Vitae Mosaic Prescription

Name Susan Ricardo

Date 21/6/24

Practitioner Lisa Hayne

Diet and Nutrition Plan

When you can, get your slow cooker out to help with some easy meal options that you can portion up and freeze as needed. Soups are also a great option as well, just make sure you're adding in a nice portion of protein if it's a veg soup to help keep you feeling full.
> There's a chicken noodle soup in the recipe collection
> Pumpkin soup w some added shredded chicken, roasted chickpeas or your goats cheese as the protein

Veg - pumpkin, tomatoes (up to 3 times weekly)

Lifestyle Plan

I'd really love you to sit down this week and write down what's important to you with your MB plan and what you hope to achieve both in your health and life. Keep it somewhere safe that you can pull out and read as a motivator

Water intake - keeping it nice and high, over 2L a day, with half of that drunk through the morning before lunch.

Prescribed Supplements

AlkaMin Calm - 1 scoop mixed in water, once daily in the morning

Testing and Pathology

122.1kg (-6.3kg)

Additional Comments and Follow-up

Practitioner contact details

Name: Lisa Hayne Phone: 0439 447 556 Email: admin@herbandspice.net.au