



**naturally
anew**

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Esther

Treatment Goals (short-term)


1. Support metabolic health *via* reducing insulin resistance and supporting cholesterol metabolism to support health and longevity
2. Reduce inflammation *via* inhibit inflammatory pathways, including NF-kB and COX-2, reducing pro-inflammatory cytokines to reduce pain, and support healing and healthy metabolism
3. Support healthy lifestyle *via* supporting nutrient intake, digestion, absorption and assimilation to proactively improve physical condition
4. Reduce fungal progression *via* inhibiting fungal biofilms and reducing risk factors to help clearance of fungal infection

Treatment Goals (long-term)

1. Support healthy 'aging'
2. Investigate potential autoimmunity and inflammation
3. Support healthy weight


Naturopathic Treatment Plan

Herbal

Product	Herb	Intent	Instruction
<div>Enterozyme by Biopractica \$48.97</div> <div></div> <div>1 bottle = 1 month supply</div>	<div>Gentian Luteana Gentian</div> <div>Zingiber officinalis Ginger</div> <div>Ananas comosus Pineapple</div>	<div>Bitter herbs stimulate bitter receptors throughout the body, activating digestive enzymes and the release of bile from the liver and gallbladder increase the time that food spends in the stomach macerating in the stomach acid to break food particles into smaller, more easily digestible pieces; and increase intestinal mobility and function so that nutrients are absorbed, and waste products are eliminated in a more efficient way.</div> <div>Blood sugar: Helps regulate secretion of pancreatic hormones, increasing insulin sensitivity, decreasing appetite, ultimately helping to regulate blood sugar.</div> <div>Contains bromelain, an enzyme which can help break down proteins in the digestive system, reducing fermentation and improving overall digestion.</div>	<div>Take 1 tablet 15 minutes before meals, 3 x a day.</div>

Further comments: If you notice any symptoms like heartburn when taking these, take closer to food 5 minutes before. If still experiencing symptoms take as you start eating. Try and be consistent and record any changes you notice, to discuss at next appointment.


Herbal

Product	Herb	Intent	Instruction
<div>CurcuForte by BioMedica \$62.56</div> <div></div> <div>1 bottle = 1-2 month supply</div>	<div><i>Curcuma longa</i> Turmeric Standardised to 95% curcuminoids</div>	<div>Turmeric is a potent, broad spectrum anti-inflammatory and antioxidant agent. Clinical trials have shown that curcuminoids can inhibit inflammatory pathways, including NF-kB and COX-2, reducing pro-inflammatory cytokines. This leads to decreased pain and improved recovery.</div> <div>In terms of weight loss and metabolic health, curcuminoids have been shown to improve insulin sensitivity, reduce lipid levels, and support fat metabolism. Clinical studies suggest that curcumin can enhance weight loss when combined with lifestyle interventions, as it influences adipokine levels, reduces oxidative stress, and improves markers like blood glucose and cholesterol.</div>	<div>Take 2 capsules in the morning, 1 capsule in the evening</div> <div>3 capsules total/day</div> <div>After 2 weeks, report back to me if you are seeing results.</div> <div>Can reduce dose as inflammation reduces.</div> <div>This is very high dose supplement.</div>

Herbal

Product	Herb	Intent	Instruction
<div><div><div>CurcuForte</div><div>by Designs for Health</div><div>\$39.95</div></div><div></div><div><div>1 bottle = 1 month supply</div></div></div>	<div><div><i>Berberis aristata</i></div><div>Barberry</div><div>(Berberine)</div></div>	<div><div>Berberine exhibits many actions indluencing metabolic, gut and immune health.</div><div><ul style="list-style-type: none">Enhanced insulin sensitivityGlucose regulationActivates AMPK which regulates energy metabolism and supports cardiometabolic health including cholesterol/triglyceri desHelps inhibit fat cell growth and increases metabolismMay influence hormones involved in appetite regulationAnti-inflammatory and Antioxidant propertiesReduces harmful bacteria and fungal biofilms</div></div>	<div><div>Take 3 capsules 2 x day for 1 month, report back on results.</div><div>Will take breaks on this supplement every 6 weeks after evaulating the benefit of this supplement over other options.</div></div>

