

## Analysis for the Coach

### Client Information Brook Williams

|                              |                              |                        |  |
|------------------------------|------------------------------|------------------------|--|
| Analysis created: 16/01/2025 |                              | Client-ID-No.: 1951009 |  |
| Title:                       | Mrs                          |                        |  |
| First Name:                  | Brook                        |                        |  |
| Last Name:                   | Williams                     |                        |  |
| Gender:                      | female                       |                        |  |
| Address:                     | 186 Steele Street            |                        |  |
| Town / State / Postcode      | AUS-7310 Devonport, Tasmania |                        |  |
| e-mail:                      | bsharman33@outlook.com       |                        |  |
| Phone:                       | 0437902811                   |                        |  |
| Profession:                  |                              |                        |  |

|                       |           |              |        |
|-----------------------|-----------|--------------|--------|
| Date of Birth (DOB):  | 2/04/2000 | Height:      | 163 cm |
| Starting Weight:      | 79 kg     | Navel:       | 102 cm |
| Target Weight:        | 70 kg     | Hips:        | 110 cm |
| BMI (Body Mass Index) | 30        | Upper Thigh: | 62 cm  |

|          |   |
|----------|---|
| Remarks: | - |
|----------|---|

#### Personal information regarding your individual health and nutrition profile

|                       |  |
|-----------------------|--|
| Eating Habits         | Milk (Cow): none   |
| Dislikes              | Camel milk, Brussels Sprouts   |
| Medication            | -  |
| Illnesses / Allergies | Asthma, Reflux / GERD, Skin disorders, Sleep disturbances / Insomnia, Polycystic Ovary Syndrome (PCOS) |

## Analysis for the Coach

### Meal Plan

Client: Brook Williams

|  |   |   |
|--|---|---|
| <b>Breakfast</b><br>75 g Meat, 75 g Salad, Fruit, Bread    | <b>Breakfast</b><br>190 g Yogurt, Fruit                   | <b>Breakfast</b><br>50 g Cheese, 75 g Vegetable, Fruit, Bread |
| <b>Lunch</b><br>65 g Pulses, 120 g Vegetable, Fruit, Bread | <b>Lunch</b><br>120 g Fish, 120 g Vegetable, Fruit, Bread | <b>Lunch</b><br>75 g Tofu, 120 g Salad, Fruit, Bread          |
| <b>Dinner</b><br>130 g Fish, 130 g Vegetable, Bread        | <b>Dinner</b><br>130 g Poultry, 130 g Vegetable, Bread    | <b>Dinner</b><br>130 g Meat, 130 g Vegetable, Bread           |

|                                  |                                      |
|----------------------------------|--------------------------------------|
| <b>Water:</b> 2 ¾ litres per day | <b>Bread</b> 0 - 3 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: Brook Williams

#### Personal Food List - Phase 2

|                |  |
|----------------|--|
| <b>Fish</b>    | Barramundi, Basa, Blue-eyed trevalla, Flounder, Flounder, Gemfish, King George Whiting, Morwong, Ocean Trout, Salmon, Snapper, Trout, Whiting                              |
| <b>Yogurt</b>  | Goat Milk Yogurt, Sheep Yogurt   |
| <b>Meat</b>    | Goat, Lamb, Mutton, Pork Loin, Rabbit, Roast Beef, Steak (Beef), Veal  |
| <b>Poultry</b> | Chicken Breast, Duck Breast  |
| <b>Cheese</b>  | Goat Cream Cheese (Chèvre), Sheep's Cream Cheese   |
| <b>Pulses</b>  | Black (Beluga) Lentils, Black Eyed Beans, Borlotti Beans, Chickpeas, Kidney Beans, Red Lentils, Soy Beans, White Beans (Cannellini; Butter; Haricot; Navy), Yellow Lentils |
| <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> | Asian greens, Avocado, Bok Choy, Carrots, Cauliflower, Chanterelle mushrooms, Daikon/White Radish, Fennel, Green Beans, Green Cabbage, Horseradish, Kale, Kohlrabi (Cabbage Turnip), Leek, Okra, Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Red leaf/Red amaranth, Savoy Cabbage, Shallots, Silverbeet, Sorrel, Spinach, Sprouted pumpkin seeds, Turnip, Turnip, White & brown mushrooms, Zucchini |
| <b>Salad</b>     | Cucumber, Curly Endive, Dandelion Greens, Leafy Lettuce, Lollo Rosso Lettuce, Purslane (Verdolaga), Radicchio, Red Oak Leaf Lettuce, Romaine Lettuce   |
| <b>Bread</b>     | Crispy Rye Bread, Wholegrain Rye Bread   |
| <b>Fruit</b>     | Apple (1), Mango (140 g), Papaya (150 g)   |

