

## Analysis for the Coach

### Client Information Tersha Csejteiova

Analysis created: 29/10/2024		Client-ID-No.: 1948930	
Title:	Ms		
First Name:	Tersha		
Last Name:	Csejteiova		
Gender:	female		
Address:	96 Dampier Avenue, Mullaloo		
Town / State / Postcode	AUS-6027 WA		
e-mail:	tersh_m@yahoo.com		
Phone:	0421965866		
Profession:			

Date of Birth (DOB):	28/07/1980	Height:	172 cm
Starting Weight:	90 kg	Navel:	93 cm
Target Weight:	73 kg	Hips:	121 cm
BMI (Body Mass Index)	30	Upper Thigh:	76 cm

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

Eating Habits	Milk: none, except from Cow's Milk, Milk (Cow): none
Dislikes	-
Medication	-
Illnesses / Allergies	Endometriosis, Lactose Intolerance – late onset, Migraines, Sleep disturbances / Insomnia, Menopausal Symptoms

Analysis for the Coach

## Meal Plan

Client: Tersha Csejteiova

<b>Breakfast</b> 190 g Yogurt, Fruit	<b>Breakfast</b> 75 g Poultry, 95 g Vegetable, Fruit, Bread	<b>Breakfast</b> 75 g Meat, 95 g Salad, Fruit, Bread
<b>Lunch</b> 65 g Pulses, 140 g Vegetable, Fruit, Bread	<b>Lunch</b> 75 g Tofu, 140 g Salad, Fruit, Bread	<b>Lunch</b> 75 g Cheese, 140 g Vegetable, Fruit, Bread
<b>Dinner</b> 130 g Meat, 150 g Vegetable, Bread	<b>Dinner</b> 130 g Fish, 150 g Vegetable, Bread	<b>Dinner</b> 2 Eggs, 150 g Vegetable, Bread

<b>Water:</b> 3 ¼ litres per day	<b>Bread</b> 0 - 4 slices per day
<b>Fruits:</b> 2 kinds per day	<b>Eggs:</b> 2 - 7 piece(s) per week

## Analysis for the Coach

### Personal Food Lists

Client: Tersha Csejteiova

#### Personal Food List - Phase 2

<b>Fish</b>	Anchovy, Barramundi, Basa, Blue-eyed trevalla, Eel, Flounder, Flounder, Garfish, Gemfish, King George Whiting, Kipper (in Water), Mackerel, Ocean Trout, Orange roughy, Salmon, Sardines, Trout
<b>Seafood</b>	Round Clams, Scallop, Squid, Tiger prawns
<b>Yogurt</b>	Goat Milk Yogurt, Sheep Yogurt
<b>Meat</b>	Beef Loin, Ham (cooked), Lamb Chop, Mutton, Ostrich, Pork Loin, Roast Beef, Veal
<b>Poultry</b>	Chicken Breast, Duck Breast
<b>Cheese</b>	Feta Cheese (Sheep), Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
<b>Pulses</b>	Black (Beluga) Lentils, Black Beans, Borlotti Beans, Chickpeas, Flageolet Beans, Kidney Beans, Red Lentils, Soy Beans
<b>Tofu</b>	Choose your tofu according to your personal preference and taste (soft, firm, extra firm or smoked).
<b>Eggs</b>	Eat a minimum of 2 eggs and a maximum of 7 eggs per week.

<b>Vegetable</b>	Artichokes, Asparagus green, Bamboo Shoots, Bok Choy, Broccoli, Brussels Sprouts, Carrots, Cauliflower, Cauliflower leaves, Celeriac, Chanterelle mushrooms, Chicory (Belgium Endive), Choko, Fennel bulb, Green olives, Green Cabbage, Kale, Kohlrabi (Cabbage Turnip), Leek, Morel mushrooms (fresh or dried), Okra, Parsley (Root and Leaves), Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Red capsicum, Sauerkraut, Savoy Cabbage, Silverbeet, Sorrel, Spinach, Turnip, Turnip, White & brown mushrooms
<b>Salad</b>	Cucumber, Curly Endive, Dandelion Greens, Frisee, Iceberg Lettuce, Lollo Rosso Lettuce, Purslane (Verdolaga), Red Oak Leaf Lettuce, Rocket
<b>Bread</b>	Crispy Rye Bread, Wholegrain Rye Bread
<b>Fruit</b>	Apple (1), Apricot (fresh) (120 g), Blackberries (100 g), Mango (160 g), Papaya (170 g), Peach (1), Prunes (dried) (40 g)

## Analysis for the Coach

### Additional Information about the Nutrition Plan

<b>Water</b>	We recommend that you drink 3 ¼ 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 2 eggs and a maximum of 7 eggs per week. You can prepare the eggs to your liking, for example, scrambled, fried, omelet, boiled or poached.
<b>Mandelade</b>	You may also exchange one of your breakfast choices for the delicious Mandelade. Mandelade stems from two German words, where Mandel = Almonds and Mandelade = Almond mix. This breakfast can be enjoyed even if you do not have seeds or nuts on your plan. Mandelade is easy to prepare. Take 30 g of almonds and 20 g of sunflower seeds. Soak the almonds and seeds overnight. The following morning chop or puree. Mix in with one chopped or grated apple and flavour the Mandelade with cinnamon or mint. Enjoy!
<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.

