

Analysis for the Coach

Client Information Keith Hickey

Analysis created: 16/05/2025		Client-ID-No.: 1957667	
Title:	Mr		
First Name:	Keith		
Last Name:	Hickey		
Gender:	male		
Address:	80 Oceanic Drive, Floreat		
Town / State / Postcode	AUS-6014 WA		
e-mail:	keef@keefphoto.com		
Phone:	0428147228		
Profession:			

Date of Birth (DOB):	30/09/1964	Height:	193 cm
Starting Weight:	85 kg	Navel:	89 cm
Target Weight:	85 kg	Hips:	102 cm
BMI (Body Mass Index)	23	Upper Thigh:	57 cm

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

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

Analysis for the Coach

Meal Plan

Client: Keith Hickey

Breakfast 215 ml Milk Products, 55 g Starch, Fruit	Breakfast 40 g Nuts, 20 g Seeds, 110 g Vegetable	Breakfast 215 g Yogurt, Fruit
Lunch 145 g Poultry, 155 g Vegetable, Bread	Lunch 145 g Fish, 155 g Vegetable, Fruit, Bread	Lunch 145 g Meat, 155 g Salad, Bread
Dinner 1 Eggs, 105 g Starch, 165 g Salad, Bread	Dinner 110 g Cheese, 165 g Vegetable, Bread	Dinner 155 g Fish, 165 g Vegetable, Bread

Water: 3 litres per day	Bread 1 - 5 slices per day
Fruits: 1 kinds per day	Eggs: 2 - 4 piece(s) per week

Analysis for the Coach

Personal Food Lists

Client: Keith Hickey

Personal Food List - Phase 2

Fish	Barramundi, Basa, Bream, Cod, Flake, Flathead, Flounder, Flounder, Garfish, Gemfish, Hake, Herring, King George Whiting, Leatherjacket, Mackerel, Morwong, Ocean Trout, Perch, Salmon, Snapper, Swordfish Steak, Trevally, Trout, Yelloweye Mullet
Seafood	Cuttlefish, Oysters, Tiger prawns, Tiny Shrimps
Milk Products	Camel milk, Soy Milk (unsweetened)
Yogurt	Goat Milk Yogurt, Sheep Yogurt
Nuts	Almonds
Meat	Beef Fillet, Goat, Lamb Fillet, Mutton, Roast Beef, Veal, Venison
Poultry	Chicken Breast, Turkey Breast
Cheese	Feta Cheese (Sheep), Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
Seeds	Sunflower Seeds
Eggs	Eat a minimum of 2 eggs and a maximum of 4 eggs per week.

Vegetable	Artichokes, Asparagus white, Avocado, Broccoli, Brussels Sprouts, Carrots, Cauliflower, Cauliflower leaves, Celeriac, Chanterelle mushrooms, Chicory (Belgium Endive), Choko, Daikon/ White Radish, Eggplant, Fennel, Green olives, Green Cabbage, Horseradish, Kale, Kohlrabi (Cabbage Turnip), Leek, Okra, Parsley (Root and Leaves), Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Radish Sprouts, Sauerkraut, Savoy Cabbage, Silverbeet, Sorrel, Spinach, Tomato, Turnip, Turnip, White & brown mushrooms
Salad	Boston Bibb Lettuce (Butter Lettuce), Cucumber, Dandelion Greens, Frisee, Iceberg Lettuce, Lollo Rosso Lettuce, Mache Rosettes, Red Oak Leaf Lettuce, Rocket, Romaine Lettuce
Starch	Porridge Oats, Potato
Bread	Crispy Rye Bread, Wholegrain Rye Bread
Fruit	Apple (1)

Analysis for the Coach

Additional Information about the Nutrition Plan

Water	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.
Eggs	Eat a minimum of 2 eggs and a maximum of 4 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 in the first 14 days.
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. 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.

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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
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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	Anchovy (fresh), Eel, Fresh Tuna, Hoki/ Blue Grenadier, Pacific Butterfish, Redfish Fillet, Whitebait
Seafood	Crab, Yabbie
Meat	Ostrich, Pork Fillet
Sprouts	<p>Alfalfa Sprouts, Mung Beans 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	Green Beans, Large Mushrooms, Spring Onions, Sprouted Wheat Germ, Zucchini
Salad	Radicchio
Fats / Oils	Flax Seed Oil (for Salads), Ghee (for hot vegetables), Native Coconut Oil (for frying)