#### Additional Information about the Nutrition Plan

|              |   |
|--------------|---|
| <b>Water</b> | We recommend that you drink 2 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. |
| <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.                                    |

## Analysis for the Coach

|  |   |
|--|---|
| <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 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.  |
| <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.   |
| <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.  |

## Analysis for the Coach



































### Extended personal food list: Phase 3

|                    |   |
|--------------------|---|
| <b>Fish</b>        | Redfish Filet   |
| <b>Meat</b>        | Beef Brisket/Point End of Beef, Pork Chop   |
| <b>Cheese</b>      | Goat Cheese (Brie)  |
| <b>Sprouts</b>     | Lentil Sprouts, Soy Sprouts<br><br>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>   | Bamboo Shoots, Beetroot, Broccolini, Chinese cabbage, Large Mushrooms   |
| <b>Salad</b>       | Iceberg Lettuce, Rocket   |
| <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: Brook Williams

| Blood Results      | Value  | Unit                | min.   | Indicator   | max.   |
|--------------------|--------|---------------------|--------|---|--------|
| Haemoglobin        | 139.00 | g/L                 | 115.00 |    | 165.00 |
| RBC                | 4.20   | 10 <sup>12</sup> /l | 3.80   |    | 5.50   |
| Haematocrit (PCV)  | 0.41   | Ratio               | 0.35   |    | 0.47   |
| MCV                | 98.00  | fl                  | 80.00  |    | 99.00  |
| MCH                | 33.00  | pg                  | 27.00  |    | 32.00  |
| White Cell Count   | 5.80   | 10 <sup>9</sup> /l  | 4.00   |    | 11.00  |
| Neutrophils %      | 2.80   | 10 <sup>9</sup> /l  | 2.00   |    | 8.00   |
| Lymphocytes %      | 2.00   | 10 <sup>9</sup> /l  | 1.00   |    | 4.00   |
| Monocytes %        | 0.40   | 10 <sup>9</sup> /l  | 0.02   |    | 1.10   |
| Eosinophils %      | 0.46   | 10 <sup>9</sup> /l  | 0.00   |    | 0.60   |
| Platelets          | 321.00 | 10 <sup>9</sup> /l  | 150.00 |    | 450.00 |
| Sodium             | 140.00 | mmol/l              | 136.00 |  | 146.00 |
| Potassium          | 4.40   | mmol/l              | 3.50   |  | 5.20   |
| Urea               | 4.00   | mmol/l              | 2.50   |  | 8.00   |
| Creatinine         | 60.00  | μmol/l              | 40.00  |  | 85.00  |
| Urate              | 0.27   | mmol/l              | 0.15   |  | 0.45   |
| Glucose            | 5.20   | mmol/l              | 3.00   |  | 5.40   |
| Calcium            | 2.29   | mmol/l              | 2.10   |  | 2.55   |
| Total Protein      | 74.00  | g/L                 | 60.00  |  | 82.00  |
| Alk. Phos          | 92.00  | U/l                 | 30.00  |  | 120.00 |
| Bilirubin          | 9.00   | μmol/l              | 2.50   |  | 25.00  |
| GGTP               | 13.00  | U/l                 | 0.00   |  | 50.00  |
| AST                | 23.00  | U/l                 | 0.00   |  | 41.00  |
| ALT                | 22.00  | U/l                 | 0.00   |  | 41.00  |
| LD                 | 158.00 | U/l                 | 50.00  |  | 280.00 |
| Total Cholesterol  | 4.90   | mmol/l              | 1.40   |  | 5.00   |
| HDL Cholesterol    | 1.53   | mmol/l              | 1.00   |  | 2.50   |
| LDL Cholesterol    | 2.92   | mmol/l              | 0.00   |  | 2.50   |
| Triglycerides      | 1.00   | mmol/l              | 0.00   |  | 1.50   |
| Creatine Kinase    | 95.00  | U/l                 | 0.00   |  | 161.00 |
| Iron               | 14.00  | μmol/l              | 10.00  |  | 27.00  |
| Amylase            | 73.00  | U/l                 | 0.00   |  | 111.00 |
| C-Reactive Protein | 0.80   | mg/l                | 0.00   |  | 3.00   |
| TSH                | 1.07   | mIU/l               | 0.50   |  | 5.00   |
| Lipase             | 27.00  | U/l                 | 0.00   |  | 60.00  |
| LDL/HDL Ratio      | 1.91   | kA                  | 0.35   |  | 4.00   |