Herbal

Product	Herb	Intent	Instruction
<p>Kyolic Heart & Cholesterol Formula by Designs for Health \$48.35</p> 	<p><i>Allium sativum</i> (Garlic)</p>	<p>Garlic has a systemic effect on the body, reaching into those nooks and crannies where disease might hide.</p> <p>Metabolic/Lipids: Aged garlic can decrease the risk factors associated with metabolic syndrome by lowering the blood pressure, glucose and lipid levels. Garlic also reduces the inflammation which is a major concern in the progression of metabolic syndrome.</p> <p>Aged garlic has been shown in human clinical trials to significantly lower total cholesterol and LDL cholesterol levels, particularly in individuals with elevated cholesterol, improve endothelial artery function, reduce fatty plaque progression and size, blood pressure and inflammation.</p>	<p>Take 1 tablet, 2 x day.</p>
	<p>Chromium & Thiamine (B1)</p>	<p>These accessory nutrients aim to support muscle tone of the heart and help convert blood sugar to energy and reduce cholesterol.</p>	

Nutrition

Product	Hero ingredients	Intent	Instruction
<p>Heme Synergy by Orthoplex White \$22.50 REPLACING YOUR CURRENT IRON</p>  <p>1 bottle = 2 month supply</p>	<p>Iron bisglycinate (a chelated form of iron)</p> <p>Cofactor blend of:</p> <ul style="list-style-type: none">• Full activated B complex• Vitamin A• Vitamin C	<p>Iron bisglycinate is better absorbed in the body than elemental iron due to several key factors:</p> <ol style="list-style-type: none">1. Enhanced Bioavailability: The chelation process helps iron bisglycinate remain stable in the digestive tract, preventing it from binding with other dietary components that typically inhibit iron absorption offering superior stability.2. Direct Transport: Iron bisglycinate is absorbed intact via amino acid transport pathways, bypassing some of the usual regulatory mechanisms that limit iron uptake resulting in in higher bioavailability. <p>B Complex particularly B6, B9 (folate), and B12, are crucial for red blood cell production and overall iron metabolism, enhancing the body's ability to use and store iron effectively. Vitamin A helps mobilize iron from storage sites and aids in the production of red blood cells, ensuring that iron is available for transport and use in the body. Vitamin C facilitates the transfer of iron across the intestine, aids the incorporation of iron into ferritin and protects against damage from free iron.</p>	<p>Take 1 capsule, at night, right before bed <u>EVERY 2nd NIGHT.</u></p>

Diet

Intervention	Instruction	Intent
<p>Increase water intake (3L)</p> <p><i>Alot of your pathology showed signs of possible dehydration, would love to see if that corrects with adequate water intake.</i></p>	<p>Aim for 3L of mineral water daily.</p> <ul style="list-style-type: none">• Room temperature water is ideal as it causes the least stress on the body and requires minimal additional adjusting of the organs to temperature variations, conserving your cellular energy for ‘important’ things.• Drinking while in a sitting position also supports ideal water ingestion and flow to the stomach.• Avoid drinking alot with meals, try only drinking small sips if needed and drink majority of water around meals.	<p>Water is important not only to flush out your system for daily environmental toxin exposure but it also supports most processes in the body including cellular, circulatory, temperature regulation and importantly digestive function.</p> <p>Monitor your hydration status by paying attention to your urine. Clear or pale yellow is a sign of good hydration. Note, upon awakening it is expected that urine is a stronger yellow colour, diluting further throughout the day.</p>

Diet

Intervention	Instruction	Intent
Anti-inflammatory Diet	<p>See end of report for full printable details, short summary below.</p> <p>Try and incorporate the food below in your daily meals, you will see foods in all categories, including drinks.</p>	<p>Keeping the inflammation down in your body during this time will help knee recovery and support reduction in metabolic markers and inflamamtion signs seen in blood tests.</p> <ul style="list-style-type: none">• Reduce Diabetes Risk: An anti-inflammatory diet, rich in whole foods like fruits, vegetables, whole grains, and healthy fats, helps lower chronic inflammation, which is a key factor in insulin resistance. By improving insulin sensitivity, such a diet can reduce the risk of type 2 diabetes and support natural weight loss.

After you finish your detox diet, focusing on these types of foods will be beneficial. We can talk more in future sessions.

Top 10 Anti-inflammatory Foods

- 1 Berries
- 2 Fatty fish – salmon, sardines (wild caught)
- 3 Nuts and seeds (fresh/raw)
- 4 Olive oil
- 5 Capsicum
- 6 Dark green leafy vegetables (Kale)
- 7 Green Tea
- 8 Chocolate (80% and cacao)
- 9 Turmeric and ginger
- 10 Fresh herbs

CHALLENGE

Include 3 or 4 of these in your diet each day

- Lowering Cholesterol: Foods rich in omega-3 fatty acids, fiber, and antioxidants can lower LDL cholesterol levels thereby lowering the risk of heart disease.
- Supporting Recovery from Musculoskeletal Knee Injury: Anti-inflammatory foods, such as those rich in omega-3s, vitamins C and E, and polyphenols, can reduce inflammation in injured tissues, speed up healing, and decrease pain. This diet also supports joint health by reducing oxidative stress and supporting collagen synthesis, crucial for tissue repair.

