

Analysis for the Coach

Client Information Marilyn Way

Analysis created: 29/08/2024		Client-ID-No.: 1945613	
Title:	Ms		
First Name:	Marilyn		
Last Name:	Way		
Gender:	female		
Address:	32 Reynolds Road, Forrestfield		
Town / State / Postcode	AUS-6058 Perth, WA		
e-mail:	kiwayinauz@gmail.com		
Phone:	0415445064		
Profession:			

Date of Birth (DOB):	8/06/1967	Height:	170 cm
Starting Weight:	87 kg	Navel:	102 cm
Target Weight:	72 kg	Hips:	116 cm
BMI (Body Mass Index)	30	Upper Thigh:	63 cm

Remarks:	-
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Personal information regarding your individual health and nutrition profile

Eating Habits	Soy: none of any kind, Milk and yogurt: none from Cow's Milk
Dislikes	-
Medication	-
Illnesses / Allergies	Allergy to Grass Pollen, Diverticulitis, Hay Fever, Joint pain, Sleep disturbances / Insomnia

Analysis for the Coach

Meal Plan

Client: Marilyn Way

Breakfast 200 g Yogurt, Fruit	Breakfast 85 g Poultry, 85 g Vegetable, Fruit, Bread	Breakfast 25 g Oilseed, 20 g Seeds, 85 g Vegetable, Fruit
Lunch 75 g Pulses, 130 g Vegetable, Fruit, Bread	Lunch 130 g Meat, 130 g Vegetable, Fruit, Bread	Lunch 130 g Poultry, 130 g Salad, Fruit, Bread
Dinner 140 g Fish, 140 g Vegetable, Bread	Dinner 95 g Cheese, 140 g Vegetable, Bread	Dinner 1 Eggs, 95 g Starch, 140 g Vegetable

Water:	3 litres per day	Bread	0 - 4 slices per day
Fruits:	2 kinds per day	Eggs:	1 - 2 piece(s) per week

Analysis for the Coach

Personal Food Lists

Client: Marilyn Way

Personal Food List - Phase 2

Oilseed	Pumpkin Seeds
Fish	Barramundi, Basa, Bream, Cod, Flounder, Garfish, Gemfish, Hake, Herring, King George Whiting, Leatherjacket, Mackerel, Morwong, Perch, Salmon, Smoked salmon, Snapper, Trevally, Trout, Yelloweye Mullet
Seafood	Moreton Bay Bugs, Prawns, Squid
Yogurt	Goat Milk Yogurt, Sheep Yogurt
Meat	Beef Fillet, Goat, Ham (cooked), Lamb, Ostrich, Rabbit, Roast Beef, Steak (Beef), Veal
Poultry	Chicken Breast, Chicken Breast (smoked), Chicken Hearts, Turkey Breast
Cheese	Feta Cheese (Sheep), Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
Pulses	Adzuki Beans, Black (Beluga) Lentils, Black Eyed Beans, Chickpeas, Flageolet Beans, Red Lentils, Yellow Lentils
Seeds	Sunflower Seeds
Eggs	Eat a minimum of 1 eggs and a maximum of 2 eggs per week.

Vegetable	Artichokes, Asparagus white, Avocado, Bok Choy, Broccoli, Brussels Sprouts, Carrots, Cauliflower, Celeriac, Chanterelle mushrooms, Chicory (Belgium Endive), Chinese cabbage, Daikon/ White Radish, Fennel, Green Beans, Green capsicum, Green olives, Horseradish, Kohlrabi (Cabbage Turnip), Leek, Okra, Pepperonicini, Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Savoy Cabbage, Silverbeet, Spinach, Sprouted pumpkin seeds, Swede, White & brown mushrooms, Zucchini
Salad	Cucumber, Curly Endive, Frisee, Lollo Rosso Lettuce, Red Oak Leaf Lettuce
Starch	Potato
Bread	Crispy Rye Bread, Wholegrain Rye Bread
Fruit	Apple (1), Mango (150 g), Papaya (160 g), Pear (1)

