



## Chriss Marinoni Treatment Plan 1

This treatment plan is for the next 2 weeks. Please book another appointment on the 10<sup>th</sup> of March if you feel is required.

### Treatment Goals:

1. Ensure diet meets daily nutrient requirements on a vegetarian diet- Protein of focus.
2. Ensure appropriate consumption of sugars in diet by minimising intake of process food sources and consuming whole grains, whole fruits, and vegetables.
3. Support liver detoxification to improve overall and long-term health through consuming cruciferous (leafy green) vegetables.

### Diet

- **Focus on a protein source with breakfast/first meal of your day**- Aim for-15-20g of protein in this meal. e.g., 2x eggs on avocado wholegrain toast, omelette, tofu scramble, protein smoothie, overnight oats (recipes can be provide if required).
- **Increase consumption of leafy green vegetables** – Try to consume 1-2 cups per day, over the next couple of weeks. Focus on kale, spinach, broccoli, cauliflower, Brussel sprouts, bok choy and similar green vegetables.

### Lifestyle

- **Consume food before or with your first coffee**- This will reduce the impact on the body first thing in the morning (reducing stress response form coffee), and allow you to support activating your metabolism in the morning.
- **Start your day with a cup (150-250ml) of lemon water or apple cider vinegar** to activate your metabolism to support the consumption of food with or before your coffee intake.

**Supplements**- Are not a long-term thing. They are there to rebalance the body in times of need.

- I believe you do not require supplements after our first consultation.