

## Analysis for the Coach

### Client Information Gillian Friar

Analysis created: 15/11/2024		Client-ID-No.: 1949766	
Title:	Ms		
First Name:	Gillian		
Last Name:	Friar		
Gender:	female		
Address:	2/18 Shakespeare Ave, Balcatta		
Town / State / Postcode	AUS-6021 Western Australia		
e-mail:	redgill1@gmail.com		
Phone:	0413432311		
Profession:			

Date of Birth (DOB):	20/05/1964	Height:	157 cm
Starting Weight:	88 kg	Navel:	114 cm
Target Weight:	65 kg	Hips:	128 cm
BMI (Body Mass Index)	36	Upper Thigh:	71 cm

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

Eating Habits	-
Dislikes	Tofu, Green Beans
Medication	Cholesterol lowering medication / Statins, Anticoagulants (warfarin)
Illnesses / Allergies	Depression, Sleep disturbances / Insomnia, Psoriasis, Digestive disorders, Gastric complaints/disorders

## Analysis for the Coach

### Meal Plan

Client: Gillian Friar

<b>Breakfast</b> 20 g Oilseed, 20 g Seeds, 80 g Vegetable, Fruit	<b>Breakfast</b> 195 g Yogurt, Fruit	<b>Breakfast</b> 195 ml Milk Products, 45 g Starch, Fruit
<b>Lunch</b> 70 g Pulses, 125 g Vegetable, Bread	<b>Lunch</b> 125 g Fish, 125 g Vegetable, Bread	<b>Lunch</b> 125 g Meat, 125 g Salad, Bread
<b>Dinner</b> 90 g Cheese, 135 g Vegetable, Bread	<b>Dinner</b> 2 Eggs, 135 g Salad, Bread	<b>Dinner</b> 135 g Poultry, 135 g Vegetable, Bread

<b>Water:</b>	3 litres per day	<b>Bread</b>	0 - 4 slices per day
<b>Fruits:</b>	1 kinds per day	<b>Eggs:</b>	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.

## Analysis for the Coach

### Personal Food Lists

Client: Gillian Friar

#### Personal Food List - Phase 2

<b>Oilseed</b>	Pumpkin Seeds
<b>Fish</b>	Barramundi, Basa, Bream, Cod, Eel, Flounder, Flounder, Garfish, Gemfish, Hake, Herring, John Dory, King George Whiting, Leatherjacket, Mackerel, Orange roughy, Pacific Butterfish, Perch, Salmon, Snapper, Swordfish Steak, Trevally, Trout, Yelloweye Mullet
<b>Seafood</b>	Mussels
<b>Milk Products</b>	Goat Milk, Soy Milk (unsweetened)
<b>Yogurt</b>	Goat Milk Yogurt, Sheep Yogurt
<b>Meat</b>	Goat, Lamb Fillet, Mutton, Pork Loin, Veal
<b>Poultry</b>	Chicken Breast, Pheasant
<b>Cheese</b>	Feta Cheese (Sheep), Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
<b>Pulses</b>	Black (Beluga) Lentils, Chickpeas, Kidney Beans, Red Lentils, Yellow Lentils
<b>Seeds</b>	Sunflower Seeds
<b>Eggs</b>	Eat a minimum of 1 eggs and a maximum of 2 eggs per week.

<b>Vegetable</b>	Asparagus white, Avocado, Broccoli, Carrots, Cauliflower, Chanterelle mushrooms, Fennel, Green Cabbage, Horseradish, Kohlrabi (Cabbage Turnip), Okra, Porcini mushrooms, Pumpkin, Red leaf/Red amaranth, Savoy Cabbage, Silverbeet, Spinach, Turnip
<b>Salad</b>	Boston Bibb Lettuce (Butter Lettuce), Frisee, Leafy Lettuce, Lollo Rosso Lettuce, Mache Rosettes, Radicchio, Red Oak Leaf Lettuce
<b>Starch</b>	Porridge Oats, Rye flakes
<b>Bread</b>	Crispy Rye Bread, Wholegrain Rye Bread
<b>Fruit</b>	Apple (1)

#### Additional Information about the Nutrition Plan

<b>Water</b>	We recommend that you drink 3 litres of water, which has been calculated individually for you. This supports the excretion of break-down products and thereby speeds up metabolic adjustment.
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## Analysis for the Coach

<b>Eggs</b>	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.
<b>Vegetables</b>	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.
<b>Herbs and Spices</b>	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.
<b>Bread</b>	Do not to exceed your limit of 4 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.
<b>Fruits</b>	Eat a medium-sized, tart apple every day. 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!
<b>Coffee and Tea</b>	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.
<b>Alcohol, Soft Drinks and Fruit Juices</b>	In the Strict Adjustment Phase: alcohol, soft drinks, and fruit juices are not allowed.
<b>Vitamins</b>	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.
<b>Seeds and Nuts</b>	<p>You can eat the seed mix plain or prepared. Suggestions for preparation:</p> <ul style="list-style-type: none"> <li>▶ roast the raw seeds in a non-stick pan without using oil and sprinkle them over a salad or vegetables</li> <li>▶ 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</li> </ul>

## Analysis for the Coach

- 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.
- 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

<b>Fish</b>	Anchovy (fresh), Flake, Flathead, Fresh Tuna, Hoki/ Blue Grenadier, Redfish Filet, Whitebait
<b>Seafood</b>	Crab
<b>Meat</b>	Beef Brisket/Point End of Beef, Minced Lamb, Rabbit
<b>Pulses</b>	Lentils
<b>Sprouts</b>	Chickpea 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.
<b>Vegetable</b>	Daikon/ White Radish, Mustard Sprouts, Parsnip, Pickled gherkins (sugar free), Rhubarb, Snow Peas, Zucchini
<b>Salad</b>	Cucumber, Purslane (Verdolaga)
<b>Fats / Oils</b>	Flax Seed Oil (for Salads), Ghee (for hot vegetables), Native Coconut Oil (for frying)