Intervention	Instruction	Intent
<p>Include more fibre</p> <p>See fibre guide at end of report for basic ideas & quantities.</p> <p>See shopping list for some ideas about easy toppings to buy to add to meals.</p>	<p>The Australian Dietary Guidelines recommends approximately 25g of fibre per day, minimum, with Naturopathic ideal levels ultimately at 38g/day. Most people do not achieve this.</p> <p>Breakfast ideas:</p> <ul style="list-style-type: none"> • Greek Yogurt (protein) + berries (anti-inflammatory & fibre) + 1 tablespoon of ground flaxseeds/LSA/chia seeds/psyllium husk. • Cooked oats (fibre) with greek yogurt (protein) + apple with skin (fibre) + chia seeds <p>Lunch ideas:</p> <ul style="list-style-type: none"> • Salad with tuna/salmon/chicken + dark leafy greens (fibre) + vegetables with skin (fibre) + pumpkin seeds/sunflower seeds <p>Dinner ideas:</p> <ul style="list-style-type: none"> • Soup with barley, lentils, beans. <p>Snack:</p> <ul style="list-style-type: none"> • Cooked apples, like homeade applesauce is a great source of fibre. 	<p>Increasing fiber intake, particularly soluble fiber, supports better cholesterol levels by directly influencing both LDL ("bad") and HDL ("good") cholesterol:</p> <ul style="list-style-type: none"> • Binding Bile Acids: Soluble fiber binds to bile acids in the digestive tract, which are made from cholesterol. This prevents bile acids from being reabsorbed into the bloodstream, forcing the liver to use more cholesterol to produce new bile acids, thereby lowering LDL cholesterol levels. • Reducing Absorption of Dietary Cholesterol: Soluble fiber forms a gel-like substance in the intestines, which can trap cholesterol and prevent its absorption reducing reduces the amount of cholesterol entering the bloodstream. • Promoting Excretion: Fiber increases the excretion of cholesterol-bound bile acids and cholesterol through the stool. <p>Many good quality fibres are also prebiotics, which act as selective fuel for beneficial bacteria in the gut promoting microbial health and diversity. They can also be fermented by this beneficial bacteria to produce short-chain fatty acids (SCFAs) which, among other things, reduce inflammation and gut health.</p>

Lifestyle

Intervention	Instruction	Intent
Sleep	<p>Aim to sleep 8 hours per night.</p> <p>Try to ignore the existence of your phone in the middle of the night :)</p> <p>Investigate blue light blocking glasses if continuously finding it hard to wind down.</p> <p>These aim to ‘reset’ your circadian rhythm by blocking blue-light which can interfere with the body's production of melatonin, a hormone that regulates sleep-wake cycles.</p> <p>Great while looking at phone before bed, helps reduce negative impact.</p> <p>Wearing these from early evening really helps send messaging to the body that its time to wind down leading up to sleep.</p>	<p>Don’t underestimate the power of sleep in healing.</p> <p>Firstly, adequate sleep is essential for cognitive function, including memory consolidation, learning, and problem-solving abilities. During sleep, the brain processes and stores information gathered throughout the day, facilitating learning and enhancing cognitive performance.</p> <p>Moreover, sufficient sleep supports emotional regulation and mental health. Additionally, sleep is essential for hormone regulation, including hormones involved in appetite regulation, metabolism, and stress response. Adequate sleep helps maintain a healthy balance of hormones, promoting metabolic health, appetite control, and stress resilience.</p> <p>Furthermore, sleep plays a crucial role in promoting longevity and overall quality of life. Consistently obtaining sufficient sleep is associated with a lower risk of mortality and improved overall health outcomes.</p>

