Vitae Mosaic Prescription

Name Yvonne Findley

Date 17/5/24

Practitioner Lisa Hayne

Diet and Nutrition Plan

From this weekend, we're bringing back in oils for your cooking, aiming for 3tbsp
> Olive oil, coconut oil, ghee, flax seed oil
> Using to cook your meats in the pan, marinating chicken and fish with herbs
> Mixing in with balsamic vinegar or apple cider vinegar. We can also bring in dijon mustard and Tamari sauce now
For each of your meat options, you can now use a good quality mince version. This helps with some different meal options when cooking e.g. making nacho spiced mince, meatballs, san choy bow etc.

Frozen veg - having some tucked away would be handy for when you're running out of fresh veg prior to traveling. Add 25g to your weight before cooking.

Lifestyle Plan

Chicken, quantities to bring in an a lunch or dinner options. I'm happy to add in turkey to your poultry option as well:
Lunch 125g + 125g vegetables/salad
Dinner 135g + 135g vegetables/salad

Pulses - let's bring this in as an option as well for your lunch and dinners. You can also swap this out for Lentil or Pulse pasta so you can make a pasta bake. Red lentil, chickpeas, beans, legumes.
Lunch 80g + 125g vegetables/salad. Dinner 90g + 135 vegetables/salad
** 80/90g is the dried weight of pulses. If using cooked tinned lentils, drain then double the weight

Prescribed Supplements

Testing and Pathology

Lets bring in a treat meal once a week, so you can enjoy a meal out with your husband, especially during travel. You can choose any meal you'd like and feel free to enjoy foods not on your plan. Just check in with how you feel in teh 24 hours afterwards, especially your sleep, energy and digestion.

Fruit - Let's bring in kiwi fruits and pears as an extra option for your fruit, they're both great for constipation.

Additional Comments and Follow-up

Practitioner contact details

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