

## Analysis for the Coach

### Client Information Michelle Penfold

<b>Analysis created:</b> 19/10/2024		<b>Client-ID-No.:</b> 1948146	
<b>Title:</b>	Ms		
<b>First Name:</b>	Michelle		
<b>Last Name:</b>	Penfold		
<b>Gender:</b>	female		
<b>Address:</b>	2/32 Salvado Road, Wembley		
<b>Town / State / Postcode</b>	AUS-6014 Perth, Western Australia		
<b>e-mail:</b>	michellepenfold31@icloud.com		
<b>Phone:</b>	0413814813		
<b>Profession:</b>			

<b>Date of Birth (DOB):</b>	31/10/1985
<b>Starting Weight:</b>	100 kg
<b>Target Weight:</b>	85 kg
<b>BMI (Body Mass Index)</b>	33

<b>Height:</b>	175 cm
<b>Navel:</b>	97 cm
<b>Hips:</b>	123 cm
<b>Upper Thigh:</b>	73 cm

<b>Remarks:</b>	-
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#### Personal information regarding your individual health and nutrition profile

<b>Eating Habits</b>	Milk (Cow): none
<b>Dislikes</b>	Rabbit
<b>Medication</b>	-
<b>Illnesses / Allergies</b>	Sleep disturbances / Insomnia, Digestive disorders, Gastric complaints/disorders, Hay Fever, Migraines

Analysis for the Coach

Meal Plan

Client: Michelle Penfold

<b>Breakfast</b> 200 g Yogurt, Fruit	<b>Breakfast</b> 200 ml Milk Products, 55 g Starch, Fruit	<b>Breakfast</b> 30 g Nuts, 20 g Seeds, 105 g Vegetable, Fruit
<b>Lunch</b> 130 g Fish, 150 g Vegetable, Fruit, Bread	<b>Lunch</b> 75 g Pulses, 150 g Vegetable, Fruit, Bread	<b>Lunch</b> 130 g Poultry, 150 g Salad, Fruit, Bread
<b>Dinner</b> 150 g Mushrooms (Protein), 160 g Vegetable, Bread	<b>Dinner</b> 140 g Fish, 160 g Vegetable, Bread	<b>Dinner</b> 95 g Cheese, 160 g Vegetable, Bread

<b>Water:</b>	3 ½ litres per day
<b>Fruits:</b>	2 kinds per day

<b>Bread</b>	0 - 4 slices per day
<b>Eggs:</b>	1 - 5 piece(s) per week

## Analysis for the Coach

### Personal Food Lists

Client: Michelle Penfold

#### Personal Food List - Phase 2

<b>Fish</b>	Anchovy (fresh), Barramundi, Basa, Blue-eyed trevalla, Bream, Cod, Flake, Flathead, Flounder, Flounder, Garfish, Gemfish, Hake, Herring, King George Whiting, Leatherjacket, Mahi Mahi, Morwong, Ocean Trout, Pacific Butterfish, Salmon, Snapper, Swordfish Steak, Trevally, Trout, Whiting, Yelloweye Mullet
<b>Seafood</b>	Scallop, Squid
<b>Milk Products</b>	Goat Milk, Soy Milk (unsweetened)
<b>Yogurt</b>	Goat Milk Yogurt, Sheep Yogurt
<b>Nuts</b>	Almonds
<b>Poultry</b>	Chicken Breast, Duck Breast
<b>Cheese</b>	Feta Cheese (Sheep), Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
<b>Pulses</b>	Adzuki Beans, Black Beans, Chickpeas, Flageolet Beans, Red Lentils
<b>Mushrooms (Protein)</b>	Oyster Mushrooms, Shiitake mushrooms
<b>Seeds</b>	Sunflower Seeds
<b>Eggs</b>	Eat a minimum of 1 eggs and a maximum of 5 eggs per week.