Intervention	Instruction	Intent
Pathology Summary	<p>Overall your blood test looks decent.</p> <p>Recurrent themes are <i>(based on repetitive signs from optimal low or high markers)</i>:</p> <ul style="list-style-type: none"> • Anaemia/Iron Deficiency • Metabolic Syndrome/Insulin Resistance • Chronic Inflammation • Hypothyroidism • Autoimmunity • Possible kidney markers or dehydration • Nutrient deficiencies • Possibly poor circulation • Possible bacterial and/or fungal infection • Possible sluggish detox/liver function 	<p>Based on what I've seen here, I have included on the next page which further pathology would be ideal to see.</p> <p>There does seem to be some chronic inflammation, either from gut or liver, which is very common. It also could be autoimmunity which seems possible based on your history, would really love to see your full thyroid panel to rule it out. I also put Coeliac on there as that is another autoimmune and often causes inflammation and iron deficiency. I'm not sure if you've tested this in your lifetime before.</p> <p>Essentially, from what I can see inflamantion is the most likely contributor to your sudden iron deficiency, blocking absorption.</p> <p>Also can see the signs of Metabolic Syndrome, as we mentioned in the session, borderline blood sugar, cholesterol creeping up in the last few months too.</p> <p>Some kidney markers are also a little out, so wanted to see if you concentrate on hydration if those normalise on the next test.</p> <p>Your Vitamin D is rising nicely, I'd keep on the supplement you're taking for a few more months.</p>

Intervention	Instruction	Intent
Further Testing: Pathology (through GP) Always go to blood test first thing in the morning, fasted, for most precise results.	<ul style="list-style-type: none">• Full Thyroid Panel including T3, T4, Reverse T3/4 and antibodies• Inflammatory Markers: seems potential inflammation/infection• Coeliac (if you've never tested that before)• Homocysteine• B12, Folate <p>I'd wait a little longer for Iron as you had that checked recently.</p> <p>All the markers above were not included in your past blood tests in the last 2 years from what I received.</p>	<p>Doctors generally don't love to do the full thyroid panel but honestly with your history of autoimmunity (severe psoriasis) and having been on thyroid medication for many, many years it would warrant the test, Also your daughter's recent diagnosis.</p> <p>Especially if you mention: You have poor circulation, and have been feeling tired.</p> <p>B12, Folate I just don't see here and especially with your history of band, you should make sure your levels are generally ok. And again, generally when you mention fatigue its an easy test they do.</p> <p>Homocysteine is a good marker to see Cardiovascular risk, with your rising cholesterol, it would be just good to know, and Dr I would think would agree just to assess at least as a benchmark.</p>

Next appointment

I'd love to see you again in 3-4 weeks (Early September).



Appointment Goals:

- See how the protocol and vitamins are going
- Check in on diet post detox and incorporating new foods, see if ready to move forward with more changes or adjust current
- Talk about thyroid /autoimmunity
- Talk about Inflammation and pain
- Hydration support

More information

Anti-inflammatory eating guide

The human body uses inflammation to help fight illness and limit further harm. In most cases, inflammation is a necessary part of the healing process. However sustained or chronic inflammation can lead to weight gain, digestive issues and a range of inflammatory diseases including diabetes, cardiovascular disease and cancer. Research shows that a significant contributor to chronic inflammation comes from what we eat. Swapping out inflammatory foods for their anti-inflammatory counterparts will improve your health and wellbeing.

	FRUIT AND VEGETABLES	
	Anti-inflammatory	Inflammatory
	Consumption of fruit and vegetables, which contain antioxidants such as vitamins A, C, and E, selenium and zinc, as well as fibre and other phytochemicals, is associated with reduced inflammation. Antioxidants are able to support cellular function and protect the body against the damage caused by free radicals. Choose seasonal, organic (where possible) and try to consume a variety of different coloured fruits and vegetables. Consider fermented vegetables to restore and support healthy populations of gut bacteria.	Processed foods are high in sodium, preservatives, and sugar, and can be high in calories but low in nutrients.
	Vegetables: Asparagus, beetroot, broccoli, bok choy, brussel sprouts, cabbage, carrots, kale, zucchini, onion, celery, sweet potato, spinach, capsicum, fennel Fruit: Avocado, raspberries, blueberries, strawberries, nectarines, oranges, grapefruit, red grapes, plums, pomegranates, blackberries, cherries, apples, cranberries, kiwi fruit, garlic, pineapple Fungi: Shiitake, reishi, maitake	Vegetables: tinned vegetables/soups, potato chips, vegetable oil Fruit: commercial fruit juices, processed fruit snacks e.g. tinned fruit, jams, preservatives
	Practitioner notes:	
	LEGUMES AND BEANS	
	Anti-inflammatory	Inflammatory
	Legumes are a pivotal component of diets such as the Mediterranean diet due to their beneficial effect on inflammation, blood cholesterol levels, blood sugar regulation and gastrointestinal health.	Vegan imitation meat products are often made from textured soy protein and soy isolates, and can contain food additives, poor quality oils, and can be high in sugar, salt and calories.
	Adzuki beans, chickpeas, kidney beans, black beans, butter beans, soy beans (including fermented soy products such as miso, tempeh, tofu, edamame), lentils	Substitute meat and vegan products made with textured soy protein and soy isolates
	Practitioner notes:	

