

Analysis for the Coach

Client Information Jodie Sharman

Analysis created: 7/08/2024		Client-ID-No.: 1944889	
Title:	Mrs		
First Name:	Jodie		
Last Name:	Sharman		
Gender:	female		
Address:	10 Lakeside Drive, Acacia Hills		
Town / State / Postcode	AUS-7306 Tasmania		
e-mail:	jsharman30@gmail.com		
Phone:	0417379883		
Profession:			

Date of Birth (DOB):	30/06/1978	Height:	155 cm
Starting Weight:	85 kg	Navel:	91 cm
Target Weight:	62 kg	Hips:	118 cm
BMI (Body Mass Index)	35	Upper Thigh:	67 cm

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

Eating Habits	Milk (Cow): none
Dislikes	Camel milk
Medication	-
Illnesses / Allergies	Cholecystectomy (removed gall bladder), Endometriosis, Reflux / GERD, Asthma, Digestive disorders

Analysis for the Coach

Meal Plan

Client: Jodie Sharman

Breakfast 45 g Cheese, 90 g Vegetable, Fruit, Bread	Breakfast 185 g Yogurt, Fruit	Breakfast 25 g Nuts, 20 g Seeds, 90 g Vegetable, Fruit
Lunch 115 g Fish, 135 g Salad, Fruit, Bread	Lunch 115 g Meat, 135 g Vegetable, Fruit, Bread	Lunch 60 g Pulses, 135 g Vegetable, Fruit, Bread
Dinner 1 Eggs, 95 g Starch, 145 g Vegetable	Dinner 125 g Poultry, 145 g Vegetable, Bread	Dinner 125 g Fish, 145 g Vegetable, Bread

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

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Personal Food Lists

Client: Jodie Sharman

Personal Food List - Phase 2

Fish	Barramundi, Blue-eyed trevalla, Bream, Garfish, Hake, Herring, King George Whiting, Leatherjacket, Ocean Trout, Salmon, Trevally, Trout, Yelloweye Mullet
Yogurt	Goat Milk Yogurt, Sheep Yogurt
Nuts	Almonds
Meat	Beef Loin, Goat, Kangaroo, Lamb Chop, Mutton, Ostrich, Pork Loin, Roast Beef, Veal
Poultry	Chicken Breast, Duck Breast
Cheese	Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
Pulses	Black Beans, Chickpeas, Flageolet Beans, Red Lentils
Seeds	Sunflower Seeds
Eggs	Eat a minimum of 1 eggs and a maximum of 2 eggs per week.

Vegetable	Asian greens, Avocado, Bok Choy, Carrots, Chanterelle mushrooms, Chinese cabbage, Cress, Fennel bulb, Green Beans, Leek, Morel mushrooms (fresh or dried), Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Savoy Cabbage, Silverbeet, Spinach, White & brown mushrooms
Salad	Boston Bibb Lettuce (Butter Lettuce), Cucumber, Frisee, Iceberg Lettuce, Leafy Lettuce, Lollo Rosso Lettuce, Mache Rosettes, Purslane (Verdolaga), Radicchio, Red Oak Leaf Lettuce
Starch	Potato
Bread	Crispy Rye Bread, Wholegrain Rye Bread
Fruit	Apple (1), Apricot (dried) (35 g), Mango (155 g), Papaya (165 g), Red Currants (95 g), Strawberries (115 g)

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.
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.

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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 3 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	<p>You can eat the seed mix plain or prepared. Suggestions for preparation:</p> <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 ▶ 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

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- 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

- 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	Eel, Flounder, Hoki/ Blue Grenadier, Redfish Filet
Meat	Veal Steak, Venison
Poultry	Chicken Thigh
Cheese	Goat Cheese
Sprouts	Soy Sprouts, Sunflower 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	Cauliflower, Okra
Fruit	Grapes (95 g), Prunes (dried) (35 g)
Fats / Oils	Flax Seed Oil (for Salads), Ghee (for hot vegetables), Native Coconut Oil (for frying)