<b>Vegetable</b>	Artichokes, Asparagus white, Bamboo Shoots, Bok Choy, Broccoli, Brussels Sprouts, Carrots, Celeriac, Chanterelle mushrooms, Fennel bulb, Green Beans, Green olives, Green Cabbage, Kohlrabi (Cabbage Turnip), Leek, Morel mushrooms (fresh or dried), Okra, Parsley (Root and Leaves), Parsnip, Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Red Cabbage, Red leaf/Red amaranth, Sauerkraut, Savoy Cabbage, Silverbeet, Spinach, Tomato, White & brown mushrooms, Zucchini
<b>Salad</b>	Cucumber, Curly Endive, Dandelion Greens, Frisee, Leafy Lettuce, Lollo Rosso Lettuce, Mache Rosettes, Radicchio, Red Oak Leaf Lettuce, Romaine Lettuce
<b>Starch</b>	Porridge Oats, Rye flakes
<b>Bread</b>	Crispy Rye Bread, Wholegrain Rye Bread
<b>Fruit</b>	Apple (1), Apricot (dried) (50 g), Mango (170 g), Papaya (180 g), Red Currants (110 g)

## Analysis for the Coach

### Additional Information about the Nutrition Plan

<b>Water</b>	We recommend that you drink 3 ½ litres of water, which has been calculated individually for you. This supports the excretion of break-down products and thereby speeds up metabolic adjustment.
<b>Eggs</b>	Eat a minimum of 1 eggs and a maximum of 5 eggs per week. You can prepare the eggs to your liking, for example, scrambled, fried, omelet, boiled or poached.
<b>Vegetables</b>	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.
<b>Herbs and Spices</b>	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.
<b>Bread</b>	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.
<b>Fruits</b>	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!
<b>Coffee and Tea</b>	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.
<b>Alcohol, Soft Drinks and Fruit Juices</b>	In the Strict Adjustment Phase: alcohol, soft drinks, and fruit juices are not allowed.

## Analysis for the Coach

<b>Vitamins</b>	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.
<b>Seeds and Nuts</b>	<p>You can eat the seed mix plain or prepared. Suggestions for preparation:</p> <ul style="list-style-type: none"> <li>▶ roast the raw seeds in a non-stick pan without using oil and sprinkle them over a salad or vegetables</li> <li>▶ 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</li> <li>▶ sprinkle the seeds over the vegetables and bake in the oven</li> <li>▶ purée seeds with a little vegetable stock (with no added sugar or additives) and enjoy as a soup or a smoothie</li> </ul>

### Personal recommendation for the client based on his / her profile

- ▶ Please remember to slowly and thoroughly chew your food.

### Extended personal food list: Phase 3

<b>Fish</b>	Eel, Fresh Tuna, Hoki/ Blue Grenadier, Mackerel, Redfish Filet, Whitebait
<b>Seafood</b>	Crab
<b>Meat</b>	<p>Beef Loin, Kangaroo, Lamb Chop, Ostrich, Pork Fillet, Roast Beef, Veal Steak, Venison</p> <p>Starting now, you have meat on your food list. Meat portions are equivalent to the allotted amount of fish or chicken on your meal plan.</p>
<b>Poultry</b>	Chicken Thigh
<b>Cheese</b>	Goat Cheese
<b>Sprouts</b>	<p>Soy Sprouts, Sunflower Sprouts</p> <p>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.</p>





































## Analysis for the Coach

<b>Vegetable</b>	Mustard Sprouts
<b>Salad</b>	Iceberg Lettuce
<b>Fruit</b>	Prunes (dried) (50 g)
<b>Fats / Oils</b>	Ghee (for hot vegetables), Native Coconut Oil (for frying)