*From Biomedica Practitioner Resource



GRAINS AND PSEUDO GRAINS

Anti-inflammatory

Wholegrains are a good source of fibre, which is essential for gastrointestinal health and for maintaining a healthy balance of good bacteria. An imbalance of good and bad bacteria, called 'dysbiosis', can increase the production of toxic byproducts which can contribute to chronic inflammation. A high fibre diet also helps to regulate blood sugar and cholesterol levels.

Consider wholegrains and pseudo grains with minimal processing.

Wholegrains: Brown rice, wild rice, barley, oats, freekah, bulgur, wholemeal sourdough.

Pseudo grains: Quinoa, amaranth, buckwheat

Practitioner notes:

Inflammatory

Refined carbohydrates are low in fibre and many nutrients. Low fibre grains cause blood sugar levels to spike which contributes to widespread inflammation in the body. Long term this can lead to chronic inflammatory diseases such as diabetes and cardiovascular disease.

Pizza, white bread, pasta, breakfast cereals, cakes, muffins, biscuits, pies, bagels, crackers



NUTS AND SEEDS

Anti-inflammatory

Nuts and seeds are nutrient dense providing good fats, protein, fibre, and antioxidants. A handful of nuts a day can assist with cholesterol and blood sugar control and help maintain a healthy balance of good bacteria in the gut.

Choose a wide variety of raw and organic (where possible).

Nuts: Walnuts, almonds, pistachios, brazil nuts, macadamias, cashews

Seeds: Sesame seeds, chia seeds, flaxseeds, pumpkin seeds, sunflower seeds

Practitioner notes:

Inflammatory

Roasted and flavoured nuts can contain preservatives, and can be high in sugar.

Roasted, flavoured and candied nuts, commercial peanut butter



HERBS AND SPICES

Anti-inflammatory

Substantial anti-inflammatory effects can be produced by a diet rich in a variety of fresh and dried herbs and spices. Turmeric and ginger are particularly powerful natural anti-inflammatories. Add generously to meals for extra flavour and antioxidant effect.

Garlic, turmeric, ginger, rosemary, cinnamon, thyme, cloves, cayenne, cacao

Practitioner notes:



FATS AND OILS

Anti-inflammatory

Monounsaturated fats and omega-3 polyunsaturated fatty acids (PUFAs) have numerous health benefits and are particularly potent anti-inflammatory compounds. Research is ongoing, but clinical research has indicated that consuming an omega-3 rich diet helps to prevent inflammatory and neurodegenerative diseases.

Monounsaturated fats: Avocados, nuts such as hazelnuts, cashews and almonds, olive oil

Polyunsaturated fats: Fish (e.g. salmon, herring, mackerel, sardines and anchovies), seafood, nuts such as walnuts and brazil nuts, flaxseeds, chia seeds

For cooking: Coconut oil, olive oil, avocado oil, macadamia oil

For finishing/dressing: Extra virgin olive oil, hemp seed oil, flaxseed oil, walnut oil

Practitioner notes:

Inflammatory

Excessive intake of trans- and saturated fats and a higher intake of the inflammatory omega-6 oils compared to the anti-inflammatory omega-3 oils contributes to chronic inflammation and increases the risk of chronic disease such as cardiovascular disease, cancer, obesity, arthritis, and inflammatory bowel disease.

Mayonnaise, salad dressings, potato chips, fried foods, doughnuts, margarine, pastries, pies

High omega-6 oils include soybean, canola, corn, sunflower, vegetable, peanut, rice bran



ANIMAL PROTEINS (fish and seafood/meat/eggs/dairy)

Anti-inflammatory

Regular consumption of oily fish, rich in anti-inflammatory omega-3 fatty acids helps to reduce the risk of cardiovascular disease and other inflammatory disease. Eggs provide a balanced source of healthy fats, proteins, vitamins and minerals.

Consider wild caught fatty fish where possible; eat large fish in moderation due to potential heavy metal contamination.