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Collected blood values

Client: Jodie Sharman

Blood Results	Value	Unit	min.	Indicator	max.
Haemoglobin	128.00	g/L	115.00		165.00
RBC	4.10	10 ¹² /l	3.80		5.50
Haematocrit (PCV)	0.39	Ratio	0.35		0.47
MCV	95.00	fl	80.00		99.00
MCH	31.00	pg	27.00		32.00
White Cell Count	8.60	10 ⁹ /l	4.00		11.00
Neutrophils %	5.60	10 ⁹ /l	2.00		8.00
Lymphocytes %	2.00	10 ⁹ /l	1.00		4.00
Monocytes %	0.50	10 ⁹ /l	0.02		1.10
Eosinophils %	0.43	10 ⁹ /l	0.00		0.60
Platelets	260.00	10 ⁹ /l	150.00		450.00
Sodium	139.00	mmol/L	136.00		146.00
Potassium	4.30	mmol/L	3.50		5.20
Urea	4.10	mmol/L	2.50		8.00
Creatinine	65.00	μmol/L	40.00		85.00
Urate	0.29	mmol/L	0.15		0.45
Glucose	4.50	mmol/L	3.00		5.40
Calcium	2.33	mmol/L	2.10		2.55
Total Protein	66.00	g/L	60.00		82.00
Alk. Phos	89.00	U/l	30.00		120.00
Bilirubin	10.00	μmol/l	2.50		25.00
GGTP	14.00	U/l	0.00		50.00
AST	27.00	U/l	0.00		41.00
ALT	31.00	U/l	0.00		41.00
LD	181.00	U/l	50.00		280.00
Total Cholesterol	5.00	mmol/L	1.40		5.00
HDL Cholesterol	1.81	mmol/L	1.00		2.50
LDL Cholesterol	2.37	mmol/L	0.00		2.50
Triglycerides	1.80	mmol/L	0.00		1.50
Creatine Kinase	140.00	U/l	0.00		161.00
Iron	20.00	μmol/l	10.00		27.00
Amylase	61.00	U/l	0.00		111.00
C-Reactive Protein	6.00	mg/l	0.00		3.00
TSH	2.47	mIU/l	0.50		5.00
Lipase	23.00	U/l	0.00		60.00
LDL/HDL Ratio	1.31	kA	0.35		4.00

Shopping Helper Phase 2 for Jodie Sharman

Breakfast	Breakfast	Breakfast
45 g Cheese, 90 g Vegetable, Fruit, Bread	185 g Yogurt, Fruit	25 g Nuts, 20 g Seeds, 90 g Vegetable, Fruit
Lunch	Lunch	Lunch
115 g Fish, 135 g Salad, Fruit, Bread	115 g Meat, 135 g Vegetable, Fruit, Bread	60 g Pulses, 135 g Vegetable, Fruit, Bread
Dinner	Dinner	Dinner
1 Eggs, 95 g Starch, 145 g Vegetable	125 g Poultry, 145 g Vegetable, Bread	125 g Fish, 145 g Vegetable, Bread

Fish	Barramundi, Blue-eyed trevalla, Bream, Garfish, Hake, Herring, King George Whiting, Leatherjacket, Ocean Trout, Salmon, Trevally, Trout, Yelloweye Mullet
Yogurt	Goat Milk Yogurt, Sheep Yogurt
Nuts	Almonds
Meat	Beef Loin, Goat, Kangaroo, Lamb Chop, Mutton, Ostrich, Pork Loin, Roast Beef, Veal
Poultry	Chicken Breast, Duck Breast
Cheese	Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
Pulses	Black Beans, Chickpeas, Flageolet Beans, Red Lentils
Seeds	Sunflower Seeds
Eggs	Eat a minimum of 1 eggs and a maximum of 2 eggs per week.
Vegetable	Asian greens, Avocado, Bok Choy, Carrots, Chanterelle mushrooms, Chinese cabbage, Cress, Fennel bulb, Green Beans, Leek, Morel mushrooms (fresh or dried), Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Savoy Cabbage, Silverbeet, Spinach, White & brown mushrooms
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Starch	Potato
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Nuts	Almonds
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