

Analysis for the Coach

Client Information Coetzer Gina

Analysis created: 16/12/2022		Client-ID-No.: 1913846	
Title:	Mrs		
First Name:	Coetzer		
Last Name:	Gina		
Gender:	female		
Address:	28 Dampier Avenue, City Beach		
Town / State / Postcode	AUS-6015 Perth, Western Australia		
e-mail:	gina.coetzer@bigpond.com		
Phone:	0416 290 596		
Profession:	retired		

Date of Birth (DOB):	10/09/1963	Height:	163 cm
Starting Weight:	100 kg	Navel:	121 cm
Target Weight:	70 kg	Hips:	131 cm
BMI (Body Mass Index)	38	Upper Thigh:	74 cm

Remarks:	Responsibility has been accepted
	Gina is under the care of her Medical Doctor.

Personal information regarding your individual health and nutrition profile

Eating Habits	-
Dislikes	-
Medication	Blood Pressure Medication
Illnesses / Allergies	Sleep disturbances / Insomnia, Hay Fever, Fibromyalgia, Migraines, Reflux / GERD

Analysis for the Coach

Meal Plan

Client: Coetzer Gina

Breakfast 205 ml Milk Products, 55 g Starch, Fruit	Breakfast 90 g Poultry, 90 g Vegetable, Fruit, Bread	Breakfast 205 g Yogurt, Fruit
Lunch 135 g Fish, 135 g Salad, Fruit, Bread	Lunch 90 g Cheese, 135 g Vegetable, Fruit, Bread	Lunch 80 g Pulses, 135 g Vegetable, Fruit, Bread
Dinner 145 g Meat, 145 g Vegetable, Bread	Dinner 1 Eggs, 105 g Starch, 145 g Salad	Dinner 145 g Fish, 145 g Vegetable, Bread

Water:	3 ½ litres per day	Bread	0 - 4 slices per day
Fruits:	2 kinds per day	Eggs:	1 - 2 piece(s) per week

Nutritional Analysis

- Due to your client's waist circumference, there is a possibility of a impaired glucose tolerance/metabolic syndrome.
- Increased liver values on the lab results suggest your client has a risk of liver disease. Please advise your client to further investigate this with their doctor.

Analysis for the Coach

Personal Food Lists

Client: Coetzer Gina

Personal Food List - Phase 2

Fish	Barramundi, Flounder, Fresh Tuna, Garfish, Herring, Leatherjacket, Orange roughy, Pacific Butterfish, Salmon, Snapper, Swordfish Steak, Tailor, Trumpeter
Seafood	Prawns, Round Clams, Soft shell crab, Yabbie
Milk Products	Goat Milk
Yogurt	Goat Milk Yogurt, Sheep Yogurt
Meat	Goat, Lamb, Pork Fillet, Veal, Venison
Poultry	Chicken Breast, Duck Breast
Cheese	Goat Cheese (Brie)
Pulses	Adzuki Beans, Black (Beluga) Lentils, Black Eyed Beans, Chickpeas, Kidney Beans, Mung Beans, Red Lentils, Soy Beans, White Beans (Cannellini; Butter; Haricot; Navy)
Eggs	Eat a minimum of 1 eggs and a maximum of 2 eggs per week.

Vegetable	Bamboo Shoots, Black olives, Bok Choy, Broccoli, Carrots, Cauliflower, Celeriac, Chanterelle mushrooms, Choko, Fennel bulb, Garden Cress, Green Beans, Green Cabbage, Horseradish, Kohlrabi (Cabbage Turnip), Large Mushrooms, Leek, Okra, Parsley (Root and Leaves), Porcini mushrooms, Pumpkin, Red Cabbage, Savoy Cabbage, Silverbeet, Spinach, White & brown mushrooms, Zucchini
Salad	Boston Bibb Lettuce (Butter Lettuce), Cucumber, Curly Endive, Leafy Lettuce, Lollo Rosso Lettuce, Mache Rosettes, Radicchio, Rocket
Starch	Porridge Oats, Potato, Rye flakes
Bread	Crispy Rye Bread, Wholegrain Rye Bread
Fruit	Apple (1), Cantaloupe (115 g), Mango (155 g), Papaya (165 g), Peach (1), Red Currants (95 g), Strawberries (115 g)

Additional Information about the Nutrition Plan

Water	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.
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Eggs	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.
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.
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 other type of fruit from your fruit list with one of your meals. 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.

