

## Analysis for the Coach

### Client Information Marco Klous

Analysis created: 27/02/2025		Client-ID-No.: 1954483	
Title:	Mr		
First Name:	Marco		
Last Name:	Klous		
Gender:	male		
Address:	42 Elmwood Avenue		
Town / State / Postcode	AUS-6018 Perth, Western Australia		
e-mail:	marco@nordehomes.com.au		
Phone:	0457347215		
Profession:			

Date of Birth (DOB):	5/04/1977	Height:	178 cm
Starting Weight:	100 kg	Navel:	111 cm
Target Weight:	80 kg	Hips:	108 cm
BMI (Body Mass Index)	32	Upper Thigh:	63 cm

Remarks:	Responsibility has been accepted
	Under doctors supervision.

#### Personal information regarding your individual health and nutrition profile

Eating Habits	Meat: no pork, Tofu: none, Milk (Cow): none
Dislikes	-
Medication	-
Illnesses / Allergies	Diabetes Mellitus, Digestive disorders, Hay Fever, Sleep disturbances / Insomnia, Joint pain

## Analysis for the Coach

### Meal Plan

Client: Marco Klous

<b>Breakfast</b> 80 g Cheese, 105 g Vegetable, Fruit, Bread	<b>Breakfast</b> 220 g Yogurt, Fruit	<b>Breakfast</b> 40 g Nuts, 20 g Seeds, 105 g Vegetable, Fruit
<b>Lunch</b> 95 g Pulses, 150 g Vegetable, Fruit, Bread	<b>Lunch</b> 150 g Fish, 150 g Vegetable, Fruit, Bread	<b>Lunch</b> 150 g Poultry, 150 g Salad, Fruit, Bread
<b>Dinner</b> 160 g Meat, 160 g Salad, Bread	<b>Dinner</b> 1 Eggs, 110 g Starch, 160 g Vegetable	<b>Dinner</b> 160 g Fish, 160 g Vegetable, Bread

<b>Water:</b> 3 ½ litres per day	<b>Bread</b> 0 - 5 slices per day
<b>Fruits:</b> 2 kinds per day	<b>Eggs:</b> 1 - 2 piece(s) per week

### Nutritional Analysis

- The lab results suggest that your client may have impaired glucose tolerance. Please verify that your client observed the 12 hours of fasting before the blood test.
- Your client has an increased risk for vascular disease. Please advise your client to clarify this with their doctor.

## Analysis for the Coach

### Personal Food Lists

Client: Marco Klous

#### Personal Food List - Phase 2

<b>Fish</b>	Basa, Bream, Cod, Flounder, Garfish, Gemfish, Hake, Herring, King George Whiting, Leatherjacket, Morwong, Perch, Salmon, Snapper, Trevally, Trout, Whiting, Yelloweye Mullet
<b>Seafood</b>	Moreton Bay Bugs
<b>Yogurt</b>	Goat Milk Yogurt, Sheep Yogurt
<b>Nuts</b>	Almonds
<b>Meat</b>	Beef Fillet, Lamb, Ostrich, Roast Beef, Steak (Beef), Veal
<b>Poultry</b>	Chicken Breast, Turkey Breast
<b>Cheese</b>	Feta Cheese (Sheep), Goat Cheese (Brie), Sheep's Cream Cheese
<b>Pulses</b>	Adzuki Beans, Black (Beluga) Lentils, Black Eyed Beans, Chickpeas, Flageolet Beans, Kidney Beans, Red Lentils, Soy Beans, White Beans (Cannellini; Butter; Haricot; Navy), 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>	Artichokes (canned or frozen), Asian greens, Asparagus white, Bok Choy, Carrots, Celeriac, Chanterelle mushrooms, Chicory (Belgium Endive), Daikon/ White Radish, Eggplant, Fennel, Green Beans, Green capsicum, Green olives, Horseradish, Kohlrabi (Cabbage Turnip), Leek, Okra, Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Red leaf/Red amaranth, Sauerkraut, Savoy Cabbage, Silverbeet, Spinach, Spring Onions, Swede, White & brown mushrooms, Zucchini
<b>Salad</b>	Boston Bibb Lettuce (Butter Lettuce), Cucumber, Curly Endive, Dandelion Greens, Frisee, Iceberg Lettuce, Lollo Rosso Lettuce, Mache Rosettes, Red Oak Leaf Lettuce
<b>Starch</b>	Potato
<b>Bread</b>	Crispy Rye Bread, Wholegrain Rye Bread
<b>Fruit</b>	Apple (1), Blueberries (110 g), Mango (170 g), Papaya (180 g), Strawberries (130 g)

## Analysis for the Coach

### Additional Information about the Nutrition Plan

<b>Water</b>	We recommend that you drink 3 ½ litres of water, which has been calculated individually for you. This supports the excretion of break-down products and thereby speeds up metabolic adjustment.
<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 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.
<b>Fruits</b>	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!
<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.

## Analysis for the Coach

<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> <li>➤ sprinkle the seeds over the vegetables and bake in the oven</li> <li>➤ purée seeds with a little vegetable stock (with no added sugar or additives) and enjoy as a soup or a smoothie</li> </ul>

## 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.
- Especially during the first few days, measure your blood sugar frequently.





