## Analysis for the Coach

### Collected blood values

Client: Gillian Friar

Blood Results	Value	Unit	min.	Indicator	max.
Haemoglobin	149.00	g/L	115.00		165.00
RBC	4.78	10 <sup>12</sup> /l	3.80		5.50
Haematocrit (PCV)	0.46	Ratio	0.35		0.47
MCV	97.00	fl	80.00		99.00
MCH	31.20	pg	27.00		32.00
White Cell Count	3.70	10 <sup>9</sup> /l	4.00		11.00
Neutrophils %	2.10	10 <sup>9</sup> /l	2.00		8.00
Lymphocytes %	1.00	10 <sup>9</sup> /l	1.00		4.00
Monocytes %	0.40	10 <sup>9</sup> /l	0.02		1.10
Eosinophils %	0.10	10 <sup>9</sup> /l	0.00		0.60
Platelets	345.00	10 <sup>9</sup> /l	150.00		450.00
Sodium	139.00	mmol/l	136.00		146.00
Potassium	4.40	mmol/l	3.50		5.20
Urea	4.20	mmol/l	2.50		8.00
Creatinine	52.00	μmol/l	40.00		85.00
Urate	0.33	mmol/l	0.15		0.45
Glucose	6.50	mmol/l	3.00		5.40
Calcium	2.24	mmol/l	2.10		2.55
Total Protein	72.00	g/L	60.00		82.00
Alk. Phos	86.00	U/l	30.00		120.00
Bilirubin	6.00	μmol/l	2.50		25.00
GGTP	26.00	U/l	0.00		50.00
AST	20.00	U/l	0.00		41.00
ALT	21.00	U/l	0.00		41.00
LD	142.00	U/l	50.00		280.00
Total Cholesterol	4.70	mmol/l	1.40		5.00
HDL Cholesterol	1.70	mmol/l	1.00		2.50
LDL Cholesterol	2.30	mmol/l	0.00		2.50
Triglycerides	1.60	mmol/l	0.00		1.50
Creatine Kinase	42.00	U/l	0.00		161.00
Iron	7.00	μmol/l	10.00		27.00
Amylase	43.00	U/l	0.00		111.00
C-Reactive Protein	40.19	mg/l	0.00		3.00
TSH	2.81	mIU/l	0.50		5.00
Lipase	37.00	IU/l	0.00		300.00
LDL/HDL Ratio	1.35	kA	0.35		4.00

## Shopping Helper Phase 2 for Gillian Friar

<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
20 g Oilseed, 20 g Seeds, 80 g Vegetable, Fruit	195 g Yogurt, Fruit	195 ml Milk Products, 45 g Starch, Fruit
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
70 g Pulses, 125 g Vegetable, Bread	125 g Fish, 125 g Vegetable, Bread	125 g Meat, 125 g Salad, Bread
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
90 g Cheese, 135 g Vegetable, Bread	2 Eggs, 135 g Salad, Bread	135 g Poultry, 135 g Vegetable, Bread

<b>Oilseed</b>	Pumpkin Seeds
<b>Fish</b>	Barramundi, Basa, Bream, Cod, Eel, Flounder, Flounder, Garfish, Gemfish, Hake, Herring, John Dory, King George Whiting, Leatherjacket, Mackerel, Orange roughy, Pacific Butterfish, Perch, Salmon, Snapper, Swordfish Steak, Trevally, Trout, Yelloweye Mullet
<b>Seafood</b>	Mussels
<b>Milk Products</b>	Goat Milk, Soy Milk (unsweetened)
<b>Yogurt</b>	Goat Milk Yogurt, Sheep Yogurt
<b>Meat</b>	Goat, Lamb Fillet, Mutton, Pork Loin, Veal
<b>Poultry</b>	Chicken Breast, Pheasant
<b>Cheese</b>	Feta Cheese (Sheep), Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
<b>Pulses</b>	Black (Beluga) Lentils, Chickpeas, Kidney Beans, Red Lentils, Yellow Lentils
<b>Seeds</b>	Sunflower Seeds
<b>Eggs</b>	Eat a minimum of 1 eggs and a maximum of 2 eggs per week.
<b>Vegetable</b>	Asparagus white, Avocado, Broccoli, Carrots, Cauliflower, Chanterelle mushrooms, Fennel, Green Cabbage, Horseradish, Kohlrabi (Cabbage Turnip), Okra, Porcini mushrooms, Pumpkin, Red leaf/Red amaranth, Savoy Cabbage, Silverbeet, Spinach, Turnip
<b>Salad</b>	Boston Bibb Lettuce (Butter Lettuce), Frisee, Leafy Lettuce, Lollo Rosso Lettuce, Mache Rosettes, Radicchio, Red Oak Leaf Lettuce
<b>Starch</b>	Porridge Oats, Rye flakes
<b>Bread</b>	Crispy Rye Bread, Wholegrain Rye Bread
<b>Fruit</b>	Apple (1)

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<b>Seafood</b>	Crab, Mussels
<b>Milk Products</b>	Goat Milk, Soy Milk (unsweetened)
<b>Yogurt</b>	Goat Milk Yogurt, Sheep Yogurt
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<b>Fruit</b>	Apple (1)
<b>Fats / Oils</b>	Flax Seed Oil (for Salads), Ghee (for hot vegetables), Native Coconut Oil (for frying)