

Analysis for the Coach

Client Information Jackson Johny

Analysis created: 14/10/2024		Client-ID-No.: 1948148	
Title:	Mr		
First Name:	Jackson		
Last Name:	Johny		
Gender:	male		
Address:	14 Synandra Way, Dayton		
Town / State / Postcode	AUS-6055 Perth, Western Australia		
e-mail:	jackson.johny@gmail.com		
Phone:	0424651701		
Profession:			

Date of Birth (DOB):	23/08/1984	Height:	165 cm
Starting Weight:	80 kg	Navel:	99 cm
Target Weight:	68 kg	Hips:	107 cm
BMI (Body Mass Index)	29	Upper Thigh:	62 cm

Remarks:	Responsibility has been accepted
	monitor with the doctor—nighttime shift worker.

Personal information regarding your individual health and nutrition profile

Eating Habits	-
Dislikes	-
Medication	-
Illnesses / Allergies	Flatulence, Digestive disorders, Gastric complaints/disorders, Hay Fever

Analysis for the Coach

Meal Plan

Client: Jackson Johny

Breakfast 200 g Yogurt, Fruit	Breakfast 30 g Nuts, 20 g Seeds, 85 g Vegetable, Fruit	Breakfast 2 Eggs, 85 g Salad, Fruit, Bread
Lunch 130 g Meat, 130 g Vegetable, Fruit, Bread	Lunch 130 g Fish, 130 g Vegetable, Fruit, Bread	Lunch 85 g Cheese, 130 g Vegetable, Fruit, Bread
Dinner 140 g Fish, 140 g Vegetable, Bread	Dinner 140 g Poultry, 140 g Salad, Bread	Dinner 150 g Mushrooms (Protein), 140 g Vegetable, Bread

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

Analysis for the Coach

Personal Food Lists

Client: Jackson Johny

Personal Food List - Phase 2

Fish	Anchovy (fresh), Barramundi, Basa, Bream, Cod, Flake, Flathead, Flounder, Flounder, Fresh Tuna, Garfish, Gemfish, Hake, Herring, King George Whiting, Leatherjacket, Mackerel, Morwong, Ocean Trout, Pacific Butterfish, Perch, Salmon, Snapper, Swordfish Steak, Trevally, Trout, Yelloweye Mullet
Seafood	Moreton Bay Bugs, Scallop, Soft shell crab
Yogurt	Goat Milk Yogurt, Sheep Yogurt
Nuts	Almonds
Meat	Lamb, Pork Fillet, Roast Beef, Steak (Beef), Veal, Venison
Poultry	Chicken Breast, Turkey Breast
Cheese	Feta Cheese (Sheep), Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
Mushrooms (Protein)	Oyster Mushrooms, Shiitake mushrooms
Seeds	Sunflower Seeds
Eggs	Eat a minimum of 1 eggs and a maximum of 3 eggs per week.

Vegetable	Asian greens, Asparagus white, Avocado, Black olives, Brussels Sprouts, Carrots, Celeriac, Chanterelle mushrooms, Chinese cabbage, Daikon/ White Radish, Fennel, Garden Cress, Green Beans, Leek, Okra, Parsley (Root and Leaves), Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Red Cabbage, Red leaf/Red amaranth, Sauerkraut, Savoy Cabbage, Silverbeet, Spinach, Spring Onions, Sprouted pumpkin seeds, Tomato, Turnip, White & brown mushrooms, Zucchini
Salad	Cucumber, Curly Endive, Leafy Lettuce, Lollo Rosso Lettuce, Radicchio, Red Oak Leaf Lettuce
Bread	Crispy Rye Bread, Wholegrain Rye Bread
Fruit	Apple (1), Apricot (dried) (30 g), Mango (150 g), Papaya (160 g), Red Currants (90 g), Strawberries (110 g)

Analysis for the Coach

Additional Information about the Nutrition Plan

Water	We recommend that you drink 2 $\frac{3}{4}$ 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 3 eggs per week. You can prepare the eggs to your liking, for example, scrambled, fried, omelet, boiled or poached.
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.