## Shopping Helper Phase 2 for Brook Williams

|  |   |   |
|--|---|---|
| <b>Breakfast</b>                           | <b>Breakfast</b>                          | <b>Breakfast</b>                          |
| 75 g Meat, 75 g Salad, Fruit, Bread        | 190 g Yogurt, Fruit                       | 50 g Cheese, 75 g Vegetable, Fruit, Bread |
| <b>Lunch</b>                               | <b>Lunch</b>                              | <b>Lunch</b>                              |
| 65 g Pulses, 120 g Vegetable, Fruit, Bread | 120 g Fish, 120 g Vegetable, Fruit, Bread | 75 g Tofu, 120 g Salad, Fruit, Bread      |
| <b>Dinner</b>                              | <b>Dinner</b>                             | <b>Dinner</b>                             |
| 130 g Fish, 130 g Vegetable, Bread         | 130 g Poultry, 130 g Vegetable, Bread     | 130 g Meat, 130 g Vegetable, Bread        |

|                  |   |
|------------------|---|
| <b>Fish</b>      | Barramundi, Basa, Blue-eyed trevalla, Flounder, Flounder, Gemfish, King George Whiting, Morwong, Ocean Trout, Salmon, Snapper, Trout, Whiting   |
| <b>Yogurt</b>    | Goat Milk Yogurt, Sheep Yogurt  |
| <b>Meat</b>      | Goat, Lamb, Mutton, Pork Loin, Rabbit, Roast Beef, Steak (Beef), Veal   |
| <b>Poultry</b>   | Chicken Breast, Duck Breast   |
| <b>Cheese</b>    | Goat Cream Cheese (Chèvre), Sheep's Cream Cheese  |
| <b>Pulses</b>    | Black (Beluga) Lentils, Black Eyed Beans, Borlotti Beans, Chickpeas, Kidney Beans, Red Lentils, Soy Beans, White Beans (Cannellini; Butter; Haricot; Navy), Yellow Lentils  |
| <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> | Asian greens, Avocado, Bok Choy, Carrots, Cauliflower, Chanterelle mushrooms, Daikon/ White Radish, Fennel, Green Beans, Green Cabbage, Horseradish, Kale, Kohlrabi (Cabbage Turnip), Leek, Okra, Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Red leaf/Red amaranth, Savoy Cabbage, Shallots, Silverbeet, Sorrel, Spinach, Sprouted pumpkin seeds, Turnip, Turnip, White & brown mushrooms, Zucchini |
| <b>Salad</b>     | Cucumber, Curly Endive, Dandelion Greens, Leafy Lettuce, Lollo Rosso Lettuce, Purslane (Verdolaga), Radicchio, Red Oak Leaf Lettuce, Romaine Lettuce  |
| <b>Bread</b>     | Crispy Rye Bread, Wholegrain Rye Bread  |
| <b>Fruit</b>     | Apple (1), Mango (140 g), Papaya (150 g)  |

