

DATE: 21 June 2022

Dear Suzi

Please find my top recommendations we chatted about below.

General Dietary Recommendations

1. For the next 4 weeks trial switching yellow cheese (tasty, cheddar etc) to goat or sheep cheese. If choosing feta, make sure it is made from goat or sheep cheese as some is still made from cows milk. This is to help reduce bloating.
2. Reduce the amount of wheat in the diet - less bread and pasta to also help reduce bloating.
3. Reduce the amount of bread, pasta, rice or potatoes that you are eating and go for carbs that are slower digesting such as quinoa, sweet potato, brown rice (Doongara rice is especially good as it's lower GI).
4. Increase fibre by making sure you have some veggies/salad at both lunch and dinner. This will help with your weight goal and also to reduce the LDL cholesterol.
5. Have a palm size portion of protein at both lunch and dinner.
6. Decrease portion size of main meal at dinner. It can be helpful to use a smaller plate.
7. Include either broccoli or cauliflower daily to help with symptoms.

Exercise Recommendations

1. Add some strength training to your weekly exercise twice per week. Build up slowly so you don't get too sore in the muscles.

Strength training will build muscle which will change your body composition to help you achieve your weight loss goals.

Supplement

Orthoplex Rapid D (Vitamin D tablets) - 2 tablets per day (for first 2 wks) at breakfast
Maintenance dose: 1 tablet, everyday at breakfast

Optional but recommended:

Orthoplex MagTaur - 1 scoop in glass water after breakfast. To help improve moods, sleep and assist weight loss.

Next Steps

Follow these recommendations as closely as possible for the next 4 weeks.
Next appointment: Wednesday 17th August at 6pm

Meal Suggestions

Breakfasts

1. High Fibre Overnight Oats (recipe below)
2. Eggs x 2 + 1 piece toast (scrambled with spinach, or poached or boiled)
3. Tahini Maple Granola (recipe below) with yoghurt (either Jalna Greek yoghurt or Chobani Plain Greek yoghurt or Yopro High Protein Plain Greek Yoghurt)

Lunches

1. Leftover dinner - just make sure there is enough protein (palm size) and veggies/salad included
2. Chicken with salad or leftover roast veggies (eg mixed leaves, cucumber, tomatoes, red caps, leftover roast sweet potato, pumpkin seeds)
3. Brown rice with quinoa + chicken + salad
4. Salmon burgers x 2 (recipe below) with leftover roasted veggies
5. If buy lunch - poke bowl from Poke Me (Little Malop)

Snacks

1. Some mixed raw nuts (unsalted - can have dry roasted), pumpkin seeds, piece fruit

Dinners

*for all dinners, reduce portion size overall + reduce portion of rice/noodles. Avoid white potatoes where possible (maybe once every 2wks) and replace with sweet potato.

Always have protein (meat, fish, chicken) + 1/2 plate veg. Some ideas below.

1. Beef or chicken stirfry with either brown rice noodles or brown rice/quinoa mix
2. Salmon with 1/2 plate vegetables
3. Mediterranean Chicken tray bake + green veggies - recipe below
4. Salmon burgers (recipe below) - cook extra to have with lunches.
5. Turkey burgers (recipe below) with salad or veg (leftovers good for lunch)
6. Chilli con carne (recipe below) - leftovers good for lunch



Mel Bald

Nutritionist

insta: @thepassionatenutritionist

www.thepassionatenutritionist.com.au

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High Fibre Overnight Oats

Serves 1



Ingredients

1/2 cup whole rolled oats
1/2 cup milk (your choice - cow, almond, etc)
2 tsp chia seeds
1tbsp ground flaxseeds
100g Greek yoghurt
1 tbsp maple syrup
1tsp vanilla essence

Toppings:
Fresh fruit
Granola

Method

Step 1

Place all ingredients in a jar / bowl and shake or stir well. Leave in the fridge overnight.

Step 2

Before eating, add fresh fruit such as berries and top with granola if you wish for a bit of crunch.
A great low sugar granola is Jordans or Carman's brand "Low Sugar Granola".

Tahini Maple Granola



INGREDIENTS

1 cup rolled oats
1 cup flaked coconut
1/4 cup pumpkin seeds
1/2 cup flaked almonds
1/2 cup pecans, roughly chopped
1/2 teaspoon salt
1 tablespoon ground cinnamon
1/4 cup maple syrup
1/4 cup tahini
1 teaspoon vanilla

serves 12

METHOD

Step 1

Preheat the oven to 160°C, fan forced.

