

4/2 Kelly I Initial 9-10.15

42 yrs. (6, 7 + 10 yrs).

- wants clear direction. so not lenient. strict.

- yo yo dieting past. keto. hates counting cals. 3 - 5 yrs.

feels like constantly thinking ~ food.
finds difficult.

Foodie - hubby cooks - Kelly can cook.
owns pizza shop.

doesn't love cooking + tasty.

weight been 72-74kg past (2019)

but not comfortable still. Hasn't been high 60kg
but would like to be - b4 kids (~12 yrs ago).

Loves work + business.

Energy - mornings - feel exhausted

afternoon bit slump. feels better
eating less @ lunch.

5/10 → last better b4 COVID.

Sleep trouble getting to sleep (11-12)

can't switch off brain / worry / work.

does get tired 8-9pm. Hubby

Supp? HCl or ACV (2 tsp)

home 9pm.

SUPP: Regulate bowel (OMK).
Chinese herbs - lemon balm

Priorities

overweight

lethargic

psoriasis

mood / bad r'ship

w food

82.5kg
171cm.

Gest diabetes w 1st child
(2011)

psoriasis:

- stress

- food sensitivities

- poor digestion

• gluten? (HCl)

• Vit D

• omega 3

• Zinc

• Vit A

• wakes snoring - tested + due to weight.

psoriasis - never taking medⁿ - not been on -
tried EFA's - helped. LED helped.
Cleared up when had break.

GUT • indigestion - at night when lies down
(on medⁿ when pregnant)

last 12mths gotten worse → Nexium.

• bloating → depends on what eats -
random - bloats for 24hrs then goes away when
doesn't eat much. Water can bloat.

Felt enormous in lasagne.

pancakes/waffles → bloated/sick

• loose bowels - feels need to go again

drinks pepsi max. Sometimes 3x morning.

Exercise - bought ex bike
wants to get on more.
gets obsessive.

*Listening to nutrition coach.

path - chol slightly elevated.

likes zucchini noodles.

SIBO? / intestinal permeability.

Wed 2nd March

9am

Follow up.

Diet

Water → trying 2 day.

tea → 1 tsp sugar - 1st thing morning + night sometimes.

Breakfast → smoothie - banana, chia, oats, almond milk.
→ random. not always eats.
Burger bread + 2 eggs or hollandaise.
muesli yog - sometimes. or turkish roll cream cheese.

Lunch - tries to take. Tin Tra / salad. → wants to enjoy.
or pie / takeaway. in wrap salad

Snack - chocs - always looking for. Salad boring.

Dinner - variety - every two pizza.
meat veg (platter food).

Supper - most nights. → habit / reward. Supps.
(Not big taking thing)

• Take relax supp more often.

• Exercise - bike — x —

• path - chd / blood glucose / Vit D.

• water 2L.

• ↓ sugar tea.

• no skipping breakfast.

Breakfast

- 2x bread w pesto.

↳ really Bay Sourdough GF./Preeinct.

- Jalna Greek yoghurt + muesli

→ smoothie - banana, chia, oat, alm milk,

- baked oats recipe → grated apple.

yog/protein powder.

in mornings.
- never enjoyed porridge.

- loves baked muesli.

(meredith grat.)

Pesto recipe.

* give options
muesli (Hubb).

↳ recipe
granola.

- simple
dressing
(olive oil, lemon.)

So Good unsweetened
alm. milk.

- would make
muesli

- protein powder
(Boomers).

Lunch - (takeaway options - burgers gets subway wrap) 2x wk.

salad wraps.

quinoa salad + protein (poach chicken/
leftover - tray bake. Kale salad) / tried (ice -) (X)

Snack = apple w almond butter.

- bliss ball (recipe).

= lemon bliss ball.

- carrot / hummus / almonds.

Dinner . steak + greens.

rice w stir fry.

3-4 day food diary.

don't like berries / pomegranates

would pre cook on weekend that can take of work.

likes lentils / quinoa.

cut back sauces.

loves brocc.

loves black rice.