

Analysis for the Coach

Client Information Lucy Holland-Pringle

Analysis created: 22.10.2025		Client-ID-No.: 2006230	
Title:	Mrs		
First Name:	Lucy		
Last Name:	Holland-Pringle		
Gender:	female		
Address:	34 Kent Street		
Town / State / Postcode	-4812 Gulliver		
e-mail:	lucy118@bigpond.com		
Phone:			
Profession:			

Date of Birth (DOB):	19.05.1968	Height:	170 cm
Starting Weight:	69 kg	Navel:	80 cm
Target Weight:	60 kg	Hips:	99 cm
BMI (Body Mass Index)	24	Upper Thigh:	60 cm

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

Eating Habits	Tofu: none
Dislikes	-
Medication	-
Illnesses / Allergies	Sleep disturbances / Insomnia, Menopausal Symptoms, Migraines, Hypotension / low blood pressure

Analysis for the Coach

Meal Plan

Client: Lucy Holland-Pringle

Breakfast 60 g Poultry, 80 g Vegetable, Fruit, Bread	Breakfast 175 g Yogurt, Fruit	Breakfast 60 g Meat, 80 g Salad, Fruit, Bread
Lunch 55 g Pulses, 125 g Vegetable, Fruit, Bread	Lunch 105 g Meat, 125 g Vegetable, Fruit, Bread	Lunch 1 Eggs, 75 g Starch, 125 g Vegetable, Fruit
Dinner 115 g Fish, 135 g Vegetable, Bread	Dinner 125 g Mushrooms (Protein), 135 g Vegetable, Bread	Dinner 80 g Cheese, 135 g Vegetable, Bread

Water: 2 ¼ litres per day	Bread 0 - 4 slices per day
Fruits: 2 kinds per day	Eggs: 2 - 8 piece(s) per week

Analysis for the Coach

Personal Food Lists

Client: Lucy Holland-Pringle

Personal Food List - Phase 2

Fish	Basa, Blue-eyed trevalla, Flathead, Flounder, Flounder, Gemfish, King George Whiting, Kipper (in Water), Ocean Trout, Orange roughy, Salmon, Sardines, Swordfish Steak, Trout, Yelloweye Mullet
Seafood	Cuttlefish, Prawns, Tiny Shrimps
Yogurt	Goat Milk Yogurt, Sheep Yogurt
Meat	Beef Fillet, Ham (cooked), Lamb Fillet, Ostrich, Roast Beef, Veal, Venison
Poultry	Chicken Breast, Chicken Hearts, Turkey Breast
Cheese	Feta Cheese (Sheep), Goat Cream Cheese (Chèvre), Mozzarella (fresh), Paneer, Ricotta, Sheep's Cream Cheese
Pulses	Black Eyed Beans, Chickpeas, Lima Beans, Mung Beans, Red Lentils, Soy Beans, White Beans (Cannellini; Butter; Haricot; Navy)
Mushrooms (Protein)	Shiitake mushrooms
Eggs	Eat a minimum of 2 eggs and a maximum of 8 eggs per week.

Vegetable	Artichokes, Bamboo Shoots, Bok Choy, Broccoli, Brussels Sprouts, Carrots, Cauliflower leaves, Chanterelle mushrooms, Chinese cabbage, Choko, Fennel, Garden Cress, Green Beans, Green olives, Kale, Kohlrabi (Cabbage Turnip), Leek, Okra, Parsley (Root and Leaves), Parsnip, Porcini mushrooms, Pumpkin, Radish, Red Cabbage, Red capsicum, Sauerkraut, Savoy Cabbage, Silverbeet, Spinach, Tomato, White & brown mushrooms, Zucchini
Salad	Cucumber, Curly Endive, Dandelion Greens, Leafy Lettuce, Lollo Rosso Lettuce, Mache Rosettes, Red Oak Leaf Lettuce, Romaine Lettuce
Starch	Potato
Bread	Crispy Rye Bread, Wholegrain Rye Bread
Fruit	Apple (1), Apricot (dried) (30g), Cantaloupe (105g), Mango (145g), Nectarine (1), Papaya (155g), Peach (1), Raspberries (90g)

Analysis for the Coach

Additional Information about the Nutrition Plan

Water	We recommend that you drink 2 ¼ 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 8 eggs per week. You can prepare the eggs to your liking, for example, scrambled, fried, omelet, boiled or poached.
Mandelade	You may also exchange one of your breakfast choices for the delicious Mandelade. Mandelade stems from two German words, where Mandel = Almonds and Mandelade = Almond mix. This breakfast can be enjoyed even if you do not have seeds or nuts on your plan. Mandelade is easy to prepare. Take 30 g of almonds and 20 g of sunflower seeds. Soak the almonds and seeds overnight. The following morning chop or puree. Mix in with one chopped or grated apple and flavour the Mandelade with cinnamon or mint. Enjoy!
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 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.
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.

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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.





