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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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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.
- 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

Fish	Redfish Filet
Seafood	Crab
Meat	Minced Lamb, Veal Filet
Poultry	Chicken Thigh, Emu
Cheese	Goat Cheese Log
Pulses	Lentils
Sprouts	Alfalfa Sprouts, Soy 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.
Vegetable	Cherry Tomatoes, Daikon/ White Radish, Sprouted Wheat Germ Please eat tomatoes only twice per week.
Fats / Oils	Ghee (for hot vegeteables), Native Coconut Oil (for frying)

Analysis for the Coach

Collected blood values

Client: Coetzer Gina

Blood Results	Value	Unit	min.	Indicator	max.
Haemoglobin	135.00	g/L	115.00		165.00
RBC	4.64	10 ¹² /l	3.80		5.50
Haematocrit (PCV)	0.42	Ratio	0.35		0.47
MCV	90.00	fl	80.00		99.00
MCH	29.10	pg	27.00		32.00
White Cell Count	9.30	10 ⁹ /l	4.00		11.00
Neutrophils %	6.00	10 ⁹ /l	2.00		8.00
Lymphocytes %	2.00	10 ⁹ /l	1.00		4.00
Monocytes %	0.70	10 ⁹ /l	0.02		1.10
Eosinophils %	0.70	10 ⁹ /l	0.00		0.60
Platelets	304.00	10 ⁹ /l	150.00		450.00
Sodium	144.00	mmol/l	136.00		146.00
Potassium	4.70	mmol/l	3.50		5.20
Urea	6.20	mmol/l	2.50		8.00
Creatinine	67.00	μmol/l	40.00		85.00
Urate	0.37	mmol/l	0.15		0.45
Glucose	5.30	mmol/l	3.00		5.40
Calcium	2.37	mmol/l	2.10		2.55
Total Protein	72.00	g/L	60.00		82.00
Alk. Phos	156.00	U/l	30.00		120.00
Bilirubin	8.00	μmol/l	2.50		25.00
GGTP	171.00	U/l	0.00		50.00
AST	123.00	U/l	0.00		41.00
ALT	347.00	U/l	0.00		41.00
LD	211.00	U/l	50.00		280.00
Total Cholesterol	4.20	mmol/l	1.40		5.00
HDL Cholesterol	1.80	mmol/l	1.00		2.50
LDL Cholesterol	2.00	mmol/l	0.00		2.50
Triglycerides	0.80	mmol/l	0.00		1.50
Creatine Kinase	80.00	U/l	0.00		161.00
Iron	7.00	μmol/l	10.00		27.00
Amylase	136.00	U/l	0.00		111.00
C-Reactive Protein	31.29	mg/l	0.00		3.00
TSH	1.67	mIU/l	0.50		5.00
Lipase	165.00	IU/l	0.00		300.00
LDL/HDL Ratio	1.11	kA	0.35		4.00

Shopping Helper Phase 2 for Coetzer Gina

Breakfast 205 ml Milk Products, 55 g Starch, Fruit	Breakfast 90 g Poultry, 90 g Vegetable, Fruit, Bread	Breakfast 205 g Yogurt, Fruit
Lunch 135 g Fish, 135 g Salad, Fruit, Bread	Lunch 90 g Cheese, 135 g Vegetable, Fruit, Bread	Lunch 80 g Pulses, 135 g Vegetable, Fruit, Bread
Dinner 145 g Meat, 145 g Vegetable, Bread	Dinner 1 Eggs, 105 g Starch, 145 g Salad	Dinner 145 g Fish, 145 g Vegetable, Bread

Fish	Barramundi, Flounder, Fresh Tuna, Garfish, Herring, Leatherjacket, Orange roughy, Pacific Butterfish, Salmon, Snapper, Swordfish Steak, Tailor, Trumpeter
Seafood	Prawns, Round Clams, Soft shell crab, Yabbie
Milk Products	Goat Milk
Yogurt	Goat Milk Yogurt, Sheep Yogurt
Meat	Goat, Lamb, Pork Fillet, Veal, Venison
Poultry	Chicken Breast, Duck Breast
Cheese	Goat Cheese (Brie)
Pulses	Adzuki Beans, Black (Beluga) Lentils, Black Eyed Beans, Chickpeas, Kidney Beans, Mung Beans, Red Lentils, Soy Beans, White Beans (Cannellini; Butter; Haricot; Navy)
Eggs	Eat a minimum of 1 eggs and a maximum of 2 eggs per week.
Vegetable	Bamboo Shoots, Black olives, Bok Choy, Broccoli, Carrots, Cauliflower, Celeriac, Chanterelle mushrooms, Choko, Fennel bulb, Garden Cress, Green Beans, Green Cabbage, Horseradish, Kohlrabi (Cabbage Turnip), Large Mushrooms, Leek, Okra, Parsley (Root and Leaves), Porcini mushrooms, Pumpkin, Red Cabbage, Savoy Cabbage, Silverbeet, Spinach, White & brown mushrooms, Zucchini
Salad	Boston Bibb Lettuce (Butter Lettuce), Cucumber, Curly Endive, Leafy Lettuce, Lollo Rosso Lettuce, Mache Rosettes, Radicchio, Rocket
Starch	Porridge Oats, Potato, Rye flakes
Bread	Crispy Rye Bread, Wholegrain Rye Bread
Fruit	Apple (1), Cantaloupe (115 g), Mango (155 g), Papaya (165 g), Peach (1), Red Currants (95 g), Strawberries (115 g)

