



Name: Jodie Robertson

Date: 9/11/23

Current weight 96kg.

Current energy (1-10) - 3

Current positivity (1-10) - 5

Goals:

1. Increase energy
2. Lean down and build muscle.
3. Get mojo and spark back!

Initial Dietary and Lifestyle changes

1. Decreasing coffees from 7 per day to 4 per day.
2. Drinking more water aiming for approximately 2.7L (Filtered or spring water is best).
3. Fill up at breakfast time on healthy fats like avocado, olive oil. Protein such as eggs, or rolled oats with natural greek or coconut yoghurt and berries. Add in some fibre like baby spinach, tomatoes and any other veggies you enjoy. Or enjoy a green smoothie with avocado, baby spinach, berries and protein powder.
4. Aim for 3 big beautiful meals per day and enjoy sweets at the end of the meal if desired.

Date 23.11.23

1. Reduce 4 coffee's per day to 3 by replacing one with a herbal tea - Try roasted dandelion, add almond milk if desired.
2. Keep up with at least 2.5 L of water per day (filtered or spring water).
3. Have a glass of water with 1 tbs of apple cider vinegar in it before morning cup of tea. (Start with less if needed). The water can be warm if desired.
4. Have a glass of water with 1 tbs of apple cider vinegar in it before breakfast. (Start with less if needed). The water can be warm if desired.
5. Choose 3-4 days per week that you don't have toast with your breakfast. Keep up with eggs, avocado and veggies / omelette / frittata. And / or a smoothie (recipes to come). Have plenty of mushrooms. Add turmeric to your eggs and your cooking with black pepper.
6. Add in some pecans or Brazil nuts after your meals or into your salad. To help fill you up.
7. Continue with 2 cups of salad / veg (potatoes and pumpkin not included) as an entree.
8. Start taking magnesium.

YOU'VE GOT THIS!!! XXXX