## Analysis for the Coach

<b>Alcohol, Soft Drinks and Fruit Juices</b>	In the Strict Adjustment Phase: alcohol, soft drinks, and fruit juices are not allowed.
<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.



































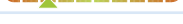

## Extended personal food list: Phase 3

<b>Fish</b>	Hoki/ Blue Grenadier
<b>Seafood</b>	Crab
<b>Meat</b>	Beef Brisket/Point End of Beef, Goat, Kangaroo, Veal Steak, Venison
<b>Poultry</b>	Chicken Thigh
<b>Cheese</b>	Goat Cheese
<b>Sprouts</b>	Alfalfa 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.
<b>Vegetable</b>	Asian greens, Asparagus white, Pepperonicini
<b>Salad</b>	Mache Rosettes
<b>Fats / Oils</b>	Flax Seed Oil (for Salads), Ghee (for hot vegetables), Native Coconut Oil (for frying)

## Analysis for the Coach

### Collected blood values

Client: Tersha Csejteiova

Blood Results	Value	Unit	min.	Indicator	max.
Haemoglobin	132.00	g/L	115.00		165.00
RBC	4.03	10 <sup>12</sup> /l	3.80		5.50
Haematocrit (PCV)	0.42	Ratio	0.35		0.47
MCV	100.00	fl	80.00		99.00
MCH	32.80	pg	27.00		32.00
White Cell Count	3.30	10 <sup>9</sup> /l	4.00		11.00
Neutrophils %	1.60	10 <sup>9</sup> /l	2.00		8.00
Lymphocytes %	1.20	10 <sup>9</sup> /l	1.00		4.00
Monocytes %	0.30	10 <sup>9</sup> /l	0.02		1.10
Eosinophils %	0.20	10 <sup>9</sup> /l	0.00		0.60
Platelets	226.00	10 <sup>9</sup> /l	150.00		450.00
Sodium	139.00	mmol/l	136.00		146.00
Potassium	4.60	mmol/l	3.50		5.20
Urea	3.40	mmol/l	2.50		8.00
Creatinine	64.00	μmol/l	40.00		85.00
Urate	0.23	mmol/l	0.15		0.45
Glucose	5.70	mmol/l	3.00		5.40
Calcium	2.24	mmol/l	2.10		2.55
Total Protein	68.00	g/L	60.00		82.00
Alk. Phos	55.00	U/l	30.00		120.00
Bilirubin	13.00	μmol/l	2.50		25.00
GGTP	10.00	U/l	0.00		50.00
AST	14.00	U/l	0.00		41.00
ALT	12.00	U/l	0.00		41.00
LD	159.00	U/l	50.00		280.00
Total Cholesterol	3.80	mmol/l	1.40		5.00
HDL Cholesterol	1.50	mmol/l	1.00		2.50
LDL Cholesterol	2.10	mmol/l	0.00		2.50
Triglycerides	0.50	mmol/l	0.00		1.50
Creatine Kinase	92.00	U/l	0.00		161.00
Iron	15.00	μmol/l	10.00		27.00
Amylase	94.00	U/l	0.00		111.00
C-Reactive Protein	0.70	mg/l	0.00		3.00
TSH	1.12	mIU/l	0.50		5.00
Lipase	41.00	IU/l	0.00		300.00
LDL/HDL Ratio	1.40	kA	0.35		4.00

## Shopping Helper Phase 2 for Tersha Csejteiova

<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
190 g Yogurt, Fruit	75 g Poultry, 95 g Vegetable, Fruit, Bread	75 g Meat, 95 g Salad, Fruit, Bread
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
65 g Pulses, 140 g Vegetable, Fruit, Bread	75 g Tofu, 140 g Salad, Fruit, Bread	75 g Cheese, 140 g Vegetable, Fruit, Bread
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
130 g Meat, 150 g Vegetable, Bread	130 g Fish, 150 g Vegetable, Bread	2 Eggs, 150 g Vegetable, Bread

