

**Client Name:** Eileen Davenport**DOB:** 06/06/1968

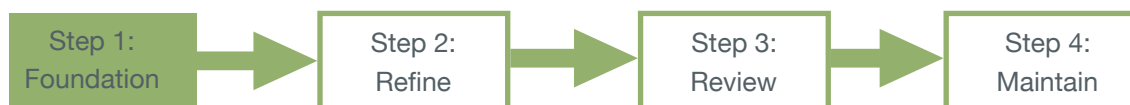
25 May 2023

HEALTH GOALS

1. To lose weight (to feel comfortable in clothes, especially in readiness for daughter's wedding)
2. To reduce fullness and heartburn symptoms
3. To eat balanced and nutrient-rich meals that support whole body health and wellbeing (especially cardiovascular, thyroid and metabolic health)

RECOMMENDATIONS

Overview



Food/Drink

- ☐ **Begin each day with a slightly warm glass of water with either 1 tsp of Apple Cider Vinegar ('with the mother') or the juice of 1/2 fresh lemon in it.**
 - ☐ Read [Healthy Eating & Lifestyle Choices handout](#) **Aim for well-balanced breakfast, lunch and dinner.** Make sure each has protein, healthy fat and some complex carbohydrate.
 - ☐ **Increase & diversify vegetable intake, especially leafy greens** e.g. spinach, rocket, mustard greens, silverbeet, salad leaves, herbs. Aim to have a salad or soup for lunch most days instead of bread or crackers. Add another portion of veg to dinner. Choose just one small portion of starchy veg (potato, sweet potato, corn, peas) per meal.
 - ☐ **Switch white bread to multigrain/wholemeal bread.**
 - ☐ **Avoid coffee after midday and avoid tea after 4pm.** Can replace with herbal teas, water. Limit all drinks late into evening.
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Lifestyle

- ☐ Continue daily walks
- ☐ Add in some resistance/weight exercise e.g. weights at a gym/PT, yoga, pilates

Other

- ☐ Make sure that you are calm and relaxed before eating a meal.
- ☐ Chew food thoroughly

To Do:

1. Follow above recommendations
2. Keep a food diary and email through 24-48 hours prior to next appointment

Next Appointment:

- ☐ Review the above recommendations and your food diary for the week
- ☐ Add in next recommendations, depending upon success of above.
- ☐ Consider further supporting nutrient levels through supplements if required