

## Analysis for the Coach

### Client Information Sophie Simon

Analysis created: 20/02/2025		Client-ID-No.: 1954075	
Title:	Mrs		
First Name:	Sophie		
Last Name:	Simon		
Gender:	female		
Address:	5 Lombardy St, Woodlands		
Town / State / Postcode	AUS-6018 Perth, WA		
e-mail:	sophiekalia@yahoo.fr		
Phone:	0417707057		
Profession:			

Date of Birth (DOB):	8/07/1975	Height:	162 cm
Starting Weight:	58 kg	Navel:	73 cm
Target Weight:	54 kg	Hips:	102 cm
BMI (Body Mass Index)	22	Upper Thigh:	60 cm

Remarks:	Responsibility has been accepted
	Sophie is under the care of her doctor.

#### Personal information regarding your individual health and nutrition profile

Eating Habits	Meat: seldom
Dislikes	Cherry Tomatoes, Black olives, Green olives, Tomato
Medication	-
Illnesses / Allergies	Migraines, Sleep disturbances / Insomnia, Depression, Iron deficiency anaemia, Joint pain

Analysis for the Coach

## Meal Plan

Client: Sophie Simon

<b>Breakfast</b> 175 ml Milk Products, 30 g Starch, Fruit	<b>Breakfast</b> 175 g Yogurt, Fruit	<b>Breakfast</b> 60 g Poultry, 80 g Salad, Fruit
<b>Lunch</b> 105 g Poultry, 125 g Salad, Fruit, Bread	<b>Lunch</b> 105 g Meat, 125 g Vegetable, Fruit, Bread	<b>Lunch</b> 55 g Pulses, 125 g Vegetable, Fruit, Bread
<b>Dinner</b> 115 g Fish, 135 g Vegetable, Bread	<b>Dinner</b> 2 Eggs, 135 g Vegetable, Bread	<b>Dinner</b> 80 g Cheese, 135 g Vegetable, Bread

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

Analysis for the Coach

Personal Food Lists

Client: Sophie Simon

### Personal Food List - Phase 2

<b>Fish</b>	Barramundi, Basa, Blue-eyed trevalla, Flathead, Flounder, Flounder, Gemfish, Herring, King George Whiting, Kipper (in Water), Mackerel, Ocean Trout, Orange roughy, Salmon, Sardines, Swordfish Steak, Trout, Tuna (in Water), Yelloweye Mullet
<b>Seafood</b>	Crab (Crab Meat), Cuttlefish, Tiger prawns, Tiny Shrimps
<b>Milk Products</b>	Camel milk, Soy Milk (unsweetened)
<b>Yogurt</b>	Goat Milk Yogurt, Sheep Yogurt
<b>Meat</b>	Beef Fillet, Ham (cooked), Lamb Fillet, Pork Fillet, Roast Beef, Veal
<b>Poultry</b>	Chicken Breast, Turkey Breast
<b>Cheese</b>	Feta Cheese (Sheep), Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
<b>Pulses</b>	Adzuki Beans, Black (Beluga) Lentils, Borlotti Beans, Chickpeas, Lima Beans, Red Lentils, White Beans (Cannellini; Butter; Haricot; Navy)
<b>Eggs</b>	Eat a minimum of 1 eggs and a maximum of 2 eggs per week.

<b>Vegetable</b>	Artichokes, Asparagus white, Broccoli, Brussels Sprouts, Carrots, Cauliflower leaves, Celeriac, Chanterelle mushrooms, Chicory (Belgium Endive), Choko, Daikon/ White Radish, Fennel, Green Beans, Green Cabbage, Kale, Kohlrabi (Cabbage Turnip), Leek, Okra, Parsley (Root and Leaves), Parsnip, Pickled gherkins (sugar free), Porcini mushrooms, Radish, Radish Sprouts, Red Cabbage, Red capsicum, Sauerkraut, Savoy Cabbage, Silverbeet, Sorrel, Spinach, Swede, Turnip, White & brown mushrooms
<b>Salad</b>	Boston Bibb Lettuce (Butter Lettuce), Cucumber, Dandelion Greens, Frisee, Lollo Rosso Lettuce, Mache Rosettes, Purslane (Verdolaga), Red Oak Leaf Lettuce, Rocket, Romaine Lettuce
<b>Starch</b>	Porridge Oats, Rye flakes
<b>Bread</b>	Crispy Rye Bread, Wholegrain Rye Bread
<b>Fruit</b>	Apple (1), Apricot (fresh) (120 g), Blueberries (90 g), Cantaloupe (105 g), Mango (145 g), Nectarine (1), Papaya (155 g), Peach (1), Prunes (dried) (30 g), Raspberries (90 g), Strawberries (105 g), Watermelon (165 g)

## Analysis for the Coach

### Additional Information about the Nutrition Plan

<b>Water</b>	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.
<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.
<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.
<b>Bread</b>	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.
<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.

## Analysis for the Coach

<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.

