

## Analysis for the Coach

### Client Information Karri Penley

Analysis created: 29/01/2025		Client-ID-No.: 1953027	
Title:	Ms		
First Name:	Karri		
Last Name:	Penley		
Gender:	female		
Address:	4a Bellier Place, Hamilton Hill		
Town / State / Postcode	AUS-6163 Perth, Western Australia		
e-mail:	karripenley@gmail.com		
Phone:	0400129434		
Profession:			

Date of Birth (DOB):	16/03/1976	Height:	164 cm
Starting Weight:	65 kg	Navel:	81 cm
Target Weight:	65 kg	Hips:	102 cm
BMI (Body Mass Index)	24	Upper Thigh:	62 cm

Remarks:	Responsibility has been accepted
	Client is under the care of her oncologist. We accept responsibility for extreme values. Currently doing immunotherapy.

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

Eating Habits	Poultry: none, Milk: none, except from Cow's Milk, Cheese: none of any kind, Meat: none, Seafood: none
Dislikes	Watermelon, Milk
Medication	Hypothyroid medication
Illnesses / Allergies	Lactose Intolerance – late onset, Sleep disturbances / Insomnia, Asthma, Migraines

## Analysis for the Coach

### Meal Plan

Client: Karri Penley

<b>Breakfast</b> 180 g Yogurt, Fruit	<b>Breakfast</b> 20 g Oilseed, 20 g Seeds, 85 g Vegetable, Fruit	<b>Breakfast</b> 25 g Nuts, 20 g Seeds, 85 g Vegetable, Fruit
<b>Lunch</b> 120 g Sprouts, 130 g Vegetable, Fruit, Bread	<b>Lunch</b> 1 Eggs, 80 g Starch, 130 g Vegetable, Fruit	<b>Lunch</b> 110 g Fish, 130 g Salad, Fruit, Bread
<b>Dinner</b> 65 g Pulses, 140 g Vegetable, Fruit, Bread	<b>Dinner</b> 120 g Fish, 140 g Vegetable, Fruit, Bread	<b>Dinner</b> 130 g Mushrooms (Protein), 140 g Vegetable, Fruit, Bread

<b>Water:</b>	2 ¼ litres per day	<b>Bread</b>	1 - 4 slices per day
<b>Fruits:</b>	3 kinds per day	<b>Eggs:</b>	2 - 4 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.
- The lab. results suggest your client has low haemoglobin. Please advise your client to further investigate this with their doctor.

## Analysis for the Coach

### Personal Food Lists

Client: Karri Penley

#### Personal Food List - Phase 2

<b>Oilseed</b>	Pumpkin Seeds
<b>Fish</b>	Barramundi, Basa, Blue-eyed trevalla, Flathead, Flounder, Gemfish, King George Whiting, Kipper (in Water), Mackerel, Ocean Trout, Orange roughy, Salmon, Sardines, Swordfish Steak, Trout, Yelloweye Mullet
<b>Yogurt</b>	Goat Milk Yogurt, Sheep Yogurt
<b>Nuts</b>	Almonds
<b>Pulses</b>	Adzuki Beans, Black (Beluga) Lentils, Black Eyed Beans, Borlotti Beans, Chickpeas, Lima Beans, Mung Beans, Red Lentils, White Beans (Cannellini; Butter; Haricot; Navy)
<b>Mushrooms (Protein)</b>	Oyster Mushrooms, Shiitake mushrooms
<b>Sprouts</b>	Alfalfa Sprouts, Mung Beans Sprouts, Soy Sprouts, Sunflower Sprouts
<b>Seeds</b>	Sunflower Seeds
<b>Eggs</b>	Eat a minimum of 2 eggs and a maximum of 4 eggs per week.

<b>Vegetable</b>	Artichokes, Asparagus white, Bamboo Shoots, Broccoli, Brussels Sprouts, Carrots, Cauliflower, Cauliflower leaves, Chanterelle mushrooms, Cherry Tomatoes, Chicory (Belgium Endive), Choko, Daikon/ White Radish, Fennel, Garden Cress, Green Beans, Green Cabbage, Horseradish, Kale, Kohlrabi (Cabbage Turnip), Leek, Okra, Parsley (Root and Leaves), Pickled gherkins (sugar free), Porcini mushrooms, Radish, Red capsicum, Sauerkraut, Savoy Cabbage, Sorrel, Spinach, Turnip, Turnip, White & brown mushrooms
<b>Salad</b>	Boston Bibb Lettuce (Butter Lettuce), Cucumber, Curly Endive, Dandelion Greens, Iceberg Lettuce, Leafy Lettuce, Lollo Rosso Lettuce, Purslane (Verdolaga), Red Oak Leaf Lettuce, Rocket
<b>Starch</b>	Potato
<b>Bread</b>	Crispy Rye Bread, Wholegrain Rye Bread
<b>Fruit</b>	Apple (1), Apricot (dried) (30 g), Blackberries (90 g), Blueberries (90 g), Mango (150 g), Papaya (160 g), Raspberries (90 g), Red Currants (90 g)

## Analysis for the Coach

### Additional Information about the Nutrition Plan

<b>Water</b>	We recommend that you drink 2 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 4 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 two additional fruits daily from your fruit list. 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>





































## Extended personal food list: Phase 3

<b>Fish</b>	Whitebait
<b>Vegetable</b>	Chinese cabbage, Green capsicum, Large Mushrooms, Sprouted Wheat Germ, Zucchini  All cabbage should be cooked.
<b>Salad</b>	Radicchio, Romaine Lettuce
<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: Karri Penley