Analysis for the Coach

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.
Seeds and Nuts	<p>You can eat the seed mix plain or prepared. Suggestions for preparation:</p> <ul style="list-style-type: none"> ➤ roast the raw seeds in a non-stick pan without using oil and sprinkle them over a salad or vegetables ➤ soak the seeds over night in a little bit of water; in the morning eat one teaspoon first, then mix the rest with your vegetables; you may also purée the soaked seeds ➤ sprinkle the seeds over the vegetables and bake in the oven ➤ purée seeds with a little vegetable stock (with no added sugar or additives) and enjoy as a soup or a smoothie

Personal recommendation for the client based on his / her profile

- Please remember to slowly and thoroughly chew your food.





































Extended personal food list: Phase 3

Fish	Bream, Eel, Hoki/ Blue Grenadier, Redfish Filet, Whitebait
Meat	Beef Brisket/Point End of Beef, Pork Chop
Sprouts	<p>Alfalfa Sprouts, Lentil Sprouts, Soy Sprouts</p> <p>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.</p>
Vegetable	Beetroot, Kohlrabi (Cabbage Turnip), Large Mushrooms, Mustard Sprouts, Yellow button squash
Fruit	Prunes (dried) (30 g)
Fats / Oils	Ghee (for hot vegetables), Native Coconut Oil (for frying)

Analysis for the Coach

Collected blood values

Client: Jackson Johny

Blood Results	Value	Unit	min.	Indicator	max.
Haemoglobin	149.00	g/L	130.00		180.00
RBC	5.26	10 ¹² /l	5.50		6.50
Haematocrit (PCV)	0.43	Ratio	0.40		0.55
MCV	83.00	fl	80.00		99.00
MCH	28.30	pg	27.00		32.00
White Cell Count	10.90	10 ⁹ /l	2.50		18.00
Neutrophils %	6.00	10 ⁹ /l	1.50		9.00
Lymphocytes %	3.60	10 ⁹ /l	1.00		6.50
Monocytes %	0.90	10 ⁹ /l	0.02		3.00
Eosinophils %	0.40	10 ⁹ /l	0.00		2.00
Platelets	304.00	10 ⁹ /l	70.00		700.00
Sodium	137.00	mmol/L	136.00		146.00
Potassium	4.00	mmol/L	3.50		5.20
Urea	6.30	mmol/L	2.50		8.00
Creatinine	90.00	μmol/L	40.00		85.00
Urate	0.43	mmol/L	0.20		0.45
Glucose	5.10	mmol/L	3.00		5.40
Calcium	2.25	mmol/L	2.10		2.55
Total Protein	74.00	g/L	60.00		82.00
Alk. Phos	39.00	U/l	30.00		120.00
Bilirubin	18.00	μmol/l	2.50		25.00
GGTP	40.00	U/l	0.00		50.00
AST	24.00	U/l	0.00		41.00
ALT	33.00	U/l	0.00		41.00
LD	180.00	U/l	50.00		280.00
Total Cholesterol	4.20	mmol/L	1.40		5.00
HDL Cholesterol	1.10	mmol/L	1.00		2.50
LDL Cholesterol	2.70	mmol/L	0.00		2.50
Triglycerides	0.80	mmol/L	0.00		1.50
Creatine Kinase	524.00	U/l	0.00		161.00
Iron	19.00	μmol/l	10.00		27.00
Amylase	76.00	U/l	0.00		111.00
C-Reactive Protein	4.41	mg/l	0.00		3.00
TSH	2.71	mIU/l	0.50		5.00
Lipase	28.00	IU/l	0.00		300.00
LDL/HDL Ratio	2.46	kA	0.35		4.00

Shopping Helper Phase 2 for Jackson Johny

Breakfast	Breakfast	Breakfast
200 g Yogurt, Fruit	30 g Nuts, 20 g Seeds, 85 g Vegetable, Fruit	2 Eggs, 85 g Salad, Fruit, Bread
Lunch	Lunch	Lunch
130 g Meat, 130 g Vegetable, Fruit, Bread	130 g Fish, 130 g Vegetable, Fruit, Bread	85 g Cheese, 130 g Vegetable, Fruit, Bread
Dinner	Dinner	Dinner
140 g Fish, 140 g Vegetable, Bread	140 g Poultry, 140 g Salad, Bread	150 g Mushrooms (Protein), 140 g Vegetable, Bread

