

## Analysis for the Coach

### Client Information Michelle Erasmus

Analysis created: 27.10.2025		Client-ID-No.: 2006252	
Title:	Ms		
First Name:	Michelle		
Last Name:	Erasmus		
Gender:	female		
Address:			
Town / State / Postcode	-		
e-mail:	erasmusm0108@gmail.com		
Phone:	+0402848983		
Profession:			

Date of Birth (DOB):	18.03.1973	Height:	173 cm
Starting Weight:	122 kg	Navel:	112 cm
Target Weight:	80 kg	Hips:	144 cm
BMI (Body Mass Index)	41	Upper Thigh:	80 cm

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

Eating Habits	-
Dislikes	Oysters, Mussels, Round Clams, Scallop, Abalone
Medication	Diabetic Medication
Illnesses / Allergies	Joint pain, Sleep disturbances / Insomnia, Menopausal Symptoms, Flatulence, Reflux / GERD

## Analysis for the Coach

### Meal Plan

Client: Michelle Erasmus

<b>Breakfast</b> 65 g Cheese, 110 g Vegetable, Fruit, Bread	<b>Breakfast</b> 90 g Poultry, 110 g Vegetable, Fruit, Bread	<b>Breakfast</b> 205 g Yogurt, Fruit
<b>Lunch</b> 135 g Fish, 155 g Salad, Fruit, Bread	<b>Lunch</b> 135 g Meat, 155 g Vegetable, Fruit, Bread	<b>Lunch</b> 80 g Pulses, 155 g Vegetable, Fruit, Bread
<b>Dinner</b> 1 Eggs, 120 g Starch, 165 g Vegetable	<b>Dinner</b> 100 g Cheese, 165 g Salad, Bread	<b>Dinner</b> 145 g Fish, 165 g Vegetable, Bread

<b>Water:</b>	4 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.
- 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: Michelle Erasmus

#### Personal Food List - Phase 2

<b>Fish</b>	Barramundi, Flounder, Flounder, Fresh Tuna, Herring, Morwong, Pacific Butterfish, Rainbow Trout, Salmon, Snapper, Swordfish Steak, Trumpeter
<b>Seafood</b>	Crab (Crab Meat), Prawns, Soft shell crab, Squid
<b>Yogurt</b>	Goat Milk Yogurt, Sheep Yogurt, Whole Milk Natural Yogurt (plain, 3.8% fat)
<b>Meat</b>	Goat, Lamb, Pork Fillet, Roast Beef, Veal, Venison
<b>Poultry</b>	Chicken Breast, Pheasant
<b>Cheese</b>	Buffalo Mozzarella, Cream Cheese (45% fat), Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
<b>Pulses</b>	Black (Beluga) Lentils, Red Lentils
<b>Eggs</b>	Eat a minimum of 1 eggs and a maximum of 2 eggs per week.

<b>Vegetable</b>	Asian greens, Avocado, Bok Choy, Carrots, Cauliflower, Celeriac, Chanterelle mushrooms, Choko, Eggplant, Fennel bulb, Green Beans, Green Cabbage, Horseradish, Kohlrabi (Cabbage Turnip), Leek, Pickled gherkins (sugar free), Pumpkin, Radish, Red Cabbage, Red leaf/Red amaranth, Savoy Cabbage, Silverbeet, Sorrel, Spinach, Turnip, Turnip, White & brown mushrooms, Zucchini
<b>Salad</b>	Boston Bibb Lettuce (Butter Lettuce), Cucumber, Curly Endive, Frisee, Iceberg Lettuce, Leafy Lettuce, Lollo Rosso Lettuce, Radicchio, Red Oak Leaf Lettuce
<b>Starch</b>	Potato
<b>Bread</b>	Crispy Rye Bread, Wholegrain Rye Bread
<b>Fruit</b>	Apple (1), Mango (175g), Papaya (185g), Strawberries (135g)

#### Additional Information about the Nutrition Plan

<b>Water</b>	We recommend that you drink 4 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.

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<b>Mandelade</b>	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!
<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 in the first 14 days.
<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.
<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.