Additional Information about the Nutrition Plan

Water	We recommend that you drink 3 litres of water, which has been calculated individually for you. This supports the excretion of break-down products and thereby speeds up metabolic adjustment.
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Eggs	Eat a minimum of 1 eggs and a maximum of 2 eggs per week. You can prepare the eggs to your liking, for example, scrambled, fried, omelet, boiled or poached.
Vegetables	We suggest that you enjoy your vegetables al dente (firm to the bite) or raw (depending on the kind of vegetable you are using). You may also use additive-free frozen vegetables. You are welcome to combine different vegetables and even swap vegetables for salad depending on your personal preference and the seasonal availability.
Herbs and Spices	Use fresh or pure dried herbs, fresh garlic, chilli, ginger, black pepper, turmeric, cinnamon, mustard and pure curry powders in moderate quantities to flavour your meals. Use one tablespoon of pure apple cider vinegar or balsamic vinegar for salad dressing, but no oil.
Bread	Do not to exceed your limit of 4 serves of rye bread per day. A serve of whole-grain sourdough rye bread (25 g) equates nutritionally to a serve of rye crispbread (10 g). Do ensure you choose 100% rye flour bread. If you like, you can alternate both types of bread. Bread is however optional and you do not need to eat bread if you don't want to.
Fruits	Eat a medium-sized, tart apple every day. In addition to your apple, you may eat one additional fruit daily from your fruit list where fruit is indicated on your meal plan. Only one type and serving of fruit may be eaten per meal and fruit should be enjoyed within your meal hour. If possible, please choose older varieties of apples such as Granny Smith, Jonathan or Gold/Red Delicious. If the fruits in your personal food list are currently not available fresh, you can buy them frozen. Do not use canned fruit!
Coffee and Tea	You may treat yourself to up to three normal-sized cups of coffee and / or up to three cups of black, green, white or rooibos tea daily. Please drink tea or coffee only at mealtimes and avoid adding any milk, sugar or artificial sweeteners. We do not recommend drinking flavoured teas or coffees.
Alcohol, Soft Drinks and Fruit Juices	In the Strict Adjustment Phase: alcohol, soft drinks, and fruit juices are not allowed.
Vitamins	Please be aware that your body may have increased nutrient requirements during it's nutritional adjustment. Since vitamins are lost during cooking, it is useful not to cook all of your fruits and vegetables. If possible, eat some fruit and vegetables raw or lightly steamed. Please consult with your coach as to whether a multivitamin and / or mineral supplement is advisable for you.
Seeds and Nuts	You can eat the seed mix plain or prepared. Suggestions for preparation: <ul style="list-style-type: none"> ▶ roast the raw seeds in a non-stick pan without using oil and sprinkle them over a salad or vegetables

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- soak the seeds over night in a little bit of water; in the morning eat one teaspoon first, then mix the rest with your vegetables; you may also purée the soaked seeds
- sprinkle the seeds over the vegetables and bake in the oven
- purée seeds with a little vegetable stock (with no added sugar or additives) and enjoy as a soup or a smoothie

Personal recommendation for the client based on his / her profile

- It is especially important for you to chew your food thoroughly.
- We recommend you take a good acid-alkaline-balance support during the first 14 days. Please discuss with your practitioner the best option for you.












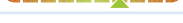
























Extended personal food list: Phase 3

Fish	Redfish Filet, Sardines
Seafood	Crab
Meat	Beef Brisket/Point End of Beef, Minced Lamb, Pork Chop
Cheese	Goat Cheese (Brie)
Pulses	White Beans (Cannellini; Butter; Haricot; Navy)
Sprouts	Alfalfa Sprouts, Lentil Sprouts From now on you have sprouts on your food list. In your plan they count as vegetables. Please do not eat sprouts raw; but instead blanch them briefly in boiling water before consuming.
Vegetable	Beetroot, Broccolini, Kale, Large Mushrooms, Parsley (Root and Leaves), Parsnip, Red leaf/ Red amaranth, Yellow button squash
Salad	Iceberg Lettuce
Fats / Oils	Cold-pressed Olive Oil (for Salads), Flax Seed Oil (for Salads), Ghee (for hot vegetables), Native Coconut Oil (for frying)