## Extended personal food list: Phase 3

<b>Fish</b>	Redfish Filet
<b>Seafood</b>	Crab, Squid
<b>Meat</b>	Beef Brisket/Point End of Beef
<b>Pulses</b>	Mung Beans
<b>Sprouts</b>	<p>Alfalfa Sprouts, Lentil Sprouts, Mung Beans 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>
<b>Vegetable</b>	Beetroot, Large Mushrooms, Pepperonicini, Sprouted pumpkin seeds, Yellow button squash
<b>Fats / Oils</b>	Ghee (for hot vegetables)

## Analysis for the Coach

### Collected blood values

Client: Marco Klous

Blood Results	Value	Unit	min.	Indicator	max.
Haemoglobin	152.00	g/L	130.00		180.00
RBC	4.94	10 <sup>12</sup> /l	5.50		6.50
Haematocrit (PCV)	0.44	Ratio	0.40		0.55
MCV	89.00	fl	80.00		99.00
MCH	30.80	pg	27.00		32.00
White Cell Count	5.40	10 <sup>9</sup> /l	2.50		18.00
Neutrophils %	2.90	10 <sup>9</sup> /l	1.50		9.00
Lymphocytes %	1.80	10 <sup>9</sup> /l	1.00		6.50
Monocytes %	0.50	10 <sup>9</sup> /l	0.02		3.00
Eosinophils %	0.20	10 <sup>9</sup> /l	0.00		2.00
Platelets	251.00	10 <sup>9</sup> /l	70.00		700.00
Sodium	141.00	mmol/L	136.00		146.00
Potassium	5.00	mmol/L	3.50		5.20
Urea	8.10	mmol/L	2.50		8.00
Creatinine	103.00	μmol/L	40.00		85.00
Urate	0.42	mmol/L	0.20		0.45
Glucose	6.50	mmol/L	3.00		5.40
Calcium	2.22	mmol/L	2.10		2.55
Total Protein	70.00	g/L	60.00		82.00
Alk. Phos	58.00	U/l	30.00		120.00
Bilirubin	12.00	μmol/L	2.50		25.00
GGTP	47.00	U/l	0.00		50.00
AST	47.00	U/l	0.00		41.00
ALT	79.00	U/l	0.00		41.00
LD	200.00	U/l	50.00		280.00
Total Cholesterol	5.40	mmol/L	1.40		5.00
HDL Cholesterol	1.00	mmol/L	1.00		2.50
LDL Cholesterol	4.00	mmol/L	0.00		2.50
Triglycerides	0.90	mmol/L	0.00		1.50
Creatine Kinase	680.00	U/l	0.00		161.00
Iron	19.00	μmol/L	10.00		27.00
Amylase	115.00	U/l	0.00		111.00
C-Reactive Protein	1.83	mg/l	0.00		3.00
TSH	1.14	mIU/L	0.50		5.00
Lipase	46.00	U/l 37°C	0.00		60.00
LDL/HDL Ratio	4.00	kA	0.35		4.00

## Shopping Helper Phase 2 for Marco Klous

<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
80 g Cheese, 105 g Vegetable, Fruit, Bread	220 g Yogurt, Fruit	40 g Nuts, 20 g Seeds, 105 g Vegetable, Fruit
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
95 g Pulses, 150 g Vegetable, Fruit, Bread	150 g Fish, 150 g Vegetable, Fruit, Bread	150 g Poultry, 150 g Salad, Fruit, Bread
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
160 g Meat, 160 g Salad, Bread	1 Eggs, 110 g Starch, 160 g Vegetable	160 g Fish, 160 g Vegetable, Bread

<b>Fish</b>	Basa, Bream, Cod, Flounder, Garfish, Gemfish, Hake, Herring, King George Whiting, Leatherjacket, Morwong, Perch, Salmon, Snapper, Trevally, Trout, Whiting, Yelloweye Mullet
<b>Seafood</b>	Moreton Bay Bugs
<b>Yogurt</b>	Goat Milk Yogurt, Sheep Yogurt
<b>Nuts</b>	Almonds
<b>Meat</b>	Beef Fillet, Lamb, Ostrich, Roast Beef, Steak (Beef), Veal
<b>Poultry</b>	Chicken Breast, Turkey Breast
<b>Cheese</b>	Feta Cheese (Sheep), Goat Cheese (Brie), Sheep's Cream Cheese
<b>Pulses</b>	Adzuki Beans, Black (Beluga) Lentils, Black Eyed Beans, Chickpeas, Flageolet Beans, Kidney Beans, Red Lentils, Soy Beans, White Beans (Cannellini; Butter; Haricot; Navy), 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>	Artichokes (canned or frozen), Asian greens, Asparagus white, Bok Choy, Carrots, Celeriac, Chanterelle mushrooms, Chicory (Belgium Endive), Daikon/ White Radish, Eggplant, Fennel, Green Beans, Green capsicum, Green olives, Horseradish, Kohlrabi (Cabbage Turnip), Leek, Okra, Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Red leaf/Red amaranth, Sauerkraut, Savoy Cabbage, Silverbeet, Spinach, Spring Onions, Swede, White & brown mushrooms, Zucchini
<b>Salad</b>	Boston Bibb Lettuce (Butter Lettuce), Cucumber, Curly Endive, Dandelion Greens, Frisee, Iceberg Lettuce, Lollo Rosso Lettuce, Mache Rosettes, Red Oak Leaf Lettuce
<b>Starch</b>	Potato
<b>Bread</b>	Crispy Rye Bread, Wholegrain Rye Bread
<b>Fruit</b>	Apple (1), Blueberries (110 g), Mango (170 g), Papaya (180 g), Strawberries (130 g)

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<b>Yogurt</b>	Goat Milk Yogurt, Sheep Yogurt
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<b>Fruit</b>	Apple (1), Blueberries (110 g), Mango (170 g), Papaya (180 g), Strawberries (130 g)
<b>Fats / Oils</b>	Ghee (for hot vegetables)