## Analysis for the Coach

### 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.





































### Extended personal food list: Phase 3

<b>Seafood</b>	Crab, Yabbie
<b>Meat</b>	Beef Brisket/Point End of Beef, Minced Lamb, Veal Filet
<b>Poultry</b>	Emu
<b>Cheese</b>	Edam Cheese (45% fat), Goat Cheese (Brie), Goat Cheese Log
<b>Pulses</b>	Brown Lentils
<b>Vegetable</b>	<p>Broccoli, Cherry Tomatoes, Chinese cabbage, Daikon/ White Radish, Parsley (Root and Leaves), Porcini mushrooms, Sprouted Wheat Germ</p> <p>Please eat tomatoes only twice per week.</p>
<b>Salad</b>	Rocket
<b>Sprouts</b>	<p>Soy Sprouts, Sunflower 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>Fats / Oils</b>	Ghee (for hot vegetables)

## Analysis for the Coach

### Collected blood values

Client: Michelle Erasmus

Blood Results	Value	Unit	min.	Indicator	max.
Haemoglobin	142.00	g/L	115.00		165.00
RBC	4.95	10 <sup>12</sup> /l	3.80		5.50
Haematocrit (PCV)	0.43	Ratio	0.35		0.47
MCV	87.00	fl	80.00		99.00
MCH	28.70	pg	27.00		32.00
White Cell Count	6.60	10 <sup>9</sup> /l	4.00		11.00
Neutrophils %	4.10	10 <sup>9</sup> /l	2.00		8.00
Lymphocytes %	2.00	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	322.00	10 <sup>9</sup> /l	150.00		450.00
Sodium	140.00	mmol/l	136.00		146.00
Potassium	4.30	mmol/l	3.50		5.20
Urea	5.30	mmol/l	2.50		8.00
Creatinine	66.00	μmol/l	40.00		85.00
Urate	0.38	mmol/l	0.15		0.45
Glucose	5.40	mmol/l	3.00		5.40
Calcium	2.34	mmol/l	2.10		2.55
Total Protein	69.00	g/L	60.00		82.00
Alk. Phos	87.00	U/l	30.00		120.00
Bilirubin	9.00	μmol/l	2.50		25.00
GGTP	29.00	U/l	0.00		50.00
AST	31.00	U/l	0.00		41.00
ALT	43.00	U/l	0.00		41.00
LD	179.00	U/l	50.00		280.00
Total Cholesterol	5.70	mmol/l	1.40		5.00
HDL Cholesterol	1.20	mmol/l	1.00		2.50
LDL Cholesterol	3.60	mmol/l	0.90		2.50
Triglycerides	1.90	mmol/l	0.00		1.50
Creatine Kinase	81.00	U/l	0.00		161.00
Iron	13.00	μmol/l	10.00		27.00
Amylase	77.00	U/l	25.00		120.00
C-Reactive Protein	3.86	mg/l	0.00		3.00
TSH	1.57	mIU/l	0.50		5.00
Lipase	49.00	IU/l	350.00		1,950.00
LDL/HDL Ratio	3.00	kA	0.35		4.00

## Shopping Helper Phase 2 for Michelle Erasmus

<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
65 g Cheese, 110 g Vegetable, Fruit, Bread	90 g Poultry, 110 g Vegetable, Fruit, Bread	205 g Yogurt, Fruit
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
135 g Fish, 155 g Salad, Fruit, Bread	135 g Meat, 155 g Vegetable, Fruit, Bread	80 g Pulses, 155 g Vegetable, Fruit, Bread
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
1 Eggs, 120 g Starch, 165 g Vegetable	100 g Cheese, 165 g Salad, Bread	145 g Fish, 165 g Vegetable, Bread

