



### Your Personalised Nutrition Plan

**Date:** 25/03/24  
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#### Personal Goals

- 1 Weight Loss
- 2 Get more active
- 3 Improve energy

#### Nutrition Goals:

- 1 Reduce salty/ sweet cravings
- 2 Improve sleep
- 3 Reduce bloating and occurrence of constipation

**Supplement Prescription:** Continue taking your current supplements

**Take supplements up until the next blood test in May 2024**

Supplement	Dose	Reason
Bioceticals D3 Drops Forte - vanilla flavour	3 drops under the tongue daily	high CRP levels, low vitamin D levels, reduce inflammation, improve immune system function.
Designs for Health - Methyl B12 Spray	1 drop under the tongue in the morning	B12 deficiency, energy and mental health support, B12 deficiency anaemia, improve concentration and memory

#### Nutrition Prescription

Recommendation	Reason
Foods for sleep: 2 -3 x brazil nuts 30mins - 1hr before bed plus a camomile tea or ginger tea (or both mixed together).	sleep quality, REM sleep cycle and sleep maintenance. Brazil nuts contain selenium, magnesium (deep sleep cycle) and glutathione which all contribute to melatonin production and other hormones to help us sleep.
Include a serve of protein at every meal	Helps to keep you full, improve muscle mass, prevent cravings, balanced blood sugars
Remove onions from all meals	Decrease occurrence of bloating. You can swap onion for onion infused olive oil (cobram brand)
Perform the baking soda test for stomach acid.	Drink half a glass of cold water combined with a quarter teaspoon of baking soda, on an empty stomach. Then time how long it takes you to burp. If it takes longer than three to five minutes, you don't have enough stomach acid.
Sweet and sugar cravings	Include the following to your diet daily where possible: chia seeds, linseeds (for essential fatty acids), celery
Include a small snack around 3pm - have a look at the meal guide I sent you for some simple ideas	Prevent arvo slump, balance blood sugar levels, help to reduce cravings and oversnacking
<b>Meal suggestions:</b> Toast (add some smashed berries mixed with chia seeds and water to create a jam), Roasted veg salad with halloumi (include protein source such as 100g of cooked chicken)	

#### Lifestyle Recommendations:

1. Aim for a 20 minute walk 2x for the next week