Vitae Mosaic Prescription

Name Jason Denniss

Date 25/8/23

Practitioner Lisa Hayne

Diet and Nutrition Plan

Protein intake - we need to get you closer towards eating 1g of protein for every kg of bodyweight. Have a look at your handout for some ideas, but breakfast will be a big one that we can add in some extra protein for you.
- Overnight oats
- Boiled eggs after your brekky or with your lunch
- Frittata or quiche or baked beans for breakfast
- Having a handful of nuts after breakfast
- Adding a collagen powder to your cereal
- Have a small tin of tuna in your lunchbox
- Adding lentils and tinned chickpeas into mince and casseroles

Lifestyle Plan

Veggie in take - aiming for 1/2 plate daily of veg and salad (not including your potato) so you're getting plenty of fibre and nutrients, and feeding all the bugs in your gut.

Prescribed Supplements

MagGI - 1 scoop mixed in water, once daily

MitoLift - 1 tablet daily with food

Testing and Pathology

If you can get a copy of your last blood tests and send them through I'll have a look for you.

Additional Comments and Follow-up

Practitioner contact details

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