Salmon, mackerel, tuna, anchovies, herring, sardines, trout, swordfish, oysters
Free-range eggs (organic where possible)

Practitioner notes:

Inflammatory

Red meat is high in inflammatory saturated and omega-6 fats. Processed meats are high in saturated fats and advanced glycation end products (AGEs) which are inflammatory compounds that are created when processed meats are smoked, pasteurised or cooked at high temperatures. Processed meats also contain preservatives, colourings and artificial flavourings. Dairy can be inflammatory in those with lactose or casein intolerance/allergy, autoimmune conditions, infection or acne.

Red meat (steak, beef, lamb), pork, cured and processed meats (e.g. salami, ham, bacon, sausages), poultry, dairy (e.g. milk, cream, soft cheese, flavoured yoghurt)



BEVERAGES

Anti-inflammatory

Green tea is rich in antioxidant and anti-inflammatory compounds that are beneficial for a range of inflammatory conditions. Aim for 2L of liquid per day.

Water, kombucha, broth, nut/plant-based milks, green tea, herbal teas (e.g. ginger, dandelion, licorice)

Practitioner notes:

Inflammatory

Alcohol, soft-drinks and energy drinks are high in calories, low in nutrients and contribute to chronic inflammation. Diet soft drinks or "sugar-free" drinks contain artificial sweeteners that may negatively impact the balance of good and bad bacteria in the gut.

Soft drinks/diet soft drinks, alcohol, commercial fruit juices, artificially flavoured water, energy drinks, excess coffee consumption

Fibre

FOOD	SERVING SIZE	SOLUBLE FIBRE (G)	INSOLUBLE FIBRE (G)	TOTAL FIBRE (G)	%DV
Lentils, cooked	½ cup	3.3	4.5	7.8	Women: 28% Men: 21%
Pinto beans, cooked	½ cup	5.5	1.9	7.4	Women: 26% Men: 19%
Artichoke (globe or french), hearts cooked	½ cup	5.2	2.0	7.2	Women: 26% Men: 19%
Black beans, cooked	½ cup	3.8	3.1	6.9	Women: 25% Men: 18%
Wholegrain pasta, cooked	1 cup	4.1	2.2	6.3	Women: 23% Men: 17%
Kidney beans, cooked	½ cup	2.9	2.9	5.8	Women: 21% Men: 15%
Pear, with skin	1 medium	1.1	4.4	5.5	Women: 20% Men: 14%
Broccoli, cooked	1 cup	2.6	2.9	5.5	Women: 20% Men: 14%
Apple, with skin	1 medium	3.2	1.2	4.4	Women: 16% Men: 12%
Green peas, cooked	½ cup	3.2	1.2	4.4	Women: 16% Men: 12%
Lima beans, cooked	½ cup	2.1	2.2	4.3	Women: 15% Men: 11%
Barley, cooked	½ cup	3.3	0.9	4.2	Women: 15% Men: 11%
Okra, cooked	½ cup	3.1	1.0	4.0	Women: 14% Men: 11%
Oatmeal, cooked	1 cup	2.4	1.6	4.0	Women: 14% Men: 11%
Passion fruit, purple, pulp	2 fruits	2.0	1.8	3.8	Women: 14% Men: 10%
Blackberries	½ cup	3.1	0.07	3.8	Women: 14% Men: 10%
Brussel sprouts, cooked	1 cup	1.7	1.9	3.6	Women: 13% Men: 9%
Orange	1 medium	2.1	1.3	3.4	Women: 12% Men: 9%
Kiwi fruit	1 large	2.4	0.8	3.2	Women: 11% Men: 8%
Raspberries	½ cup	0.9	2.3	3.2	Women: 11% Men: 8%
Prunes, dried	4 medium	1.3	1.8	3.1	Women: 11% Men: 8%
Strawberries	1 cup	1.2	1.8	3.0	Women: 11% Men: 8%
Sunflower seeds, kernels, dried	¼ cup	1.1	1.9	3.0	Women: 11% Men: 8%
Potato with skin, baked	1 medium	1.5	1.5	3.0	Women: 11% Men: 8%
Wholegrain bread	1 slice	2.8	0.1	2.9	Women: 10% Men: 8%
Banana	1 medium	2.1	0.7	2.8	Women: 10% Men: 7%
Quinoa, cooked	½ cup	1.1	1.5	2.6	Women: 9% Men: 7%
Carrots, raw	1 medium	1.1	1.5	2.6	Women: 9% Men: 7%
Kale, chopped, cooked	1 cup	0.8	1.8	2.6	Women: 9% Men: 7%
Zucchini, sliced, cooked	1 cup	1.3	1.2	2.5	Women: 9% Men: 7%
Flaxseeds	1 tbsp.	1.3	1.1	2.4	Women: 9% Men: 6%
Figs, dried	3 (24g)	1.4	1.0	2.4	Women: 9% Men: 6%
Avocado	¼ (50g)	1.3	0.8	2.1	Women: 8% Men: 6%
Blueberries	½ cup	0.85	1.25	2.1	Women: 8% Men: 6%
Sweet potato with skin, baked	1 small	1.1	0.9	2.0	Women: 7% Men: 5%
Green string beans, cooked	½ cup	0.8	1.2	2.0	Women: 7% Men: 5%
Plums	2 fruits	1.0	0.8	1.8	Women: 6% Men: 5%
Almonds, raw	10 kernels	0.2	1.2	1.4	Women: 5% Men: 4%
Brown rice, cooked	½ cup	1.3	0.1	1.4	Women: 5% Men: 4%
Walnuts, raw, shelled	10 halves	0.2	1.1	1.3	Women: 5% Men: 3%
Tomato with skin	1 medium	0.3	1.0	1.3	Women: 5% Men: 3%

