

Analysis for the Coach

Client Information Anais Kirkorian

Analysis created: 20/12/2024		Client-ID-No.: 1950558	
Title:	Miss		
First Name:	Anais		
Last Name:	Kirkorian		
Gender:	female		
Address:	U34, 58-64 Hastings Street, Scarborough		
Town / State / Postcode	AUS-6019 Perth, Western Australia		
e-mail:	anais.kirkorian@gmail.com		
Phone:	0411210654		
Profession:			

Date of Birth (DOB):	4/11/1991	Height:	160 cm
Starting Weight:	49 kg	Navel:	71 cm
Target Weight:	49 kg	Hips:	87 cm
BMI (Body Mass Index)	19	Upper Thigh:	50 cm

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

Eating Habits	Eggs: none, Meat: none, Milk and yogurt: none from Cow's Milk, Poultry: none
Dislikes	Camel milk, Goat Milk
Medication	-
Illnesses / Allergies	Polycystic Ovary Syndrome (PCOS), Irritable Bowel Syndrome (IBS), Reflux / GERD, Endometriosis, Digestive disorders

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Meal Plan

Client: Anais Kirkorian

Breakfast 45 g Cheese, 90 g Vegetable, Fruit, Bread	Breakfast 20 g Oilseed, 20 g Seeds, 90 g Vegetable, Fruit	Breakfast 185 g Yogurt, Fruit
Lunch 70 g Tofu, 135 g Vegetable, Fruit, Bread	Lunch 60 g Pulses, 135 g Vegetable, Fruit, Bread	Lunch 115 g Fish, 135 g Salad, Fruit, Bread
Dinner 125 g Fish, 145 g Vegetable, Bread	Dinner 80 g Cheese, 145 g Salad, Bread	Dinner 135 g Mushrooms (Protein), 145 g Vegetable, Bread

Water: 1 ¾ litres per day	Bread 1 - 4 slices per day
Fruits: 2 kinds per day	Eggs: - (0 piece(s) per week)

Nutritional Analysis

- The lab. results suggest your client has a reduced red blood cell count. Please advise your client to further investigate this with their doctor.

Analysis for the Coach

Personal Food Lists

Client: Anais Kirkorian

Personal Food List - Phase 2

Oilseed	Pumpkin Seeds
Fish	Barramundi, Flounder, Fresh Tuna, Herring, King George Whiting, Mahi Mahi, Morwong, Pacific Butterfish, Perch, Salmon, Snapper, Swordfish Steak, Trevally, Trout
Seafood	Abalone, Crab (Crab Meat), Oysters
Yogurt	Goat Milk Yogurt, Sheep Yogurt
Cheese	Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
Pulses	Black (Beluga) Lentils, Red Lentils
Tofu	Choose your tofu according to your personal preference and taste (soft, firm, extra firm or smoked).
Mushrooms (Protein)	Oyster Mushrooms, Shiitake mushrooms
Seeds	Sunflower Seeds

Vegetable	Avocado, Bok Choy, Broccoli, Carrots, Chanterelle mushrooms, Cherry Tomatoes, Chinese cabbage, Fennel, Garden Cress, Kohlrabi (Cabbage Turnip), Okra, Parsnip, Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Red leaf/Red amaranth, Savoy Cabbage, Spinach, Zucchini
Salad	Cucumber, Frisee, Leafy Lettuce, Lollo Rosso Lettuce, Mache Rosettes, Purslane (Verdolaga), Red Oak Leaf Lettuce, Rocket
Bread	Crispy Rye Bread, Wholegrain Rye Bread
Fruit	Apple (1), Mango (155 g), Papaya (165 g)

Additional Information about the Nutrition Plan

Water	We recommend that you drink 1 ¾ 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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Analysis for the Coach

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	<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

Analysis for the Coach

- 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





































Extended personal food list: Phase 3

Seafood	Squid, Tiger prawns
Cheese	Goat Cheese (Brie)
Pulses	Lentils
Vegetable	Butternut Squash, Horseradish, Large Mushrooms
Fruit	Longan (75 g)
Fats / Oils	Flax Seed Oil (for Salads), Ghee (for hot vegetables), Native Coconut Oil (for frying)