## Shopping Helper Phase 3 for Brook Williams

|  |   |   |
|--|---|---|
| <b>Breakfast</b>                           | <b>Breakfast</b>                          | <b>Breakfast</b>                          |
| 75 g Meat, 75 g Salad, Fruit, Bread        | 190 g Yogurt, Fruit                       | 50 g Cheese, 75 g Vegetable, Fruit, Bread |
| <b>Lunch</b>                               | <b>Lunch</b>                              | <b>Lunch</b>                              |
| 65 g Pulses, 120 g Vegetable, Fruit, Bread | 120 g Fish, 120 g Vegetable, Fruit, Bread | 75 g Tofu, 120 g Salad, Fruit, Bread      |
| <b>Dinner</b>                              | <b>Dinner</b>                             | <b>Dinner</b>                             |
| 130 g Fish, 130 g Vegetable, Bread         | 130 g Poultry, 130 g Vegetable, Bread     | 130 g Meat, 130 g Vegetable, Bread        |

|                    |  |
|--------------------|--|
| <b>Fish</b>        | Barramundi, Basa, Blue-eyed trevalla, Flounder, Flounder, Gemfish, King George Whiting, Morwong, Ocean Trout, Redfish Filet, Salmon, Snapper, Trout, Whiting   |
| <b>Yogurt</b>      | Goat Milk Yogurt, Sheep Yogurt   |
| <b>Meat</b>        | Beef Brisket/Point End of Beef, Goat, Lamb, Mutton, Pork Chop, Pork Loin, Rabbit, Roast Beef, Steak (Beef), Veal   |
| <b>Poultry</b>     | Chicken Breast, Duck Breast  |
| <b>Cheese</b>      | Goat Cheese (Brie), Goat Cream Cheese (Chèvre), Sheep's Cream Cheese   |
| <b>Pulses</b>      | Black (Beluga) Lentils, Black Eyed Beans, Borlotti Beans, Chickpeas, Kidney Beans, Red Lentils, Soy Beans, White Beans (Cannellini; Butter; Haricot; Navy), Yellow Lentils   |
| <b>Tofu</b>        | Choose your tofu according to your personal preference and taste (soft, firm, extra firm or smoked).   |
| <b>Sprouts</b>     | Lentil Sprouts, Soy Sprouts  |
| <b>Eggs</b>        | Eat a minimum of 2 eggs and a maximum of 7 eggs per week.  |
| <b>Vegetable</b>   | Asian greens, Avocado, Bamboo Shoots, Beetroot, Bok Choy, Broccolini, Carrots, Cauliflower, Chanterelle mushrooms, Chinese cabbage, Daikon/ White Radish, Fennel, Green Beans, Green Cabbage, Horseradish, Kale, Kohlrabi (Cabbage Turnip), Large Mushrooms, Leek, Okra, Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Red leaf/Red amaranth, Savoy Cabbage, Shallots, Silverbeet, Sorrel, Spinach, Sprouted pumpkin seeds, Turnip, Turnip, White & brown mushrooms, Zucchini |
| <b>Salad</b>       | Cucumber, Curly Endive, Dandelion Greens, Iceberg Lettuce, Leafy Lettuce, Lollo Rosso Lettuce, Purslane (Verdolaga), Radicchio, Red Oak Leaf Lettuce, Rocket, Romaine Lettuce  |
| <b>Bread</b>       | Crispy Rye Bread, Wholegrain Rye Bread   |
| <b>Fruit</b>       | Apple (1), Mango (140 g), Papaya (150 g)   |
| <b>Fats / Oils</b> | Flax Seed Oil (for Salads), Ghee (for hot vegetables), Native Coconut Oil (for frying)   |