## Analysis for the Coach

### Collected blood values

Client: Michelle Penfold

Blood Results	Value	Unit	min.	Indicator	max.
Haemoglobin	138.00	g/L	115.00		165.00
RBC	4.49	10 <sup>12</sup> /l	3.80		5.50
Haematocrit (PCV)	0.41	Ratio	0.35		0.47
MCV	90.00	fl	80.00		99.00
MCH	30.70	pg	27.00		32.00
White Cell Count	5.00	10 <sup>9</sup> /g/l	4.00		11.00
Neutrophils %	2.70	10 <sup>9</sup> /g/l	2.00		8.00
Lymphocytes %	1.80	10 <sup>9</sup> /g/l	1.00		4.00
Monocytes %	0.50	10 <sup>9</sup> /g/l	0.02		1.10
Eosinophils %	0.10	10 <sup>9</sup> /g/l	0.00		0.60
Platelets	285.00	10 <sup>9</sup> /g/l	150.00		450.00
Sodium	139.00	mmol/l	136.00		146.00
Potassium	4.40	mmol/l	3.50		5.20
Urea	5.60	mmol/l	2.50		8.00
Creatinine	61.00	µmol/l	40.00		85.00
Urate	0.35	mmol/l	0.15		0.45
Glucose	5.20	mmol/l	3.00		5.40
Calcium	2.23	mmol/l	2.10		2.55
Total Protein	71.00	g/L	60.00		82.00
Alk. Phos	59.00	U/l	30.00		120.00
Bilirubin	8.00	µmol/l	2.50		25.00
GGTP	19.00	U/l	0.00		50.00
AST	18.00	U/l	0.00		41.00
ALT	18.00	U/l	0.00		41.00
LD	198.00	U/l	50.00		280.00
Total Cholesterol	5.50	mmol/l	1.40		5.00
HDL Cholesterol	1.40	mmol/l	1.00		2.50
LDL Cholesterol	3.50	mmol/l	0.00		2.50
Triglycerides	1.40	mmol/l	0.00		1.50
Creatine Kinase	80.00	U/l	0.00		161.00
Iron	12.00	µmol/l	10.00		27.00
Amylase	82.00	U/l	0.00		111.00
C-Reactive Protein	2.44	mg/l	0.00		3.00
TSH	1.30	mIU/l	0.50		5.00
Lipase	38.00	IU/l	0.00		300.00
LDL/HDL Ratio	2.50	kA	0.35		4.00

## Shopping Helper Phase 2 for Michelle Penfold

<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
200 g Yogurt, Fruit	200 ml Milk Products, 55 g Starch, Fruit	30 g Nuts, 20 g Seeds, 105 g Vegetable, Fruit
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
130 g Fish, 150 g Vegetable, Fruit, Bread	75 g Pulses, 150 g Vegetable, Fruit, Bread	130 g Poultry, 150 g Salad, Fruit, Bread
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
150 g Mushrooms (Protein), 160 g Vegetable, Bread	140 g Fish, 160 g Vegetable, Bread	95 g Cheese, 160 g Vegetable, Bread

<b>Fish</b>	Anchovy (fresh), Barramundi, Basa, Blue-eyed trevalla, Bream, Cod, Flake, Flathead, Flounder, Flounder, Garfish, Gemfish, Hake, Herring, King George Whiting, Leatherjacket, Mahi Mahi, Morwong, Ocean Trout, Pacific Butterfish, Salmon, Snapper, Swordfish Steak, Trevally, Trout, Whiting, Yelloweye Mullet
<b>Seafood</b>	Scallop, Squid
<b>Milk Products</b>	Goat Milk, Soy Milk (unsweetened)
<b>Yogurt</b>	Goat Milk Yogurt, Sheep Yogurt
<b>Nuts</b>	Almonds
<b>Poultry</b>	Chicken Breast, Duck Breast
<b>Cheese</b>	Feta Cheese (Sheep), Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
<b>Pulses</b>	Adzuki Beans, Black Beans, Chickpeas, Flageolet Beans, Red Lentils
<b>Mushrooms (Protein)</b>	Oyster Mushrooms, Shiitake mushrooms
<b>Seeds</b>	Sunflower Seeds
<b>Eggs</b>	Eat a minimum of 1 eggs and a maximum of 5 eggs per week.
<b>Vegetable</b>	Artichokes, Asparagus white, Bamboo Shoots, Bok Choy, Broccoli, Brussels Sprouts, Carrots, Celeriac, Chanterelle mushrooms, Fennel bulb, Green Beans, Green olives, Green Cabbage, Kohlrabi (Cabbage Turnip), Leek, Morel mushrooms (fresh or dried), Okra, Parsley (Root and Leaves), Parsnip, Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Red Cabbage, Red leaf/Red amaranth, Sauerkraut, Savoy Cabbage, Silverbeet, Spinach, Tomato, White & brown mushrooms, Zucchini
<b>Salad</b>	Cucumber, Curly Endive, Dandelion Greens, Frisee, Leafy Lettuce, Lollo Rosso Lettuce, Mache Rosettes, Radicchio, Red Oak Leaf Lettuce, Romaine Lettuce
<b>Starch</b>	Porridge Oats, Rye flakes
<b>Bread</b>	Crispy Rye Bread, Wholegrain Rye Bread
<b>Fruit</b>	Apple (1), Apricot (dried) (50 g), Mango (170 g), Papaya (180 g), Red Currants (110 g)



