



# HEALTH CARE PLAN

Beryl Allen



# Food Compatability & Wellness Package

**Name:** Beryl Allen

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## Goals

- \*Reduce stress and overwhelm
- \*Stabilise Irritable Bowel
- \*Establish an Optimal Diet for own body

## Motivation

- \*Happiness- valued, loved, contribution
- \*To feel fit and maintain good health
- \*Feel in control of health and life

## Vision

- \*A healthy food plan that is personalised and easy to follow
- \*Lifestyle recommendations that are sustainable
- \*Tools to reduce and negotiate stress

## Recommendation

- \*Food Compatibility Hair Test
- \*Personalised Nutritional Meal Plan
- \*Lifestyle Guidance & Emotional Support

## Package Price: \$647.00

\*Package Valued at \$795 plus extras included]

\*Initial Naturopathic Consultation

[Comprehensive health assessment with relevant health guidance to implement today. Valued at \$160.00].

\*Follow- Up consultation

[Health Care Plan delivery. 45 minutes valued at \$95.00]

\*Food Compatibility Personal Report

[including 600+ Food and Household products valued at \$260.00]

\*Wholefood Meal Plan

[including 3-day meal rotation. Valued at \$280]

\*Lifestyle Guidance and Heath Coaching

\*Recipe Ideas

\*Handouts

\*20% Discount on retest compatibility report

\*Access to Myself over the course of your plan. [via Email or Text for quick responses only]

\*Supplement Recommendation

\*Access to Private Facebook Group

[for Support between appointments]

## Cherish Yourself



**Recommended 6 month ongoing support**

Jodie Studley - Naturopath @ Cherish Natural Health

# Meal Planning Strategy

## Breakfast:

3/4 cup Over night oats  
1/2 Yoghurt  
Fruit

30ml flaxseed oil

100g Chicken  
100g vegetables  
Fruit

30ml flaxseed oil

3/4Homemade muesli  
(Nuts/seeds)  
almond milk  
Fruit

30ml flaxseed oil

## Lunch

120g Fish  
140g Vegetables  
Fruit

30ml oil

80 g Pulses  
140g Vegetables  
Fruit

30ml oil

120g Chicken  
140g Vegetables  
Fruit

30ml oil

## Dinner

130gMeat  
150gVegetable  
1/3 cup grain

30ml oil

130g Fish  
150g Vegetables  
1/3 cup grain

30ml oil

90g Pulses  
150g Vegetables  
1/3 cup grain

30ml oil

## Snacks

Activated Almonds

Almond Butter and  
veggie sticks

## Water/Hydration

1 1/2 liter per day  
coffee with in 60 minutes

## lifestyle

gentle walking  
Singing  
cold water stimulus  
skin brushing

-3 meal per day rotation  
-protein every meal  
-Add 1 slice of bread to  
meal if hungry

-slightly steam /cook  
your vegetables

-Apple cider vinegar/lemon  
juice before meals

Extra virgin olive oil  
Ghee  
Coconut  
Flaxseed oil

Nutritional Yeast  
Liquid Aminos  
Apple Cider Vinegar  
Balsamic vinegar

Salad dressing: balsamic  
vinegar and flaxseed oil



# NOURISHING WISHES.



Welcome Beryl.

I am so excited to be apart of your ongoing health and well-being.  
Your Health Care Plan is a 6-month ongoing plan that will grow and adapt in alignment with your efforts and your healing.

Your Food Compatability report is recommended to be retested at the 6-month mark. This is because, as our gut heals and our body inflammation calms down and resets then we begin to tolerate new foods.

Please don't hesitate to contact me if you have any questions or need additional support along the way.

I would recommend including some mindset work as we proceed.  
This will be inclusive in your follow-up appointments.

Follow-up appointments are fortnightly and take about 45 minutes.

Supplement recommendations will be discussed at each appointment.

I'm excited to see your results. You got this!

Jodie Studley

Naturopath, Metabolic Balance Practitioner,  
Health Coach, Clinical Hypnotherpaist,  
Massage Therapist.

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