<b>Fish</b>	Anchovy, Barramundi, Basa, Blue-eyed trevalla, Eel, Flounder, Flounder, Garfish, Gemfish, King George Whiting, Kipper (in Water), Mackerel, Ocean Trout, Orange roughy, Salmon, Sardines, Trout
<b>Seafood</b>	Round Clams, Scallop, Squid, Tiger prawns
<b>Yogurt</b>	Goat Milk Yogurt, Sheep Yogurt
<b>Meat</b>	Beef Loin, Ham (cooked), Lamb Chop, Mutton, Ostrich, Pork Loin, Roast Beef, Veal
<b>Poultry</b>	Chicken Breast, Duck Breast
<b>Cheese</b>	Feta Cheese (Sheep), Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
<b>Pulses</b>	Black (Beluga) Lentils, Black Beans, Borlotti Beans, Chickpeas, Flageolet Beans, Kidney Beans, Red Lentils, Soy Beans
<b>Tofu</b>	Choose your tofu according to your personal preference and taste (soft, firm, extra firm or smoked).
<b>Eggs</b>	Eat a minimum of 2 eggs and a maximum of 7 eggs per week.
<b>Vegetable</b>	Artichokes, Asparagus green, Bamboo Shoots, Bok Choy, Broccoli, Brussels Sprouts, Carrots, Cauliflower, Cauliflower leaves, Celeriac, Chanterelle mushrooms, Chicory (Belgium Endive), Choko, Fennel bulb, Green olives, Green Cabbage, Kale, Kohlrabi (Cabbage Turnip), Leek, Morel mushrooms (fresh or dried), Okra, Parsley (Root and Leaves), Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Red capsicum, Sauerkraut, Savoy Cabbage, Silverbeet, Sorrel, Spinach, Turnip, Turnip, White & brown mushrooms
<b>Salad</b>	Cucumber, Curly Endive, Dandelion Greens, Frisee, Iceberg Lettuce, Lollo Rosso Lettuce, Purslane (Verdolaga), Red Oak Leaf Lettuce, Rocket
<b>Bread</b>	Crispy Rye Bread, Wholegrain Rye Bread
<b>Fruit</b>	Apple (1), Apricot (fresh) (120 g), Blackberries (100 g), Mango (160 g), Papaya (170 g), Peach (1), Prunes (dried) (40 g)

## Shopping Helper Phase 3 for Tersha Csejteiova

<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
190 g Yogurt, Fruit	75 g Poultry, 95 g Vegetable, Fruit, Bread	75 g Meat, 95 g Salad, Fruit, Bread
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
65 g Pulses, 140 g Vegetable, Fruit, Bread	75 g Tofu, 140 g Salad, Fruit, Bread	75 g Cheese, 140 g Vegetable, Fruit, Bread
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
130 g Meat, 150 g Vegetable, Bread	130 g Fish, 150 g Vegetable, Bread	2 Eggs, 150 g Vegetable, Bread

<b>Fish</b>	Anchovy, Barramundi, Basa, Blue-eyed trevalla, Eel, Flounder, Flounder, Garfish, Gemfish, Hoki/ Blue Grenadier, King George Whiting, Kipper (in Water), Mackerel, Ocean Trout, Orange roughy, Salmon, Sardines, Trout
<b>Seafood</b>	Crab, Round Clams, Scallop, Squid, Tiger prawns
<b>Yogurt</b>	Goat Milk Yogurt, Sheep Yogurt
<b>Meat</b>	Beef Brisket/Point End of Beef, Beef Loin, Goat, Ham (cooked), Kangaroo, Lamb Chop, Mutton, Ostrich, Pork Loin, Roast Beef, Veal, 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>	Black (Beluga) Lentils, Black Beans, Borlotti Beans, Chickpeas, Flageolet Beans, Kidney Beans, Red Lentils, Soy Beans
<b>Tofu</b>	Choose your tofu according to your personal preference and taste (soft, firm, extra firm or smoked).
<b>Sprouts</b>	Alfalfa Sprouts, Soy Sprouts, Sunflower Sprouts
<b>Eggs</b>	Eat a minimum of 2 eggs and a maximum of 7 eggs per week.

<b>Vegetable</b>	Artichokes, Asian greens, Asparagus green, Asparagus white, Bamboo Shoots, Bok Choy, Broccoli, Brussels Sprouts, Carrots, Cauliflower, Cauliflower leaves, Celeriac, Chanterelle mushrooms, Chicory (Belgium Endive), Choko, Fennel bulb, Green olives, Green Cabbage, Kale, Kohlrabi (Cabbage Turnip), Leek, Morel mushrooms (fresh or dried), Okra, Parsley (Root and Leaves), Pepperoncinis, Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Red capsicum, Sauerkraut, Savoy Cabbage, Silverbeet, Sorrel, Spinach, Turnip, Turnip, White & brown mushrooms
<b>Salad</b>	Cucumber, Curly Endive, Dandelion Greens, Frisee, Iceberg Lettuce, Lollo Rosso Lettuce, Mache Rosettes, Purslane (Verdolaga), Red Oak Leaf Lettuce, Rocket
<b>Bread</b>	Crispy Rye Bread, Wholegrain Rye Bread
<b>Fruit</b>	Apple (1), Apricot (fresh) (120 g), Blackberries (100 g), Mango (160 g), Papaya (170 g), Peach (1), Prunes (dried) (40 g)
<b>Fats / Oils</b>	Flax Seed Oil (for Salads), Ghee (for hot vegetables), Native Coconut Oil (for frying)