

Analysis for the Coach

Client Information Annie Atkins

Analysis created: 05.09.2025		Client-ID-No.: 2002864	
Title:	Mrs		
First Name:	Annie		
Last Name:	Atkins		
Gender:	female		
Address:	125 Grant St, Cottesloe		
Town / State / Postcode	-6011 Perth		
e-mail:	annielatkins@outlook.com		
Phone:	+0408888838		
Profession:			

Date of Birth (DOB):	14.06.1971	Height:	165 cm
Starting Weight:	61 kg	Navel:	74 cm
Target Weight:	54 kg	Hips:	96 cm
BMI (Body Mass Index)	22	Upper Thigh:	56 cm

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

Eating Habits	-
Dislikes	-
Medication	Blood Pressure Medication, Neuroleptics or antipsychotic drugs, ASA - Aspirin
Illnesses / Allergies	Psoriasis, Crohn's disease – inflammatory bowel disease (IBD), Migraines, Iron deficiency anaemia, Flatulence

Analysis for the Coach

Meal Plan

Client: Annie Atkins

Breakfast 170 g Yogurt, Fruit	Breakfast 170 ml Milk Products, 30 g Starch, Fruit	Breakfast 55 g Poultry, 75 g Salad, Bread
Lunch 100 g Meat, 120 g Salad, Bread	Lunch 100 g Poultry, 120 g Vegetable, Bread	Lunch 100 g Fish, 120 g Vegetable, Fruit, Bread
Dinner 120 g Mushrooms (Protein), 130 g Vegetable, Bread	Dinner 110 g Fish, 130 g Vegetable, Bread	Dinner 80 g Cheese, 130 g Vegetable, Bread

Water:	2 litres per day	Bread	0 - 3 slices per day
Fruits:	1 kinds per day	Eggs:	2 - 4 piece(s) per week

Nutritional Analysis

- ▶ 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: Annie Atkins

Personal Food List - Phase 2

Fish	Barramundi, Basa, Flounder, Flounder, Fresh Tuna, Gemfish, King George Whiting, Mackerel, Ocean Trout, Orange roughy, Perch, Salmon, Trevally, Trout
Seafood	Abalone, Crab (Crab Meat), Squid, Tiger prawns
Milk Products	Goat Milk, Soy Milk (unsweetened)
Yogurt	Goat Milk Yogurt, Sheep Yogurt
Meat	Beef Loin, Goat, Kangaroo, Lamb Fillet, Mutton, Ostrich, Rabbit, Roast Beef, Veal, Venison
Poultry	Chicken Breast, Turkey Breast
Cheese	Feta Cheese (Sheep), Sheep's Cream Cheese
Mushrooms (Protein)	Shiitake mushrooms
Eggs	Eat a minimum of 2 eggs and a maximum of 4 eggs per week.

Vegetable	Asparagus white, Bok Choy, Broccoli, Butternut Squash, Carrots, Chanterelle mushrooms, Fennel, Garden Cress, Green Cabbage, Kale, Kohlrabi (Cabbage Turnip), Large Mushrooms, Parsnip, Porcini mushrooms, Red leaf/Red amaranth, Savoy Cabbage, Silverbeet, Sorrel, Spinach, Tomato, Turnip, Zucchini
Salad	Boston Bibb Lettuce (Butter Lettuce), Cucumber, Frisee, Lollo Rosso Lettuce, Mache Rosettes, Radicchio, Red Oak Leaf Lettuce, Rocket, Romaine Lettuce
Starch	Porridge Oats
Bread	Crispy Rye Bread, Wholegrain Rye Bread
Fruit	Apple (1)

Additional Information about the Nutrition Plan

Water	We recommend that you drink 2 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.

Analysis for the Coach

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 3 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.

Personal recommendation for the client based on his / her profile

- Please check your blood pressure at least three times daily, especially during the Strict Conversion Phase.
- Please remember to chew your food slowly and thoroughly.
- Always briefly blanch sprouts and germinating seeds and grains.