In a large bowl, add the oats, coconut, pumpkin seeds, almonds, pecans, cinnamon and salt.

Step 2

In a separate bowl, mix together the maple syrup, tahini and vanilla. Pour the wet mixture into the dry and stir well.

Step 3

Line a baking tray with grease proof paper and spread the granola evenly. Bake the granola for 10 minutes in the oven.

Step 4

Remove the tray from the oven and stir the granola. Place back in the oven for 5-10 minutes to ensure the granola is evenly cooked – it should be golden brown.

Step 5

Allow the granola to cool and place into an airtight jar.



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Salmon & Sweet Potato Burgers



Ingredients

1 large sweet potato (peeled and cubed)
1 large can (415g) wild pink salmon, drained
1/3 cup almond meal (or flour)
3 spring onions, chopped
1 egg, beaten
1/2 tsp oregano
1/2 tsp paprika
1/4 tsp sea salt

Method

Step 1

Peel sweet potato, chop into cubes and steam until cooked.

Step 2

While sweet potato is cooking, combine all other ingredients in a bowl.

Step 3

When sweet potato is cooked, mash and add to the bowl with other ingredients, and combine well.

Step 4

Shape into patties and either panfry in a little extra virgin olive oil, or bake in a 220 degree oven for 20mins (turn once whilst cooking)

*freeze well and great with a salad for lunch, or for a quick dinner



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Mediterranean Chicken Tray Bake

Serves 4



Ingredients

500 g chicken thighs
2 red capsicum/s (large)
1 sweet potato/s
1 red onion/s
2 tbsp olive oil -extra virgin
1 tsp dried oregano
1 tsp smoked paprika
1 lemon/s -zest
Sea salt and freshly ground black pepper -to taste

Method

Step 1

Pre-heat the oven to 180°C (fan-forced)

Step 2

Finely slice the chicken, capsicums, sweet potato and red onion. Place on a large baking tray and drizzle over the olive oil. Add the oregano, smoked paprika, lemon zest, sea salt and pepper.

Step 3

Toss together until the chicken and vegetables are evenly coated and arrange in a single layer on the tray.

Step 4

Place the tray into the oven and bake for 20-25 mins until browned and the chicken is cooked through.

Serve with steamed vegetables.



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Turkey Burgers



Ingredients

1/4 red onion
2 garlic cloves, minced
1 tbsp ginger, peeled & grated
1 small red chilli, finely chopped
1/2 cup parsley, chopped
500 grams turkey mince
1/4 tsp salt

Method

Step 1

Heat a frying pan with extra virgin olive oil & saute the onion for a few minutes until translucent.

Step 2

Add the garlic, ginger & chilli & saute for another minute.

Step 3

In a mixing bowl, combine the mince, onion mix, parley, salt & pepper. Use your hands to mix until combined.

Step 4

Divide the mix into patties & flatten slightly.

Step 5

Heat a frypan & ad oil, cook for around 3mins each side or until cooked through.



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Chilli Con Carne



Method

Step 1

Cook the rice or quinoa via your preferred method.

Step 2

Whilst rice is cooking, heat a little oil in a large frying pan on a high heat. Add onion, cook for a few mins then add mince, breaking it up as you cook, until browned.

Step 3

Add chilli spice mix & and cook for a further 1 min, until fragrant.

Step 4

Add corn, beans, tomato paste, canned tomatoes, carrot & stock to pan.

Step 5

Bring to a simmer then reduce heat to low & simmer, stirring occasionally, for around 15-20 mins, until thickened. Season to taste with salt & freshly ground black pepper.

Step 6

While sauce is simmering, thinly slice lettuce, grate cheese & place in a serving bowl.

Step 7

Serve chilli con carne on rice, with lettuce and a sprinkling of cheese.

Ingredients

Cooked rice (preferably brown) or Quinoa

600g beef mince beef

1 brown onion, finely diced

chilli spice mix, see below*

1 small can corn kernels

400g can red kidney beans, drained & rinsed

3 tbsp tomato paste

400g can chopped tomatoes

1 carrot, grated

1 cup beef stock

To serve:

grated cheese

lettuce

*Chilli spice mix (either 3 tsp taco seasoning) or Mix together 2 teaspoons smoked paprika, 2 teaspoons dried oregano, 2 teaspoons onion powder, 1 teaspoon ground cumin & 1 teaspoon ground coriander