Analysis for the Coach

Collected blood values

Client: Keith Hickey

Blood Results	Value	Unit	min.	Indicator	max.
Haemoglobin	146.00	g/L	130.00		180.00
RBC	4.74	10 ¹² /l	5.50		6.50
Haematocrit (PCV)	0.44	Ratio	0.40		0.55
MCV	92.00	fl	80.00		99.00
MCH	30.80	pg	27.00		32.00
White Cell Count	3.80	10 ⁹ /l	2.50		18.00
Neutrophils %	1.80	10 ⁹ /l	1.50		9.00
Lymphocytes %	1.40	10 ⁹ /l	1.00		6.50
Monocytes %	0.50	10 ⁹ /l	0.02		3.00
Eosinophils %	0.20	10 ⁹ /l	0.00		2.00
Platelets	199.00	10 ⁹ /l	70.00		700.00
Sodium	137.00	mmol/l	136.00		146.00
Potassium	4.20	mmol/l	3.50		5.20
Urea	4.80	mmol/l	2.50		8.00
Creatinine	108.00	μmol/l	40.00		85.00
Urate	0.32	mmol/l	0.20		0.45
Glucose	4.60	mmol/l	3.00		5.40
Calcium	2.32	mmol/l	2.10		2.55
Total Protein	65.00	g/L	60.00		82.00
Alk. Phos	65.00	U/l	30.00		120.00
Bilirubin	12.00	μmol/l	2.50		25.00
GGTP	13.00	U/l	0.00		50.00
AST	18.00	U/l	0.00		41.00
ALT	15.00	U/l	0.00		41.00
LD	152.00	U/l	50.00		280.00
Total Cholesterol	5.30	mmol/l	1.40		5.00
HDL Cholesterol	2.00	mmol/l	1.00		2.50
LDL Cholesterol	3.00	mmol/l	0.00		2.50
Triglycerides	0.70	mmol/l	0.00		1.50
Creatine Kinase	90.00	U/l	0.00		161.00
Iron	24.00	μmol/l	10.00		27.00
Amylase	52.00	U/l	0.00		111.00
C-Reactive Protein	0.60	mg/l	0.00		3.00
TSH	1.76	mIU/l	0.50		5.00
Lipase	31.00	IU/l	0.00		300.00
LDL/HDL Ratio	1.50	kA	0.35		4.00

Shopping Helper Phase 2 for Keith Hickey

Breakfast	Breakfast	Breakfast
215 ml Milk Products, 55 g Starch, Fruit	40 g Nuts, 20 g Seeds, 110 g Vegetable	215 g Yogurt, Fruit
Lunch	Lunch	Lunch
145 g Poultry, 155 g Vegetable, Bread	145 g Fish, 155 g Vegetable, Fruit, Bread	145 g Meat, 155 g Salad, Bread
Dinner	Dinner	Dinner
1 Eggs, 105 g Starch, 165 g Salad, Bread	110 g Cheese, 165 g Vegetable, Bread	155 g Fish, 165 g Vegetable, Bread

Fish	Barramundi, Basa, Bream, Cod, Flake, Flathead, Flounder, Flounder, Garfish, Gemfish, Hake, Herring, King George Whiting, Leatherjacket, Mackerel, Morwong, Ocean Trout, Perch, Salmon, Snapper, Swordfish Steak, Trevally, Trout, Yelloweye Mullet
Seafood	Cuttlefish, Oysters, Tiger prawns, Tiny Shrimps
Milk Products	Camel milk, Soy Milk (unsweetened)
Yogurt	Goat Milk Yogurt, Sheep Yogurt
Nuts	Almonds
Meat	Beef Fillet, Goat, Lamb Fillet, Mutton, Roast Beef, Veal, Venison
Poultry	Chicken Breast, Turkey Breast
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Seeds	Sunflower Seeds
Eggs	Eat a minimum of 2 eggs and a maximum of 4 eggs per week.
Vegetable	Artichokes, Asparagus white, Avocado, Broccoli, Brussels Sprouts, Carrots, Cauliflower, Cauliflower leaves, Celeriac, Chanterelle mushrooms, Chicory (Belgium Endive), Choko, Daikon/ White Radish, Eggplant, Fennel, Green olives, Green Cabbage, Horseradish, Kale, Kohlrabi (Cabbage Turnip), Leek, Okra, Parsley (Root and Leaves), Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Radish Sprouts, Sauerkraut, Savoy Cabbage, Silverbeet, Sorrel, Spinach, Tomato, Turnip, Turnip, White & brown mushrooms
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Starch	Porridge Oats, Potato
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Fruit	Apple (1)
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