Fish	Anchovy (fresh), Barramundi, Basa, Bream, Cod, Flake, Flathead, Flounder, Flounder, Fresh Tuna, Garfish, Gemfish, Hake, Herring, King George Whiting, Leatherjacket, Mackerel, Morwong, Ocean Trout, Pacific Butterfish, Perch, Salmon, Snapper, Swordfish Steak, Trevally, Trout, Yelloweye Mullet
Seafood	Moreton Bay Bugs, Scallop, Soft shell crab
Yogurt	Goat Milk Yogurt, Sheep Yogurt
Nuts	Almonds
Meat	Lamb, Pork Fillet, Roast Beef, Steak (Beef), Veal, Venison
Poultry	Chicken Breast, Turkey Breast
Cheese	Feta Cheese (Sheep), Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
Mushrooms (Protein)	Oyster Mushrooms, Shiitake mushrooms
Seeds	Sunflower Seeds
Eggs	Eat a minimum of 1 eggs and a maximum of 3 eggs per week.
Vegetable	Asian greens, Asparagus white, Avocado, Black olives, Brussels Sprouts, Carrots, Celeriac, Chanterelle mushrooms, Chinese cabbage, Daikon/ White Radish, Fennel, Garden Cress, Green Beans, Leek, Okra, Parsley (Root and Leaves), Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Red Cabbage, Red leaf/Red amaranth, Sauerkraut, Savoy Cabbage, Silverbeet, Spinach, Spring Onions, Sprouted pumpkin seeds, Tomato, Turnip, White & brown mushrooms, Zucchini
Salad	Cucumber, Curly Endive, Leafy Lettuce, Lollo Rosso Lettuce, Radicchio, Red Oak Leaf Lettuce
Bread	Crispy Rye Bread, Wholegrain Rye Bread
Fruit	Apple (1), Apricot (dried) (30 g), Mango (150 g), Papaya (160 g), Red Currants (90 g), Strawberries (110 g)

Shopping Helper Phase 3 for Jackson Johny

Breakfast	Breakfast	Breakfast
200 g Yogurt, Fruit	30 g Nuts, 20 g Seeds, 85 g Vegetable, Fruit	2 Eggs, 85 g Salad, Fruit, Bread
Lunch	Lunch	Lunch
130 g Meat, 130 g Vegetable, Fruit, Bread	130 g Fish, 130 g Vegetable, Fruit, Bread	85 g Cheese, 130 g Vegetable, Fruit, Bread
Dinner	Dinner	Dinner
140 g Fish, 140 g Vegetable, Bread	140 g Poultry, 140 g Salad, Bread	150 g Mushrooms (Protein), 140 g Vegetable, Bread

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Seafood	Moreton Bay Bugs, Scallop, Soft shell crab
Yogurt	Goat Milk Yogurt, Sheep Yogurt
Nuts	Almonds
Meat	Beef Brisket/Point End of Beef, Lamb, Pork Chop, Pork Fillet, Roast Beef, Steak (Beef), Veal, Venison
Poultry	Chicken Breast, Turkey Breast
Cheese	Feta Cheese (Sheep), Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
Mushrooms (Protein)	Oyster Mushrooms, Shiitake mushrooms
Sprouts	Alfalfa Sprouts, Lentil Sprouts, Soy Sprouts
Seeds	Sunflower Seeds
Eggs	Eat a minimum of 1 eggs and a maximum of 3 eggs per week.
Vegetable	Asian greens, Asparagus white, Avocado, Beetroot, Black olives, Brussels Sprouts, Carrots, Celeriac, Chanterelle mushrooms, Chinese cabbage, Daikon/ White Radish, Fennel, Garden Cress, Green Beans, Kohlrabi (Cabbage Turnip), Large Mushrooms, Leek, Mustard Sprouts, Okra, Parsley (Root and Leaves), Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Red Cabbage, Red leaf/Red amaranth, Sauerkraut, Savoy Cabbage, Silverbeet, Spinach, Spring Onions, Sprouted pumpkin seeds, Tomato, Turnip, White & brown mushrooms, Yellow button squash, Zucchini
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Fats / Oils	Ghee (for hot vegetables), Native Coconut Oil (for frying)