Breakfast
9.4g

34%
%DV women*

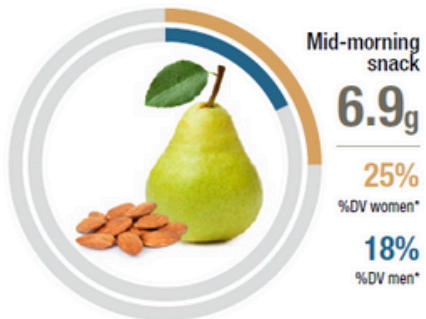
28%
%DV men*



Mid-morning
snack
6.9g

25%
%DV women*

18%
%DV men*



Lunch
8.1g

29%
%DV women*

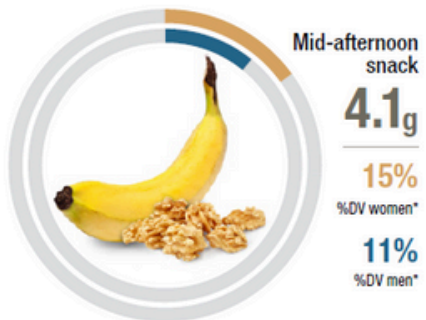
21%
%DV men*



Mid-afternoon
snack
4.1g

15%
%DV women*

11%
%DV men*



Dinner
9.5g

34%
%DV women*

28%
%DV men*



Meal Plan I

Incorporating Anti-inflammatory Diet, Increased Fibre and Protein at each meal

Breakfast:

- **Overnight Oats with Berries and Chia Seeds**
 - Ingredients: Rolled oats, almond milk, chia seeds, mixed berries (blueberries, strawberries), Greek yogurt, a drizzle of honey, and a sprinkle of ground flaxseeds.
 - Protein: Greek yogurt, chia seeds.
 - Fiber: Oats, chia seeds, berries, flaxseeds.
 - Anti-inflammatory: Berries, flaxseeds, chia seeds.

Mid-Morning Snack:

- **Apple Slices with Almond Butter**
 - Ingredients: Sliced apple, natural almond butter.
 - Protein: Almond butter.
 - Fiber: Apple.
 - Anti-inflammatory: Almonds.

Lunch:

- **Quinoa Salad with Roasted Vegetables and Grilled Chicken**
 - Ingredients: Quinoa, roasted sweet potatoes, broccoli, spinach, cherry tomatoes, avocado, grilled chicken breast, olive oil, lemon juice, and pumpkin seeds.
 - Protein: Quinoa, grilled chicken, pumpkin seeds.
 - Fiber: Quinoa, sweet potatoes, broccoli, spinach, avocado, pumpkin seeds.
 - Anti-inflammatory: Olive oil, sweet potatoes, spinach, broccoli, avocado.

Afternoon Snack:

- **Greek Yogurt with Walnuts and Honey**
 - Ingredients: Greek yogurt, a handful of walnuts, and a drizzle of honey.
 - Protein: Greek yogurt.
 - Fiber: Walnuts.
 - Anti-inflammatory: Walnuts, honey (in moderation).

Dinner:

- **Salmon with Brown Rice and Steamed Vegetables**
 - Ingredients: Grilled salmon fillet, brown rice, steamed broccoli, and carrots, with a side of sautéed kale in olive oil and garlic.
 - Protein: Salmon.
 - Fiber: Brown rice, broccoli, carrots, kale.
 - Anti-inflammatory: Salmon (rich in omega-3s), olive oil, garlic, kale.