## Shopping Helper Phase 3 for Michelle Penfold

<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
200 g Yogurt, Fruit	200 ml Milk Products, 55 g Starch, Fruit	30 g Nuts, 20 g Seeds, 105 g Vegetable, Fruit
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
130 g Fish, 150 g Vegetable, Fruit, Bread	75 g Pulses, 150 g Vegetable, Fruit, Bread	130 g Poultry, 150 g Salad, Fruit, Bread
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
150 g Mushrooms (Protein), 160 g Vegetable, Bread	140 g Fish, 160 g Vegetable, Bread	95 g Cheese, 160 g Vegetable, Bread

<b>Fish</b>	Anchovy (fresh), Barramundi, Basa, Blue-eyed trevalla, Bream, Cod, Eel, Flake, Flathead, Flounder, Flounder, Fresh Tuna, Garfish, Gemfish, Hake, Herring, Hoki/ Blue Grenadier, King George Whiting, Leatherjacket, Mackerel, Mahi Mahi, Morwong, Ocean Trout, Pacific Butterfish, Redfish Filet, Salmon, Snapper, Swordfish Steak, Trevally, Trout, Whitebait, Whiting, Yelloweye Mullet
<b>Seafood</b>	Crab, Scallop, Squid
<b>Milk Products</b>	Goat Milk, Soy Milk (unsweetened)
<b>Yogurt</b>	Goat Milk Yogurt, Sheep Yogurt
<b>Nuts</b>	Almonds
<b>Meat</b>	Beef Loin, Kangaroo, Lamb Chop, Ostrich, Pork Fillet, Roast Beef, Veal Steak, Venison
<b>Poultry</b>	Chicken Breast, Chicken Thigh, Duck Breast
<b>Cheese</b>	Feta Cheese (Sheep), Goat Cheese, Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
<b>Pulses</b>	Adzuki Beans, Black Beans, Chickpeas, Flageolet Beans, Red Lentils
<b>Mushrooms (Protein)</b>	Oyster Mushrooms, Shiitake mushrooms
<b>Sprouts</b>	Soy Sprouts, Sunflower Sprouts
<b>Seeds</b>	Sunflower Seeds
<b>Eggs</b>	Eat a minimum of 1 eggs and a maximum of 5 eggs per week.

<b>Vegetable</b>	Artichokes, Asparagus white, Bamboo Shoots, Bok Choy, Broccoli, Brussels Sprouts, Carrots, Celeriac, Chanterelle mushrooms, Fennel bulb, Green Beans, Green olives, Green Cabbage, Kohlrabi (Cabbage Turnip), Leek, Morel mushrooms (fresh or dried), Mustard Sprouts, Okra, Parsley (Root and Leaves), Parsnip, Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Red Cabbage, Red leaf/Red amaranth, Sauerkraut, Savoy Cabbage, Silverbeet, Spinach, Tomato, White & brown mushrooms, Zucchini
<b>Salad</b>	Cucumber, Curly Endive, Dandelion Greens, Frisee, Iceberg Lettuce, Leafy Lettuce, Lollo Rosso Lettuce, Mache Rosettes, Radicchio, Red Oak Leaf Lettuce, Romaine Lettuce
<b>Starch</b>	Porridge Oats, Rye flakes
<b>Bread</b>	Crispy Rye Bread, Wholegrain Rye Bread
<b>Fruit</b>	Apple (1), Apricot (dried) (50 g), Mango (170 g), Papaya (180 g), Prunes (dried) (50 g), Red Currants (110 g)
<b>Fats / Oils</b>	Ghee (for hot vegetables), Native Coconut Oil (for frying)