast Beef, Veal, Venison
Poultry	Chicken Breast, Pheasant
Cheese	Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
Pulses	Black (Beluga) Lentils, Black Eyed Beans, Borlotti Beans, Chickpeas, Kidney Beans, Mung Beans, Red Lentils, White Beans (Cannellini; Butter; Haricot; Navy), Yellow Lentils
Eggs	Eat a minimum of 1 eggs and a maximum of 2 eggs per week.
Vegetable	Avocado, Bok Choy, Broccoli, Carrots, Cauliflower, Celeriac, Chicory (Belgium Endive), Daikon/ White Radish, Eggplant, Fennel bulb, Green Beans, Green Cabbage, Horseradish, Kohlrabi (Cabbage Turnip), Leek, Okra, Pepperoncinis, Porcini mushrooms, Pumpkin, Radish, Savoy Cabbage, Silverbeet, Spinach, Swede, Turnip, Watercress, White & brown mushrooms, Zucchini
Salad	Frisee, Iceberg Lettuce, Lollo Rosso Lettuce, Mache Rosettes, Red Oak Leaf Lettuce, Rocket, Romaine Lettuce
Starch	Porridge Oats, Rye flakes
Bread	Crispy Rye Bread, Wholegrain Rye Bread
Fruit	Apple (1), Mango (170 g), Papaya (180 g)

Shopping Helper Phase 3 for George Costopoulos

Breakfast	Breakfast	Breakfast
220 ml Milk Products, 60 g Starch, Fruit	105 g Poultry, 105 g Vegetable, Fruit, Bread	220 g Yogurt, Fruit
Lunch	Lunch	Lunch
95 g Pulses, 150 g Vegetable, Fruit, Bread	150 g Meat, 150 g Vegetable, Fruit, Bread	150 g Fish, 150 g Salad, Fruit, Bread
Dinner	Dinner	Dinner
160 g Fish, 160 g Vegetable, Bread	115 g Cheese, 160 g Vegetable, Bread	2 Eggs, 160 g Vegetable, Bread

Fish	Barramundi, Basa, Blue-eyed trevalla, Eel, Flounder, Flounder, Gemfish, Hake, Herring, John Dory, King George Whiting, Orange roughy, Salmon, Trout
Milk Products	Goat Milk, Soy Milk (unsweetened)
Yogurt	Goat Milk Yogurt, Sheep Yogurt
Meat	Beef, Beef Brisket/Point End of Beef, Beef Loin, Goat, Ground Beef, Kangaroo, Lamb Fillet, Minced Lamb, Mutton, Pork Chop, Pork Loin, Rabbit, Roast Beef, Veal, Venison, Venison
Poultry	Chicken Breast, Pheasant
Cheese	Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
Pulses	Black (Beluga) Lentils, Black Eyed Beans, Borlotti Beans, Chickpeas, Kidney Beans, Mung Beans, Red Lentils, White Beans (Cannellini; Butter; Haricot; Navy), Yellow Lentils
Sprouts	Alfalfa Sprouts, Chickpea Sprouts, Soy Sprouts
Eggs	Eat a minimum of 1 eggs and a maximum of 2 eggs per week.
Vegetable	Avocado, Beetroot, Bok Choy, Broccoli, Carrots, Cauliflower, Celeriac, Chicory (Belgium Endive), Daikon/ White Radish, Eggplant, Fennel bulb, Green Beans, Green Cabbage, Horseradish, Kohlrabi (Cabbage Turnip), Large Mushrooms, Leek, Mustard Sprouts, Okra, Parsnip, Pepperoncinis, Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Rhubarb, Savoy Cabbage, Silverbeet, Snow Peas, Spinach, Swede, Turnip, Watercress, White & brown mushrooms, Zucchini
Salad	Cucumber, Frisee, Iceberg Lettuce, Lollo Rosso Lettuce, Mache Rosettes, Red Oak Leaf Lettuce, Rocket, Romaine Lettuce
Starch	Porridge Oats, Rye flakes
Bread	Crispy Rye Bread, Wholegrain Rye Bread
Fruit	Apple (1), Longan (90 g), Mango (170 g), Papaya (180 g)
Fats / Oils	Ghee (for hot vegetables), Native Coconut Oil (for frying)