## 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>Fish</b>	Whitebait
<b>Seafood</b>	Crab, Yabbie
<b>Sprouts</b>	Mung Beans 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.
<b>Vegetable</b>	Bamboo Shoots, Green capsicum, Horseradish, Large Mushrooms, Sprouted Wheat Germ, Zucchini
<b>Salad</b>	Iceberg Lettuce, Radicchio
<b>Fats / Oils</b>	Flax Seed Oil (for Salads), Ghee (for hot vegetables), Native Coconut Oil (for frying)

## Analysis for the Coach

### Collected blood values

Client: Sophie Simon

Blood Results	Value	Unit	min.	Indicator	max.
Haemoglobin	127.00	g/L	115.00		165.00
RBC	4.26	10 <sup>12</sup> /l	3.80		5.50
Haematocrit (PCV)	0.40	Ratio	0.35		0.47
MCV	93.00	fl	80.00		99.00
MCH	29.80	pg	27.00		32.00
White Cell Count	3.60	10 <sup>9</sup> /l	4.00		11.00
Neutrophils %	2.00	10 <sup>9</sup> /l	2.00		8.00
Lymphocytes %	0.90	10 <sup>9</sup> /l	1.00		4.00
Monocytes %	0.40	10 <sup>9</sup> /l	0.02		1.10
Eosinophils %	0.30	10 <sup>9</sup> /l	0.00		0.60
Platelets	177.00	10 <sup>9</sup> /l	150.00		450.00
Sodium	141.00	mmol/l	136.00		146.00
Potassium	4.20	mmol/l	3.50		5.20
Urea	4.60	mmol/l	2.50		8.00
Creatinine	68.00	μmol/l	40.00		85.00
Urate	0.30	mmol/l	0.15		0.45
Glucose	4.80	mmol/l	3.00		5.40
Calcium	2.40	mmol/l	2.10		2.55
Total Protein	65.00	g/L	60.00		82.00
Alk. Phos	69.00	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	19.00	U/l	0.00		41.00
ALT	13.00	U/l	0.00		41.00
LD	142.00	U/l	50.00		280.00
Total Cholesterol	3.40	mmol/l	1.40		5.00
HDL Cholesterol	2.10	mmol/l	1.00		2.50
LDL Cholesterol	1.00	mmol/l	0.00		2.50
Triglycerides	0.60	mmol/l	0.00		1.50
Creatine Kinase	69.00	U/l	0.00		161.00
Iron	20.00	μmol/l	10.00		27.00
Amylase	66.00	U/l	0.00		111.00
C-Reactive Protein	0.47	mg/l	0.00		3.00
TSH	1.54	mIU/l	0.50		5.00
Lipase	41.00	IU/l	0.00		300.00
LDL/HDL Ratio	0.48	kA	0.35		4.00

## Shopping Helper Phase 2 for Sophie Simon

<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
175 ml Milk Products, 30 g Starch, Fruit	175 g Yogurt, Fruit	60 g Poultry, 80 g Salad, Fruit
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
105 g Poultry, 125 g Salad, Fruit, Bread	105 g Meat, 125 g Vegetable, Fruit, Bread	55 g Pulses, 125 g Vegetable, Fruit, Bread
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
115 g Fish, 135 g Vegetable, Bread	2 Eggs, 135 g Vegetable, Bread	80 g Cheese, 135 g Vegetable, Bread

<b>Fish</b>	Barramundi, Basa, Blue-eyed trevalla, Flathead, Flounder, Flounder, Gemfish, Herring, King George Whiting, Kipper (in Water), Mackerel, Ocean Trout, Orange roughy, Salmon, Sardines, Swordfish Steak, Trout, Tuna (in Water), Yelloweye Mullet
<b>Seafood</b>	Crab (Crab Meat), Cuttlefish, Tiger prawns, Tiny Shrimps
<b>Milk Products</b>	Camel milk, Soy Milk (unsweetened)
<b>Yogurt</b>	Goat Milk Yogurt, Sheep Yogurt
<b>Meat</b>	Beef Fillet, Ham (cooked), Lamb Fillet, Pork Fillet, Roast Beef, Veal
<b>Poultry</b>	Chicken Breast, Turkey Breast
<b>Cheese</b>	Feta Cheese (Sheep), Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
<b>Pulses</b>	Adzuki Beans, Black (Beluga) Lentils, Borlotti Beans, Chickpeas, Lima Beans, Red Lentils, White Beans (Cannellini; Butter; Haricot; Navy)
<b>Eggs</b>	Eat a minimum of 1 eggs and a maximum of 2 eggs per week.
<b>Vegetable</b>	Artichokes, Asparagus white, Broccoli, Brussels Sprouts, Carrots, Cauliflower leaves, Celeriac, Chanterelle mushrooms, Chicory (Belgium Endive), Choko, Daikon/ White Radish, Fennel, Green Beans, Green Cabbage, Kale, Kohlrabi (Cabbage Turnip), Leek, Okra, Parsley (Root and Leaves), Parsnip, Pickled gherkins (sugar free), Porcini mushrooms, Radish, Radish Sprouts, Red Cabbage, Red capsicum, Sauerkraut, Savoy Cabbage, Silverbeet, Sorrel, Spinach, Swede, Turnip, White & brown mushrooms
<b>Salad</b>	Boston Bibb Lettuce (Butter Lettuce), Cucumber, Dandelion Greens, Frisee, Lollo Rosso Lettuce, Mache Rosettes, Purslane (Verdolaga), Red Oak Leaf Lettuce, Rocket, Romaine Lettuce
<b>Starch</b>	Porridge Oats, Rye flakes
<b>Bread</b>	Crispy Rye Bread, Wholegrain Rye Bread
<b>Fruit</b>	Apple (1), Apricot (fresh) (120 g), Blueberries (90 g), Cantaloupe (105 g), Mango (145 g), Nectarine (1), Papaya (155 g), Peach (1), Prunes (dried) (30 g), Raspberries (90 g), Strawberries (105 g), Watermelon (165 g)

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<b>Starch</b>	Porridge Oats, Rye flakes
<b>Bread</b>	Crispy Rye Bread, Wholegrain Rye Bread
<b>Fruit</b>	Apple (1), Apricot (fresh) (120 g), Blueberries (90 g), Cantaloupe (105 g), Mango (145 g), Nectarine (1), Papaya (155 g), Peach (1), Prunes (dried) (30 g), Raspberries (90 g), Strawberries (105 g), Watermelon (165 g)
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