



Please note: recommendations are not intended to be permanent. Unless specifically told otherwise, these guidelines are not to be continued for longer than 1 month.

Date: 5.7.21

Name: Zoe Atkins

Supplement	Reason	Breakfast	Lunch/ After school	Dinner	Bedtime
Fish oil Metagenics EPA/DHA (berry liquid) Or Orthoplex Bioactive Lipids (light citrus liquid)	To improve neurotransmitter function and sense of 'needing' to overeat; as a fat can increase satiety	1 tsp		(or, 1 tsp here)	
Healthwise L-glutamine (150g tub)  (1 tsp = 3g)	Intended to reduce food cravings in general	Starting dose: ½ tsp daily.  If no noticeable effect after 1 week, increase to ½ tsp twice a day.  Note: works best away from food in a little juice, but use wherever you can. Don't add to hot beverages as it is heat sensitive.			
Orthoplex CitraMag (capsules)	Magnesium for reducing irritation. Also assists with regulating blood sugar, which can reduce the 'need' to overeat. This form of magnesium is beneficial for kidney health.	1 capsule		(can add in 1 capsule here if x1 AM is not enough)	

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## DIET

Focus is on increasing proteins and fats. Aim to provide a protein and fats at every meal.

- Eggs as often as desired
- Patties, sausages (as good quality as you can get), beef, lamb, chicken, fish/ seafood
- Sardines on toast
- Oysters in oil (many kids like smoked oysters) as part of a tasting plate (rice crackers, veggie sticks, 'cheese', cherry tomatoes etc)
- Use mackerel in place of tuna (John West brand is best tasting)
- Macadamia nuts are high in fats and provide protein for satiety
- Protein powder as a thick shake or milk shake or in baking (select a children's brand from the online store: [vital.ly](https://vital.ly))
  - Protein powder + coconut milk + Nakula plant based blend yoghurt + banana/berries or peanut butter
- Cook with cold pressed olive oil eg Cobram or Red Island, or sunflower oil, or macadamia oil, daily. All can be used to fry, bake, roast foods. Drizzle olive oil or macadamia oil or MCT oil over meals.
  - MCT oil is available in the oil section of supermarkets. It is near tasteless and can be easily mixed into foods. MCT oil is often used to reduce appetite.

## OTHER RECOMMENDATIONS

You have been set up with an account with [vital.ly.com](https://vital.ly) (check inbox for details on how to finalise your account)

NEXT Appt: Mon 9<sup>th</sup> Aug 2pm