

JULIE LANDON NUTRITION

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Natalie Dzeperoski - Nutrition & Lifestyle Plan

Reason for Visit:	Goals:
Guidance on meal planning to manage weight. Dietary support for high cholesterol and thyroid concerns.	<ol style="list-style-type: none"><li>To improve Vitamin D levels (possible link with low TSH, calcium absorption, and often coincides with high cholesterol)</li><li>To reduce cholesterol levels</li><li>To manage weight</li><li>To support gut with digestive and absorption mechanisms</li></ol>
Action Steps: (linked to goals)	
Nutrition/Food Steps	Lifestyle Steps
<ul style="list-style-type: none"><li>Increase protein intake. Aim for minimum 65g protein per day</li><li>Aim for 5 serves of vegetables per day, with at least one serve of leafy greens e.g. lettuce, rocket, spinach, chard, silverbeet each day.</li><li>Choose fats like full fat dairy, avocado, fatty fish (salmon, trout, sardines), olive oil to balance good fat levels (omega3)</li></ul>	<ul style="list-style-type: none"><li>Ensure you are managing stress, not taking too much on.</li><li>Try to avoid eating whilst on the move - take time to chew well and be calm before and during eating.</li></ul>
Supplement Recommendations (Prescription attached)	Further Recommendations
<ul style="list-style-type: none"><li>Take 4 x 1000IU of your Herbs of Gold Vitamin D capsules per day - ideally with breakfast, definitely with fat eg avocado, nuts, dairy or fish/meat food</li><li>Magnesium &amp; B vitamins to support stress, vit D conversion, thyroid and - Orthoplex Magtaur Xcell - see below for dose etc</li><li>Digestive Enzymes to aid digestion of food - Phytozyme - see below for dose etc</li><li>A new Vitamin D supplement to be confirmed later</li></ul>	<ul style="list-style-type: none"><li>See attached for general guidelines on <u>health eating</u></li><li>Consider <u>precision health</u></li></ul>

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**Client Name:**

Supplement	Breakfast	Lunch	Dinner	Before Bed	Before/With/After Food
Orthoplex Magtaur Xcell			1 scoop in water		
BioMedica PhytoZyme	1 capsule	1 capsule	1 capsule		X

### Additional Information

## Protein Guidelines

- Aim for at least the same amount of protein in grams as in kilograms of body weight. E.g. If your ideal body weight is 65kg, then consume at least 65g of protein per day. More if you are doing a lot of training
- Aim for 20-30g protein before 10am
- Amounts of protein found in foods:

Food	Grams of protein
1 med egg	6-7g
95g can tuna	25g
100g raw salmon	20g
100g raw steak	20g
100g chicken breast	31g
1 cup canned chickpeas	11g
1/2 cup peas	4g
2 tbsp chia seeds	5g
1 cup Greek yoghurt	19g
1/2 cup oats	13g

- High protein breakfast ideas:
  - Cold leftover chicken with avocado & salads
  - 3 boiled eggs or a 3 egg omelette with sheep's feta & baby spinach on side
  - Salmon frittata
  - Leftover tofu with fried rice & veg
  - Lentil stew
  - Homemade baked Beans
  - Oats with 2 scoops protein powder
  - Mince on wholegrain toast
  - Overnight oats, with chia seeds, and Greek yoghurt.

Protein is an essential macronutrient. It has many functions within the body and helps us feel full for longer. It supports energy, weight loss, healthy hormones and stress management.