Extended personal food list: Phase 3

Fish	Whitebait
Seafood	Crab, Yabbie
Cheese	Fontina (45% fat), Havarti (45% fat)
Vegetable	Asparagus white, Horseradish, Large Mushrooms, Sprouted Wheat Germ
Salad	Rocket
Fats / Oils	Ghee (for hot vegetables), Native Coconut Oil (for frying)

Analysis for the Coach

Collected blood values

Client: Lucy Holland-Pringle

Blood Results	Value	Unit	min.	Indicator	max.
Haemoglobin	135.00	g/L	115.00		165.00
RBC	4.40	10 ¹² /l	3.80		5.50
Haematocrit (PCV)	0.40	Ratio	0.35		0.47
MCV	92.00	fl	80.00		99.00
MCH	31.00	pg	27.00		32.00
White Cell Count	4.70	10 ⁹ /l	4.00		11.00
Neutrophils %	2.00	10 ⁹ /l	2.00		8.00
Lymphocytes %	2.20	10 ⁹ /l	1.00		4.00
Monocytes %	0.30	10 ⁹ /l	0.02		1.10
Eosinophils %	0.24	10 ⁹ /l	0.00		0.60
Platelets	218.00	10 ⁹ /l	150.00		450.00
Sodium	140.00	mmol/l	136.00		146.00
Potassium	3.50	mmol/l	3.50		5.20
Urea	8.10	mmol/l	2.50		8.00
Creatinine	67.00	μmol/l	40.00		85.00
Urate	0.41	mmol/l	0.15		0.45
Glucose	5.00	mmol/l	3.00		5.40
Calcium	2.57	mmol/l	2.10		2.55
Total Protein	66.00	g/L	60.00		82.00
Alk. Phos	85.00	U/l	30.00		120.00
Bilirubin	13.00	μmol/l	2.50		25.00
GGTP	13.00	U/l	0.00		50.00
AST	16.00	U/l	0.00		41.00
ALT	13.00	U/l	0.00		41.00
LD	134.00	U/l	50.00		280.00
Total Cholesterol	5.30	mmol/l	1.40		5.00
HDL Cholesterol	1.97	mmol/l	1.00		2.50
LDL Cholesterol	2.83	mmol/l	0.90		2.50
Triglycerides	1.10	mmol/l	0.00		1.50
Creatine Kinase	75.00	U/l	0.00		161.00
Iron	22.00	μmol/l	10.00		27.00
Amylase	72.00	U/l	25.00		120.00
C-Reactive Protein	0.20	mg/l	0.00		3.00
TSH	0.99	mIU/l	0.50		5.00
Lipase	40.00	U/l	70.00		390.00
LDL/HDL Ratio	1.44	kA	0.35		4.00

Shopping Helper Phase 2 for Lucy Holland-Pringle

Breakfast	Breakfast	Breakfast
60 g Poultry, 80 g Vegetable, Fruit, Bread	175 g Yogurt, Fruit	60 g Meat, 80 g Salad, Fruit, Bread
Lunch	Lunch	Lunch
55 g Pulses, 125 g Vegetable, Fruit, Bread	105 g Meat, 125 g Vegetable, Fruit, Bread	1 Eggs, 75 g Starch, 125 g Vegetable, Fruit
Dinner	Dinner	Dinner
115 g Fish, 135 g Vegetable, Bread	125 g Mushrooms (Protein), 135 g Vegetable, Bread	80 g Cheese, 135 g Vegetable, Bread

Fish	Basa, Blue-eyed trevalla, Flathead, Flounder, Flounder, Gemfish, King George Whiting, Kipper (in Water), Ocean Trout, Orange roughy, Salmon, Sardines, Swordfish Steak, Trout, Yelloweye Mullet
Seafood	Cuttlefish, Prawns, Tiny Shrimps
Yogurt	Goat Milk Yogurt, Sheep Yogurt
Meat	Beef Fillet, Ham (cooked), Lamb Fillet, Ostrich, Roast Beef, Veal, Venison
Poultry	Chicken Breast, Chicken Hearts, Turkey Breast
Cheese	Feta Cheese (Sheep), Goat Cream Cheese (Chèvre), Mozzarella (fresh), Paneer, Ricotta, Sheep's Cream Cheese
Pulses	Black Eyed Beans, Chickpeas, Lima Beans, Mung Beans, Red Lentils, Soy Beans, White Beans (Cannellini; Butter; Haricot; Navy)
Mushrooms (Protein)	Shiitake mushrooms
Eggs	Eat a minimum of 2 eggs and a maximum of 8 eggs per week.
Vegetable	Artichokes, Bamboo Shoots, Bok Choy, Broccoli, Brussels Sprouts, Carrots, Cauliflower leaves, Chanterelle mushrooms, Chinese cabbage, Choko, Fennel, Garden Cress, Green Beans, Green olives, Kale, Kohlrabi (Cabbage Turnip), Leek, Okra, Parsley (Root and Leaves), Parsnip, Porcini mushrooms, Pumpkin, Radish, Red Cabbage, Red capsicum, Sauerkraut, Savoy Cabbage, Silverbeet, Spinach, Tomato, White & brown mushrooms, Zucchini
Salad	Cucumber, Curly Endive, Dandelion Greens, Leafy Lettuce, Lollo Rosso Lettuce, Mache Rosettes, Red Oak Leaf Lettuce, Romaine Lettuce
Starch	Potato
Bread	Crispy Rye Bread, Wholegrain Rye Bread
Fruit	Apple (1), Apricot (dried) (30g), Cantaloupe (105g), Mango (145g), Nectarine (1), Papaya (155g), Peach (1), Raspberries (90g)

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Seafood	Crab, Cuttlefish, Prawns, Tiny Shrimps, Yabbie
Yogurt	Goat Milk Yogurt, Sheep Yogurt
Meat	Beef Fillet, Ham (cooked), Lamb Fillet, Ostrich, Roast Beef, Veal, Venison
Poultry	Chicken Breast, Chicken Hearts, Turkey Breast
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Pulses	Black Eyed Beans, Chickpeas, Lima Beans, Mung Beans, Red Lentils, Soy Beans, White Beans (Cannellini; Butter; Haricot; Navy)
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Fats / Oils	Ghee (for hot vegetables), Native Coconut Oil (for frying)