



## **Wellness Plan – Mel Moreman**

### **Goals:**

- **To gain an understanding of what's going on including cycle and moods**
- **To regulate cycle**
- **Continue working on improving insulin resistance**

### **To do:**

Please follow up with your GP about the blood tests so we can gain an understanding of your current iron levels – hopefully they will retest vitamin D also

### **Dietary Advice:**

Continue removing all sugar from your diet. Sugar consumption is the biggest driver of insulin resistance. We will continue working on making swaps for better choices in your current diet. Please ensure you are having enough protein with each meal – this will help reduce your sugar cravings and help improve those energy levels. Protein is also super important for our moods as it provides the amino acids we need for an optimal functioning nervous system and hormone production. You should be aiming for 1 gram of protein for every kilo of ideal body weight (protein sources include animal products like meat, dairy and eggs, as well as vegetarian sources like beans, legumes, rice, quinoa, buckwheat, nuts and seeds)

**Lunch ideas (you will notice some of these were also in the last plan as breakfast ideas – no reason you cannot have these at lunch too!)**

Please include protein and good fats with your lunch which will help reduce the craving for sugary snacks later in the day.

- Whole grain toast with toppings such as eggs, avocado, mushrooms, goats cheese, hummus
- Protein smoothie - (Raw Amazonia from Coles is a great protein powder option – photo below), add things such as milk (or alternative milk options such as almond or oat milk), berries (these are low in sugar and high in fibre), ¼ avocado, tablespoon of almond nut butter, cacao powder, chia seeds, hemp seeds
- Zucchini and sweet potato fritters (grate some zucchini and squeeze out excess water, grate some sweet potato – mix together with an egg, a little flour and some salt and pepper to taste. You can add some grated cheese for some extra protein. Pan fry for a couple of minutes on each side. Serve with some avocado, salad, and a dollop of hummus
- Chicken, roast vege and pinenut salad – pan fry some chicken breast, roast up some vegetables (pumpkin, sweet potato, potato, beetroot etc) and throw together with some salad greens, tomatoes, carrots, avocado – whatever salad veges you prefer. Top with pinenuts. This is delicious and there is no reason why you cannot cook up a bunch of chicken and roast a bunch of vegetables on the weekend when you have some more time – then eat them over the next few days for lunch – if you have the healthy options there cooked, ready to go, you will be more likely to eat it
- Chicken or fish or falafel salad wraps
- Salmon Bowls (can substitute salmon for another other meat, tofu or beans) – serve cooked salmon with some brown rice, salad greens, avocado, roasted sweet potato – these vegetables can be substituted for whatever you prefer!
- This website has heaps of amazing recipe ideas for some more inspo  
<https://paleoglutenfree.com/recipes/> - click on the savoury option

Avoid all desserts, sweet biscuits, chocolate, soft drinks, fruit juice, packaged cereals, sweetened yoghurts, ice-creams, muffins, dates for now.

Remember:

- Eat full, satisfying meals that include protein (meats, seafood, eggs, nuts, seeds, legumes, pulses), starch (potatoes, rice etc) and good fats (olive oil, avocado, oily fish, nuts, seeds)
- Do not restrict calories (or you will end up reaching for sweet snacks)  
Know that intense cravings subside after 20 minutes and all cravings should subside after seven days
- Know that you are ok and its normal to crave sugar – but you are strong and can get through these cravings

**Recommended prescription:**

**Continue with Metagenics Calm X – Take 2 level scoops in water with breakfast** – as well as the nutrients mentioned last time, this product also has glutamine in it which is great for soothing the gut lining and healing

**ZymeGest – take 2 capsules up to 30 minutes before a meal - \$36.95 for 60 tablets**

**(would probably only need one month of this product)**

This product is full of the digestive enzymes we need to effectively breakdown our food including fats. As discussed, some of your symptoms point towards fat malabsorption so this will aid in breaking this down, and help towards healing of your gut

**Ultraflora Intensive Care – take 1 capsule with breakfast and dinner (after 1 month we would reduce to 1 capsule per day) - \$69.55 for 60 capsules**

This is a probiotic with strains which beneficial for restoring good gut microbiome, supporting healing and promoting good gut functioning

***\*\*If you are interested in the Microbiome testing below, hold off on ordering these until we get the results back***

**Recommended testing:**

**Complete Microbiome Mapping - \$365.00**

This is a very comprehensive functional test that we can recommend in cases where we see gut dysfunction. It gives us an in depth understanding of one's microbiome, focusing on microbes that can cause disease and contribute to illness. It tests a wide range of targets including pathogenic bacteria, opportunistic pathogens, fungi, viruses and parasites, and considers immune and digestive markers as well. It is great to consider for people suffering from IBS, unexplained abdominal cramps/pain, fatigue, headaches, leaky gut symptoms, constipation, diarrhoea, allergies and general feelings of weakness and exhaustion