<b>Fish</b>	Barramundi, Flounder, Flounder, Fresh Tuna, Herring, Morwong, Pacific Butterfish, Rainbow Trout, Salmon, Snapper, Swordfish Steak, Trumpeter
<b>Seafood</b>	Crab (Crab Meat), Prawns, Soft shell crab, Squid
<b>Yogurt</b>	Goat Milk Yogurt, Sheep Yogurt, Whole Milk Natural Yogurt (plain, 3.8% fat)
<b>Meat</b>	Goat, Lamb, Pork Fillet, Roast Beef, Veal, Venison
<b>Poultry</b>	Chicken Breast, Pheasant
<b>Cheese</b>	Buffalo Mozzarella, Cream Cheese (45% fat), Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
<b>Pulses</b>	Black (Beluga) Lentils, Red Lentils
<b>Eggs</b>	Eat a minimum of 1 eggs and a maximum of 2 eggs per week.
<b>Vegetable</b>	Asian greens, Avocado, Bok Choy, Carrots, Cauliflower, Celeriac, Chanterelle mushrooms, Choko, Eggplant, Fennel bulb, Green Beans, Green Cabbage, Horseradish, Kohlrabi (Cabbage Turnip), Leek, Pickled gherkins (sugar free), Pumpkin, Radish, Red Cabbage, Red leaf/Red amaranth, Savoy Cabbage, Silverbeet, Sorrel, Spinach, Turnip, Turnip, White & brown mushrooms, Zucchini
<b>Salad</b>	Boston Bibb Lettuce (Butter Lettuce), Cucumber, Curly Endive, Frisee, Iceberg Lettuce, Leafy Lettuce, Lollo Rosso Lettuce, Radicchio, Red Oak Leaf Lettuce
<b>Starch</b>	Potato
<b>Bread</b>	Crispy Rye Bread, Wholegrain Rye Bread
<b>Fruit</b>	Apple (1), Mango (175g), Papaya (185g), Strawberries (135g)

## Shopping Helper Phase 3 for Michelle Erasmus

<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
65 g Cheese, 110 g Vegetable, Fruit, Bread	90 g Poultry, 110 g Vegetable, Fruit, Bread	205 g Yogurt, Fruit
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
135 g Fish, 155 g Salad, Fruit, Bread	135 g Meat, 155 g Vegetable, Fruit, Bread	80 g Pulses, 155 g Vegetable, Fruit, Bread
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
1 Eggs, 120 g Starch, 165 g Vegetable	100 g Cheese, 165 g Salad, Bread	145 g Fish, 165 g Vegetable, Bread

<b>Fish</b>	Barramundi, Flounder, Flounder, Fresh Tuna, Herring, Morwong, Pacific Butterfish, Rainbow Trout, Salmon, Snapper, Swordfish Steak, Trumpeter
<b>Seafood</b>	Crab, Crab (Crab Meat), Prawns, Soft shell crab, Squid, Yabbie
<b>Yogurt</b>	Goat Milk Yogurt, Sheep Yogurt, Whole Milk Natural Yogurt (plain, 3.8% fat)
<b>Meat</b>	Beef Brisket/Point End of Beef, Goat, Lamb, Minced Lamb, Pork Fillet, Roast Beef, Veal, Veal Filet, Venison
<b>Poultry</b>	Chicken Breast, Emu, Pheasant
<b>Cheese</b>	Buffalo Mozzarella, Cream Cheese (45% fat), Edam Cheese (45% fat), Goat Cheese (Brie), Goat Cheese Log, Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
<b>Pulses</b>	Black (Beluga) Lentils, Brown Lentils, Red Lentils
<b>Sprouts</b>	Soy Sprouts, Sunflower Sprouts
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<b>Vegetable</b>	Asian greens, Avocado, Bok Choy, Broccoli, Carrots, Cauliflower, Celeriac, Chanterelle mushrooms, Cherry Tomatoes, Chinese cabbage, Choko, Daikon/ White Radish, Eggplant, Fennel bulb, Green Beans, Green Cabbage, Horseradish, Kohlrabi (Cabbage Turnip), Leek, Parsley (Root and Leaves), Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Red Cabbage, Red leaf/Red amaranth, Savoy Cabbage, Silverbeet, Sorrel, Spinach, Sprouted Wheat Germ, Turnip, Turnip, White & brown mushrooms, Zucchini
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<b>Fruit</b>	Apple (1), Mango (175g), Papaya (185g), Strawberries (135g)
<b>Fats / Oils</b>	Ghee (for hot vegetables)