

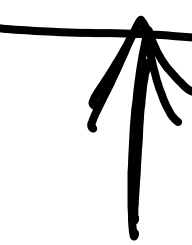
Initial consult: TANIA . C

Tues 30th
avg bpm.

11/7/22

48yrs

COVID in Jan
lost voice



1/ overweight*

- emotional last 15 mths.

6 wks. Follow up 2/ bowel issues

① menu plan - review.

3/ R knee
miniscus tear

② struggles w sweet - esp 2 night.
"reward".

- weight gain 1996 - new partner
+ huge meals. (+ 23kg) then kids.
then breakup.

height:

weight: 108kg.

ideal wt: 70kg.

- weight watchers in past.

lots travel time.

④ PCOS

Exercise

tore miniscus knee last yr.

physio - given 4 exercises.

keiser - financial.

meds

movicol - daily.

Stress - work biggest. - temping.
+ not having kids

multigrain or
white bread.

within 1 hr/2 hrs
balloon.

GI constipation. - movicol.

↳ more w carbs.

bloats badly upper.

Sometimes nice.

not feeling empty.

not feeling hungry.

coffee - ~~just~~ breakfast - regular
pomidoge. ^{full cream} coffee.

breakfast - instant sachet
(vanilla) or honey.

Snack - mandarin + 4 dried apricots.
+ 6 walnuts.

lunch - 1/2 wrap - ham/salad.
+ coffee (med 1/4 strength latte)

Snack - looks for sweet.
3.30 pm - coffee

Dinner - coffee (8.30 pm).

supper looks 4 sweet -

likes kiwi

tries not to eat bread.

doesn't like brown rice.

not much pasta.

meal plan.
lamb dish,

Protein

red meat x ✓

chicken x ✓

turkey x ✓

Salmon } doesn't
+ tuna - } like.
eggs ✓

• never had
lentils.

✓ white fish.
(needs to be in
cook).

1 1/2 sugars in coffee
(3 day, sometimes
4)

- doesn't like
yoghurt.

breakfast - porridge.

Carmen's - low sugar -
+ 2-4 straws or kiwi.
+ 1 tsp LSA.

snack - kiwi + handfil almonds. (6-10).

lunch - salad w chicken. (2 kebabs) or
roast chicken. - pump, spinach, feta.
or roast veg. - Sweet, pump, carrots.

stir fries (got wok) / veggie night.

kiwi, apples, strawberries, banana + cereal.

Thinking ~ life! program - Keiser - 20th.

Pathology - thyroid, vit D,

① water → doesn't remember. → ~~App~~ reminder.

③ coffee - limit to 2 coffees at 1st part
day. Switch to skim milk.

② 2 kiwi per day - morning tea + ano.

• trial GF wraps + pizza.

ⓧ habit tracker

* eagle gluco support.