Blood Results	Value	Unit	min.	Indicator	max.
Haemoglobin	111.00	g/L	115.00		165.00
RBC	3.73	10 <sup>12</sup> /l	3.80		5.50
Haematocrit (PCV)	0.33	Ratio	0.35		0.47
MCV	89.00	fl	80.00		99.00
MCH	29.80	pg	27.00		32.00
White Cell Count	3.70	10 <sup>9</sup> /l	4.00		11.00
Neutrophils %	2.80	10 <sup>9</sup> /l	2.00		8.00
Lymphocytes %	0.70	10 <sup>9</sup> /l	1.00		4.00
Monocytes %	0.20	10 <sup>9</sup> /l	0.02		1.10
Eosinophils %	0.00	10 <sup>9</sup> /l	0.00		0.60
Platelets	203.00	10 <sup>9</sup> /l	150.00		450.00
Sodium	138.00	mmol/l	136.00		146.00
Potassium	3.80	mmol/l	3.50		5.20
Urea	4.50	mmol/l	2.50		8.00
Creatinine	49.00	μmol/l	40.00		85.00
Urate	0.15	mmol/l	0.15		0.45
Glucose	4.40	mmol/l	3.00		5.40
Calcium	2.10	mmol/l	2.10		2.55
Total Protein	68.00	g/L	60.00		82.00
Alk. Phos	72.00	U/l	30.00		120.00
Bilirubin	7.00	μmol/l	2.50		25.00
GGTP	12.00	U/l	0.00		50.00
AST	26.00	U/l	0.00		41.00
ALT	21.00	U/l	0.00		41.00
LD	175.00	U/l	50.00		280.00
Total Cholesterol	4.00	mmol/l	1.40		5.00
HDL Cholesterol	1.00	mmol/l	1.00		2.50
LDL Cholesterol	2.50	mmol/l	0.00		2.50
Triglycerides	1.00	mmol/l	0.00		1.50
Creatine Kinase	104.00	U/l	0.00		161.00
Iron	16.00	μmol/l	10.00		27.00
Amylase	32.00	U/l	0.00		111.00
C-Reactive Protein	0.95	mg/l	0.00		3.00
TSH	0.77	mIU/l	0.50		5.00
Lipase	19.00	IU/l	0.00		300.00
LDL/HDL Ratio	2.50	kA	0.35		4.00

## Shopping Helper Phase 2 for Karri Penley

<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
180 g Yogurt, Fruit	20 g Oilseed, 20 g Seeds, 85 g Vegetable, Fruit	25 g Nuts, 20 g Seeds, 85 g Vegetable, Fruit
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
120 g Sprouts, 130 g Vegetable, Fruit, Bread	1 Eggs, 80 g Starch, 130 g Vegetable, Fruit	110 g Fish, 130 g Salad, Fruit, Bread
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
65 g Pulses, 140 g Vegetable, Fruit, Bread	120 g Fish, 140 g Vegetable, Fruit, Bread	130 g Mushrooms (Protein), 140 g Vegetable, Fruit, Bread

<b>Oilseed</b>	Pumpkin Seeds
<b>Fish</b>	Barramundi, Basa, Blue-eyed trevalla, Flathead, Flounder, Gemfish, King George Whiting, Kipper (in Water), Mackerel, Ocean Trout, Orange roughy, Salmon, Sardines, Swordfish Steak, Trout, Yelloweye Mullet
<b>Yogurt</b>	Goat Milk Yogurt, Sheep Yogurt
<b>Nuts</b>	Almonds
<b>Pulses</b>	Adzuki Beans, Black (Beluga) Lentils, Black Eyed Beans, Borlotti Beans, Chickpeas, Lima Beans, Mung Beans, Red Lentils, White Beans (Cannellini; Butter; Haricot; Navy)
<b>Mushrooms (Protein)</b>	Oyster Mushrooms, Shiitake mushrooms
<b>Sprouts</b>	Alfalfa Sprouts, Mung Beans Sprouts, Soy Sprouts, Sunflower Sprouts
<b>Seeds</b>	Sunflower Seeds
<b>Eggs</b>	Eat a minimum of 2 eggs and a maximum of 4 eggs per week.
<b>Vegetable</b>	Artichokes, Asparagus white, Bamboo Shoots, Broccoli, Brussels Sprouts, Carrots, Cauliflower, Cauliflower leaves, Chanterelle mushrooms, Cherry Tomatoes, Chicory (Belgium Endive), Choko, Daikon/ White Radish, Fennel, Garden Cress, Green Beans, Green Cabbage, Horseradish, Kale, Kohlrabi (Cabbage Turnip), Leek, Okra, Parsley (Root and Leaves), Pickled gherkins (sugar free), Porcini mushrooms, Radish, Red capsicum, Sauerkraut, Savoy Cabbage, Sorrel, Spinach, Turnip, Turnip, White & brown mushrooms
<b>Salad</b>	Boston Bibb Lettuce (Butter Lettuce), Cucumber, Curly Endive, Dandelion Greens, Iceberg Lettuce, Leafy Lettuce, Lollo Rosso Lettuce, Purslane (Verdolaga), Red Oak Leaf Lettuce, Rocket
<b>Starch</b>	Potato
<b>Bread</b>	Crispy Rye Bread, Wholegrain Rye Bread
<b>Fruit</b>	Apple (1), Apricot (dried) (30 g), Blackberries (90 g), Blueberries (90 g), Mango (150 g), Papaya (160 g), Raspberries (90 g), Red Currants (90 g)

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<b>Fruit</b>	Apple (1), Apricot (dried) (30 g), Blackberries (90 g), Blueberries (90 g), Mango (150 g), Papaya (160 g), Raspberries (90 g), Red Currants (90 g)
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