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Extended personal food list: Phase 3

Meat	Beef, Beef Brisket/Point End of Beef, Ground Beef, Silverside corned beef
Poultry	Goose Breast
Vegetable	Beetroot, Broccolini, Chinese cabbage, Radish Sprouts
Sprouts	Chickpea Sprouts, Sunflower 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.
Fats / Oils	Flax Seed Oil (for Salads), Ghee (for hot vegetables), Native Coconut Oil (for frying)

Analysis for the Coach

Collected blood values

Client: Annie Atkins

Blood Results	Value	Unit	min.	Indicator	max.
Haemoglobin	113.00	g/L	115.00		165.00
RBC	3.90	10 ¹² /l	3.80		5.50
Haematocrit (PCV)	0.37	Ratio	0.35		0.47
MCV	89.00	fl	80.00		99.00
MCH	29.00	pg	27.00		32.00
White Cell Count	6.60	10 ⁹ /l	4.00		11.00
Neutrophils %	2.50	10 ⁹ /l	2.00		8.00
Lymphocytes %	3.00	10 ⁹ /l	1.00		4.00
Monocytes %	0.50	10 ⁹ /l	0.02		1.10
Eosinophils %	0.60	10 ⁹ /l	0.00		0.60
Platelets	260.00	10 ⁹ /l	150.00		450.00
Sodium	138.00	mmol/L	136.00		146.00
Potassium	4.10	mmol/L	3.50		5.20
Urea	5.70	mmol/L	2.50		8.00
Creatinine	70.00	μmol/L	40.00		85.00
Urate	0.29	mmol/L	0.15		0.45
Glucose	4.80	mmol/L	3.00		5.40
Calcium	2.25	mmol/L	2.10		2.55
Total Protein	71.00	g/L	60.00		82.00
Alk. Phos	63.00	U/l	30.00		120.00
Bilirubin	10.00	μmol/l	2.50		25.00
GGTP	15.00	U/l	0.00		50.00
AST	23.00	U/l	0.00		41.00
ALT	14.00	U/l	0.00		41.00
LD	153.00	U/l	50.00		280.00
Total Cholesterol	6.40	mmol/L	1.40		5.00
HDL Cholesterol	1.90	mmol/L	1.00		2.50
LDL Cholesterol	4.20	mmol/L	0.00		2.50
Triglycerides	0.60	mmol/L	0.00		1.50
Creatine Kinase	73.00	U/l	0.00		161.00
Iron	12.00	μmol/l	10.00		27.00
Amylase	102.00	U/l	0.00		111.00
C-Reactive Protein	0.37	mg/l	0.00		3.00
TSH	2.33	mIU/l	0.50		5.00
Lipase	43.00	U/l 37°C	0.00		60.00
LDL/HDL Ratio	2.21	kA	0.35		4.00

Shopping Helper Phase 2 for Annie Atkins

Breakfast	Breakfast	Breakfast
170 g Yogurt, Fruit	170 ml Milk Products, 30 g Starch, Fruit	55 g Poultry, 75 g Salad, Bread
Lunch	Lunch	Lunch
100 g Meat, 120 g Salad, Bread	100 g Poultry, 120 g Vegetable, Bread	100 g Fish, 120 g Vegetable, Fruit, Bread
Dinner	Dinner	Dinner
120 g Mushrooms (Protein), 130 g Vegetable, Bread	110 g Fish, 130 g Vegetable, Bread	80 g Cheese, 130 g Vegetable, Bread

Fish	Barramundi, Basa, Flounder, Flounder, Fresh Tuna, Gemfish, King George Whiting, Mackerel, Ocean Trout, Orange roughy, Perch, Salmon, Trevally, Trout
Seafood	Abalone, Crab (Crab Meat), Squid, Tiger prawns
Milk Products	Goat Milk, Soy Milk (unsweetened)
Yogurt	Goat Milk Yogurt, Sheep Yogurt
Meat	Beef Loin, Goat, Kangaroo, Lamb Fillet, Mutton, Ostrich, Rabbit, Roast Beef, Veal, Venison
Poultry	Chicken Breast, Turkey Breast
Cheese	Feta Cheese (Sheep), Sheep's Cream Cheese
Mushrooms (Protein)	Shiitake mushrooms
Eggs	Eat a minimum of 2 eggs and a maximum of 4 eggs per week.
Vegetable	Asparagus white, Bok Choy, Broccoli, Butternut Squash, Carrots, Chanterelle mushrooms, Fennel, Garden Cress, Green Cabbage, Kale, Kohlrabi (Cabbage Turnip), Large Mushrooms, Parsnip, Porcini mushrooms, Red leaf/Red amaranth, Savoy Cabbage, Silverbeet, Sorrel, Spinach, Tomato, Turnip, Zucchini
Salad	Boston Bibb Lettuce (Butter Lettuce), Cucumber, Frisee, Lollo Rosso Lettuce, Mache Rosettes, Radicchio, Red Oak Leaf Lettuce, Rocket, Romaine Lettuce
Starch	Porridge Oats
Bread	Crispy Rye Bread, Wholegrain Rye Bread
Fruit	Apple (1)

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Fruit	Apple (1)
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