Analysis for the Coach

Collected blood values

Client: Marilyn Way

Blood Results	Value	Unit	min.	Indicator	max.
Haemoglobin	140.00	g/L	115.00		165.00
RBC	4.53	10 ¹² /l	3.80		5.50
Haematocrit (PCV)	0.42	Ratio	0.35		0.47
MCV	93.00	fl	80.00		99.00
MCH	30.90	pg	27.00		32.00
White Cell Count	5.90	10 ⁹ /l	4.00		11.00
Neutrophils %	3.70	10 ⁹ /l	2.00		8.00
Lymphocytes %	1.60	10 ⁹ /l	1.00		4.00
Monocytes %	0.40	10 ⁹ /l	0.02		1.10
Eosinophils %	0.20	10 ⁹ /l	0.00		0.60
Platelets	256.00	10 ⁹ /l	150.00		450.00
Sodium	143.00	mmol/l	136.00		146.00
Potassium	3.90	mmol/l	3.50		5.20
Urea	6.60	mmol/l	2.50		8.00
Creatinine	64.00	µmol/l	40.00		85.00
Urate	0.40	mmol/l	0.15		0.45
Glucose	5.70	mmol/l	3.00		5.40
Calcium	2.29	mmol/l	2.10		2.55
Total Protein	70.00	g/L	60.00		82.00
Alk. Phos	91.00	U/l	30.00		120.00
Bilirubin	10.00	µmol/l	2.50		25.00
GGTP	35.00	U/l	0.00		50.00
AST	17.00	U/l	0.00		41.00
ALT	28.00	U/l	0.00		41.00
LD	147.00	U/l	50.00		280.00
Total Cholesterol	4.90	mmol/l	1.40		5.00
HDL Cholesterol	2.00	mmol/l	1.00		2.50
LDL Cholesterol	2.50	mmol/l	0.00		2.50
Triglycerides	0.90	mmol/l	0.00		1.50
Creatine Kinase	80.00	U/l	0.00		161.00
Iron	14.00	µmol/l	10.00		27.00
Amylase	51.00	U/l	0.00		111.00
C-Reactive Protein	3.49	mg/l	0.00		3.00
TSH	2.60	mIU/l	0.50		5.00
Lipase	32.00	IU/l	0.00		300.00
LDL/HDL Ratio	1.25	kA	0.35		4.00

Shopping Helper Phase 2 for Marilyn Way

Breakfast	Breakfast	Breakfast
200 g Yogurt, Fruit	85 g Poultry, 85 g Vegetable, Fruit, Bread	25 g Oilseed, 20 g Seeds, 85 g Vegetable, Fruit
Lunch	Lunch	Lunch
75 g Pulses, 130 g Vegetable, Fruit, Bread	130 g Meat, 130 g Vegetable, Fruit, Bread	130 g Poultry, 130 g Salad, Fruit, Bread
Dinner	Dinner	Dinner
140 g Fish, 140 g Vegetable, Bread	95 g Cheese, 140 g Vegetable, Bread	1 Eggs, 95 g Starch, 140 g Vegetable

Oilseed	Pumpkin Seeds
Fish	Barramundi, Basa, Bream, Cod, Flounder, Garfish, Gemfish, Hake, Herring, King George Whiting, Leatherjacket, Mackerel, Morwong, Perch, Salmon, Smoked salmon, Snapper, Trevally, Trout, Yelloweye Mullet
Seafood	Moreton Bay Bugs, Prawns, Squid
Yogurt	Goat Milk Yogurt, Sheep Yogurt
Meat	Beef Fillet, Goat, Ham (cooked), Lamb, Ostrich, Rabbit, Roast Beef, Steak (Beef), Veal
Poultry	Chicken Breast, Chicken Breast (smoked), Chicken Hearts, Turkey Breast
Cheese	Feta Cheese (Sheep), Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
Pulses	Adzuki Beans, Black (Beluga) Lentils, Black Eyed Beans, Chickpeas, Flageolet Beans, Red Lentils, Yellow Lentils
Seeds	Sunflower Seeds
Eggs	Eat a minimum of 1 eggs and a maximum of 2 eggs per week.
Vegetable	Artichokes, Asparagus white, Avocado, Bok Choy, Broccoli, Brussels Sprouts, Carrots, Cauliflower, Celeriac, Chanterelle mushrooms, Chicory (Belgium Endive), Chinese cabbage, Daikon/ White Radish, Fennel, Green Beans, Green capsicum, Green olives, Horseradish, Kohlrabi (Cabbage Turnip), Leek, Okra, Pepperonicini, Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Savoy Cabbage, Silverbeet, Spinach, Sprouted pumpkin seeds, Swede, White & brown mushrooms, Zucchini
Salad	Cucumber, Curly Endive, Frisee, Lollo Rosso Lettuce, Red Oak Leaf Lettuce
Starch	Potato
Bread	Crispy Rye Bread, Wholegrain Rye Bread
Fruit	Apple (1), Mango (150 g), Papaya (160 g), Pear (1)

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Seafood	Crab, Moreton Bay Bugs, Prawns, Squid
Yogurt	Goat Milk Yogurt, Sheep Yogurt
Meat	Beef Brisket/Point End of Beef, Beef Fillet, Goat, Ham (cooked), Lamb, Minced Lamb, Ostrich, Pork Chop, Rabbit, Roast Beef, Steak (Beef), Veal
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