Shopping Helper Phase 3 for Coetzer Gina

Breakfast 205 ml Milk Products, 55 g Starch, Fruit	Breakfast 90 g Poultry, 90 g Vegetable, Fruit, Bread	Breakfast 205 g Yogurt, Fruit
Lunch 135 g Fish, 135 g Salad, Fruit, Bread	Lunch 90 g Cheese, 135 g Vegetable, Fruit, Bread	Lunch 80 g Pulses, 135 g Vegetable, Fruit, Bread
Dinner 145 g Meat, 145 g Vegetable, Bread	Dinner 1 Eggs, 105 g Starch, 145 g Salad	Dinner 145 g Fish, 145 g Vegetable, Bread

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Seafood	Crab, Prawns, Round Clams, Soft shell crab, Yabbie
Milk Products	Goat Milk
Yogurt	Goat Milk Yogurt, Sheep Yogurt
Meat	Goat, Lamb, Minced Lamb, Pork Fillet, Veal, Veal Filet, Venison
Poultry	Chicken Breast, Chicken Thigh, Duck Breast, Emu
Cheese	Goat Cheese (Brie), Goat Cheese Log
Pulses	Adzuki Beans, Black (Beluga) Lentils, Black Eyed Beans, Chickpeas, Kidney Beans, Lentils, Mung Beans, Red Lentils, Soy Beans, White Beans (Cannellini; Butter; Haricot; Navy)
Sprouts	Alfalfa Sprouts, Soy Sprouts
Eggs	Eat a minimum of 1 eggs and a maximum of 2 eggs per week.
Vegetable	Bamboo Shoots, Black olives, Bok Choy, Broccoli, Carrots, Cauliflower, Celeriac, Chanterelle mushrooms, Cherry Tomatoes, Choko, Daikon/ White Radish, Fennel bulb, Garden Cress, Green Beans, Green Cabbage, Horseradish, Kohlrabi (Cabbage Turnip), Large Mushrooms, Leek, Okra, Parsley (Root and Leaves), Porcini mushrooms, Pumpkin, Red Cabbage, Savoy Cabbage, Silverbeet, Spinach, Sprouted Wheat Germ, White & brown mushrooms, Zucchini
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Starch	Porridge Oats, Potato, Rye flakes
Bread	Crispy Rye Bread, Wholegrain Rye Bread
Fruit	Apple (1), Cantaloupe (115 g), Mango (155 g), Papaya (165 g), Peach (1), Red Currants (95 g), Strawberries (115 g)
Fats / Oils	Ghee (for hot vegetables), Native Coconut Oil (for frying)

Personal Message from Your Coach for Coetzer Gina

Dear Gina

I'm so pleased that you've started your health journey with Metabolic Balance. It's an amazing program and I'm really looking forward to supporting you over the coming weeks and months. Firstly, please do ensure that you have informed your doctor that you are taking part in Metabolic Balance and provided him/her with a copy of your blood results if necessary.

There is a Metabolic Balance app available for both Apple and Android. It's available for free from either Play Store or Apple App Store. Once you've downloaded the app to your phone, it's a two-step process to sync your plan into the app.

1. When you first open the app, you'll need to enter your email address and create your own password. Please keep a note of this password safely. Next enter your plan # and sync the app.

At the beginning you'll see that you can only access phases 1 and 2. As you progress through the program, I shall be able to release the next phases at the right time. There is a link in the app where you can click to get in touch with me either by phone or by email.

There's a video on the Metabolic Balance Facebook page that talks you through the app:
<https://www.facebook.com/MetabolicBalanceAustraliaandNewZealand/videos/412878599663077/>

There is also a Metabolic Balance Recipe Facebook group that has wonderful ideas from other clients:

(1) <https://www.facebook.com/groups/1076920086060523/>

(2) <https://www.facebook.com/groups/244258900690168>

Simply go to above address and click the "Request to Join" button.

If you have questions outside of your scheduled consults with me, please text or email me. I always aim to reply to text and email messages within 24 hours.

A couple of tips...

- There's no strenuous exercise allowed in the first 2-3 weeks of Metabolic Balance. But this does not mean a "couch potato" couple of weeks! Normal movement and activity is encouraged and important. Walking the dog is fine for example. Just try not to allow your heart rate to increase too much during this time i.e., your heart rate shouldn't raise above 100 beats per minute.
- Take some time each day to notice the changes that are happening. Little things to watch for are changes to your everyday mood, improvements with your skin, fewer body aches and pains, feeling clear-headed and able to concentrate easier.
- Remember that everything about Metabolic Balance makes a difference to your health i.e., all the rules make a difference. So, the closer you stick to all the rules, especially in the first 2-4 weeks, the better your results will be.
- Please note that it's really important that you tell me how things are going with you. This is

Personal Message from Your Coach for Coetzer Gina

a personalised program and so sometimes I need to personalise the plan even further for you.

- Enjoy your health journey with Metabolic Balance. It's a lifelong knowledge of good health and great quality of life.

Warm and nourishing wishes

Jodie Studley

Your Metabolic Balance Coach:

Jodie Studley
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Innaloo, Perth, 6018