



## **Treatment Plan- Sarah Moffat (Follow up)**

01/02/2025

The recommendations below are a continuation of the treatment plan we designed following your initial consultation.

### **Continued Treatment**

- Naturobest Preconception Multi for Women
- Magnesium Glycinate (by RN Labs)
- Herbal tincture- Paeonia, Liquorice, Dandeloin Root, Withania
- Herbal tea

### **New Area of Focus**

Making some adjustments to your current diet in order to provide your body with more sustained energy and to avoid blood sugar spikes (for more detailed information, refer to the Mediterranean Diet info sent previously).

Aim to eat one source of protein and one source of healthy fats with each meal. Eating protein with carbohydrates can help to stabilise blood sugar. Increasing protein can also help you feel full for longer and can assist with improving metabolism.

#### Example:

*Breakfast-* wholemeal, sourdough or rye toast with poached or sliced boiled egg, spinach leaves and olive oil or Greek yoghurt, chia seeds (or a sprinkle of chopped almonds) and a small handful of berries

*Lunch-* grilled chicken breast salad (mixed greens, avocado and drizzle of olive oil)

*Dinner-* grilled or baked fish (flathead, snapper, wild caught salmon) with roasted vegetables or salad drizzled with olive oil

**Good protein sources-** eggs, handful of nuts/seeds, legumes such as lentils and chickpeas, lean meat, Greek yoghurt, fish/shellfish

**Good healthy (unsaturated) fat sources-** fatty fish (sardines, wild caught salmon), olives/olive oil, avocado, raw nuts (e.g. almonds, pistachios, cashews), seeds (e.g. pumpkin seeds, sunflower seeds, chia seeds, sesame seeds), tahini paste.

Where possible select organic, non- GMO or free range

## **Foods to Avoid (high in sugar)**

- Soft drinks, fruit juice, flavoured milk and sweetened yoghurt, sugar, sweeteners
- Cakes, biscuits, pastries, lollies, chocolate, muesli bars, sweetened cereals and muesli
- Dried fruit

Saturated and Trans-fat containing foods to avoid:

- Fried food
- Processed meats (salami, sausages, bacon)
- Foods containing vegetable oil such as mayonnaise and margarine

As mentioned previously, avoid processed and pre-packaged foods/sauces where possible. Replace white grains such as rice, bread and pasta with brown alternatives. Include lots of vegetables, some fresh fruit (limit 1-2 per day), healthy fats and oily fish where possible. Also reduce red meat.

## **Additional Recommendation**

Consider visiting your GP to obtain a mental health plan and referral to a psychologist. Having additional support at this time may be beneficial.

## **Nutrition Reference**

Dr Libby (PhD) Weaver is a nutritional biochemist and has some interesting podcasts around nutrition. This is just one reference and just take the information you feel resonates with you.

[www.drlibby.com](http://www.drlibby.com) (she is also on Instagram)

## **Recipe Ideas**

<https://thehealthychef.com/blogs/recipes/supercharged-scrambled-eggs>

<https://thehealthychef.com/blogs/recipes/stuffed-avocado-w-scrambled-eggs>

<https://www.superchargedfood.com/create/recipe-book/seafood-burgers/>