Evening Snack (Optional):

- **Turmeric Golden Milk**
 - Ingredients: Almond milk, turmeric, a pinch of black pepper, cinnamon, ginger, and a touch of honey.
 - Protein: Almond milk.
 - Anti-inflammatory: Turmeric, ginger, cinnamon.

Meal Plan II

Incorporating Anti-inflammatory Diet, Increased Fibre and Protein at each meal

Breakfast:

- **Avocado Toast with Poached Eggs and Spinach**
 - Ingredients: Whole-grain bread, mashed avocado, poached eggs, fresh spinach, and a sprinkle of chili flakes.
 - Protein: Eggs.
 - Fiber: Whole-grain bread, avocado, spinach.
 - Anti-inflammatory: Avocado, spinach, chili flakes.

Mid-Morning Snack (optional):

- **Pear with Cottage Cheese and Walnuts**
 - Ingredients: Sliced pear, cottage cheese, and a handful of walnuts.
 - Protein: Cottage cheese.
 - Fiber: Pear, walnuts.
 - Anti-inflammatory: Walnuts.

Lunch:

- **Lentil Soup with Kale and Carrots**
 - Ingredients: Lentils, vegetable broth, chopped kale, carrots, onions, garlic, and olive oil.
 - Protein: Lentils.
 - Fiber: Lentils, kale, carrots.
 - Anti-inflammatory: Kale, garlic, olive oil.

Afternoon Snack (optional):

- **Carrot and Cucumber Sticks with Hummus**
 - Ingredients: Fresh carrot and cucumber sticks, hummus.
 - Protein: Hummus (from chickpeas).
 - Fiber: Carrots, cucumbers.
 - Anti-inflammatory: Olive oil (in hummus), garlic (in hummus).

Dinner:

- **Turkey and Sweet Potato Stir-Fry**
 - Ingredients: Ground turkey, sweet potatoes, bell peppers, onions, garlic, and a side of steamed green beans.
 - Protein: Ground turkey.
 - Fiber: Sweet potatoes, bell peppers, green beans.
 - Anti-inflammatory: Sweet potatoes, garlic, bell peppers.

Evening Snack (Optional):

- **Mixed Berry Smoothie**
 - Ingredients: Mixed berries (blueberries, raspberries), almond milk, a scoop of protein powder, and a handful of spinach.
 - Protein: Protein powder.
 - Fiber: Berries, spinach.
 - Anti-inflammatory: Berries, spinach.

Meal Plan III

Incorporating Anti-inflammatory Diet, Increased Fibre and Protein at each meal

Breakfast:

- **Buckwheat Pancakes with Blueberries and Almond Butter**

- Ingredients: Buckwheat flour, eggs, almond milk, fresh blueberries, and almond butter.
- Protein: Eggs, almond butter.
- Fiber: Buckwheat, blueberries.
- Anti-inflammatory: Blueberries, almond butter.

Mid-Morning Snack (optional):

- **Kiwi with Pumpkin Seeds**

- Ingredients: Sliced kiwi, pumpkin seeds.
- Protein: Pumpkin seeds.
- Fiber: Kiwi.
- Anti-inflammatory: Pumpkin seeds.

Lunch:

- **Chickpea and Avocado Salad**

- Ingredients: Canned chickpeas, diced avocado, cherry tomatoes, red onion, cilantro, lime juice, and a drizzle of olive oil.
- Protein: Chickpeas.
- Fiber: Chickpeas, avocado, tomatoes, onion.
- Anti-inflammatory: Avocado, olive oil, cilantro.

Afternoon Snack (optional):

- **Sliced Bell Peppers with Guacamole**

- Ingredients: Sliced red, yellow, and green bell peppers, homemade guacamole.
- Protein: Guacamole (moderate, from avocado).
- Fiber: Bell peppers, avocado.
- Anti-inflammatory: Bell peppers, avocado.

Dinner:

- **Grilled Chicken with Wild Rice and Steamed Asparagus**

- Ingredients: Grilled chicken breast, wild rice, steamed asparagus, and a side of sautéed mushrooms in olive oil.
- Protein: Chicken breast.
- Fiber: Wild rice, asparagus, mushrooms.
- Anti-inflammatory: Olive oil, asparagus, mushrooms.

Evening Snack (Optional):

- **Turmeric and Ginger Tea**

- Ingredients: Fresh turmeric root, fresh ginger root, lemon juice, honey.
- Anti-inflammatory: Turmeric, ginger, lemon.