Analysis for the Coach

Collected blood values

Client: Anais Kirkorian

Blood Results	Value	Unit	min.	Indicator	max.
Haemoglobin	125.00	g/L	115.00		165.00
RBC	3.83	10 ¹² /l	3.80		5.50
Haematocrit (PCV)	0.38	Ratio	0.35		0.47
MCV	100.00	fl	80.00		99.00
MCH	32.60	pg	27.00		32.00
White Cell Count	5.90	10 ⁹ /l	4.00		11.00
Neutrophils %	3.00	10 ⁹ /l	2.00		8.00
Lymphocytes %	2.40	10 ⁹ /l	1.00		4.00
Monocytes %	0.40	10 ⁹ /l	0.02		1.10
Eosinophils %	0.10	10 ⁹ /l	0.00		0.60
Platelets	232.00	10 ⁹ /l	150.00		450.00
Sodium	138.00	mmol/l	136.00		146.00
Potassium	4.40	mmol/l	3.50		5.20
Urea	3.90	mmol/l	2.50		8.00
Creatinine	65.00	μmol/l	40.00		85.00
Urate	0.21	mmol/l	0.15		0.45
Glucose	5.10	mmol/l	3.00		5.40
Calcium	2.14	mmol/l	2.10		2.55
Total Protein	61.00	g/L	60.00		82.00
Alk. Phos	45.00	U/l	30.00		120.00
Bilirubin	7.00	μmol/l	2.50		25.00
GGTP	9.00	U/l	0.00		50.00
AST	11.00	U/l	0.00		41.00
ALT	13.00	U/l	0.00		41.00
LD	163.00	U/l	50.00		280.00
Total Cholesterol	3.70	mmol/l	1.40		5.00
HDL Cholesterol	1.80	mmol/l	1.00		2.50
LDL Cholesterol	1.50	mmol/l	0.00		2.50
Triglycerides	0.80	mmol/l	0.00		1.50
Creatine Kinase	81.00	U/l	0.00		161.00
Iron	10.00	μmol/l	10.00		27.00
Amylase	40.00	U/l	0.00		111.00
C-Reactive Protein	0.20	mg/l	0.00		3.00
TSH	0.52	mIU/l	0.50		5.00
Lipase	24.00	IU/l	0.00		300.00
LDL/HDL Ratio	0.83	kA	0.35		4.00

Shopping Helper Phase 2 for Anais Kirkorian

Breakfast	Breakfast	Breakfast
45 g Cheese, 90 g Vegetable, Fruit, Bread	20 g Oilseed, 20 g Seeds, 90 g Vegetable, Fruit	185 g Yogurt, Fruit
Lunch	Lunch	Lunch
70 g Tofu, 135 g Vegetable, Fruit, Bread	60 g Pulses, 135 g Vegetable, Fruit, Bread	115 g Fish, 135 g Salad, Fruit, Bread
Dinner	Dinner	Dinner
125 g Fish, 145 g Vegetable, Bread	80 g Cheese, 145 g Salad, Bread	135 g Mushrooms (Protein), 145 g Vegetable, Bread

Oilseed	Pumpkin Seeds
Fish	Barramundi, Flounder, Fresh Tuna, Herring, King George Whiting, Mahi Mahi, Morwong, Pacific Butterfish, Perch, Salmon, Snapper, Swordfish Steak, Trevally, Trout
Seafood	Abalone, Crab (Crab Meat), Oysters
Yogurt	Goat Milk Yogurt, Sheep Yogurt
Cheese	Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
Pulses	Black (Beluga) Lentils, Red Lentils
Tofu	Choose your tofu according to your personal preference and taste (soft, firm, extra firm or smoked).
Mushrooms (Protein)	Oyster Mushrooms, Shiitake mushrooms
Seeds	Sunflower Seeds
Vegetable	Avocado, Bok Choy, Broccoli, Carrots, Chanterelle mushrooms, Cherry Tomatoes, Chinese cabbage, Fennel, Garden Cress, Kohlrabi (Cabbage Turnip), Okra, Parsnip, Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Red leaf/Red amaranth, Savoy Cabbage, Spinach, Zucchini
Salad	Cucumber, Frisee, Leafy Lettuce, Lollo Rosso Lettuce, Mache Rosettes, Purslane (Verdolaga), Red Oak Leaf Lettuce, Rocket
Bread	Crispy Rye Bread, Wholegrain Rye Bread
Fruit	Apple (1), Mango (155 g), Papaya (165 g)

Shopping Helper Phase 3 for Anais Kirkorian

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Fish	Barramundi, Flounder, Fresh Tuna, Herring, King George Whiting, Mahi Mahi, Morwong, Pacific Butterfish, Perch, Salmon, Snapper, Swordfish Steak, Trevally, Trout
Seafood	Abalone, Crab (Crab Meat), Oysters, Squid, Tiger prawns
Yogurt	Goat Milk Yogurt, Sheep Yogurt
Cheese	Goat Cheese (Brie), Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
Pulses	Black (Beluga) Lentils, Lentils, Red Lentils
Tofu	Choose your tofu according to your personal preference and taste (soft, firm, extra firm or smoked).
Mushrooms (Protein)	Oyster Mushrooms, Shiitake mushrooms
Seeds	Sunflower Seeds
Vegetable	Avocado, Bok Choy, Broccoli, Butternut Squash, Carrots, Chanterelle mushrooms, Cherry Tomatoes, Chinese cabbage, Fennel, Garden Cress, Horseradish, Kohlrabi (Cabbage Turnip), Large Mushrooms, Okra, Parsnip, Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Red leaf/Red amaranth, Savoy Cabbage, Spinach, Zucchini
Salad	Cucumber, Frisee, Leafy Lettuce, Lollo Rosso Lettuce, Mache Rosettes, Purslane (Verdolaga), Red Oak Leaf Lettuce, Rocket
Bread	Crispy Rye Bread, Wholegrain Rye Bread
Fruit	Apple (1), Longan (75 g), Mango (155 g), Papaya (165 g)
Fats / Oils	Flax Seed Oil (for Salads), Ghee (for hot vegetables), Native Coconut Oil (for frying)