

Analysis for the Coach

Client Information Kim Lauren

Analysis created: 5/02/2025		Client-ID-No.: 1953050	
Title:	Mrs		
First Name:	Kim		
Last Name:	Lauren		
Gender:	female		
Address:	97 North Road		
Town / State / Postcode	AUS-6054 Perth, WA		
e-mail:	mkalauren@gmail.com		
Phone:	0403329468		
Profession:			

Date of Birth (DOB):	11/04/1969	Height:	173 cm
Starting Weight:	68 kg	Navel:	71 cm
Target Weight:	65 kg	Hips:	97 cm
BMI (Body Mass Index)	23	Upper Thigh:	59 cm

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

Eating Habits	Milk: none, except from Cow's Milk
Dislikes	Milk
Medication	Contraceptive pill/ hormone medication, Hypothyroid medication
Illnesses / Allergies	Depression, Sleep disturbances / Insomnia, Thyroid Dysfunction, Migraines

Analysis for the Coach

Meal Plan

Client: Kim Lauren

Breakfast 45 g Cheese, 80 g Salad, Fruit, Bread	Breakfast 25 g Nuts, 20 g Seeds, 80 g Vegetable, Fruit	Breakfast 175 g Yogurt, Fruit
Lunch 105 g Meat, 125 g Vegetable, Fruit, Bread	Lunch 55 g Pulses, 125 g Vegetable, Fruit, Bread	Lunch 105 g Poultry, 125 g Salad, Fruit, Bread
Dinner 1 Eggs, 85 g Starch, 135 g Vegetable	Dinner 80 g Cheese, 135 g Vegetable, Bread	Dinner 115 g Fish, 135 g Vegetable, Bread

Water: 2 ½ litres per day	Bread 0 - 4 slices per day
Fruits: 2 kinds per day	Eggs: 2 - 8 piece(s) per week

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Personal Food Lists

Client: Kim Lauren

Personal Food List - Phase 2

Fish	Flounder, Ocean Trout, Salmon, Trout (smoked)
Yogurt	Goat Milk Yogurt, Sheep Yogurt
Nuts	Almonds
Meat	Beef Loin, Goat, Lamb Fillet, Mutton, Ostrich, Pork Fillet, Roast Beef, Veal
Poultry	Chicken Breast, Turkey Breast (smoked)
Cheese	Feta Cheese (Sheep), Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
Pulses	Black (Beluga) Lentils, Borlotti Beans, Red Lentils, White Beans (Cannellini; Butter; Haricot; Navy)
Seeds	Sunflower Seeds
Eggs	Eat a minimum of 2 eggs and a maximum of 8 eggs per week.

Vegetable	Artichokes, Asparagus white, Bok Choy, Broccoli, Butternut Squash, Carrots, Celeriac, Chanterelle mushrooms, Chicory (Belgium Endive), Chinese cabbage, Cornichons (small pickled gherkins), Fennel bulb, Garden Cress, Green Beans, Green capsicum, Green olives, Large Mushrooms, Leek, Okra, Parsley (Root and Leaves), Porcini mushrooms, Radish, Shallots, Silverbeet, Sorrel, Spinach, Turnip, Turnip, White & brown mushrooms, Zucchini
Salad	Cucumber, Frisee, Iceberg Lettuce, Leafy Lettuce, Lollo Rosso Lettuce, Purslane (Verdolaga), Red Oak Leaf Lettuce, Romaine Lettuce
Starch	Potato
Bread	Crispy Rye Bread, Wholegrain Rye Bread
Fruit	Apple (1), Mango (145 g), Papaya (155 g), Raspberries (90 g), Red Currants (85 g)

Additional Information about the Nutrition Plan

Water	We recommend that you drink 2 ½ litres of water, which has been calculated individually for you. This supports the excretion of break-down products and thereby speeds up metabolic adjustment.
Eggs	Eat a minimum of 2 eggs and a maximum of 8 eggs per week. You can prepare the eggs to your liking, for example, scrambled, fried, omelet, boiled or poached.

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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

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- 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

Personal recommendation for the client based on his / her profile

- For clients with thyroid dysfunction, foods from the cabbage family and soybeans should be eaten cooked and in moderation. This is because there are chemicals in these foods which block the effect of the thyroid hormones and can cause enlargement of the thyroid gland.



































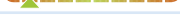

Extended personal food list: Phase 3

Fish	Eel, Hake
Yogurt	Greek Yogurt (10% fat)
Meat	Beef, Minced Lamb, Venison
Poultry	Goose Breast
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.
Vegetable	Broccolini, Red leaf/Red amaranth, Snow Peas All cabbage should be cooked.
Salad	Boston Bibb Lettuce (Butter Lettuce), Radicchio, Rocket
Fats / Oils	Flax Seed Oil (for Salads), Ghee (for hot vegetables), Native Coconut Oil (for frying)

Analysis for the Coach

Collected blood values

Client: Kim Lauren

Blood Results	Value	Unit	min.	Indicator	max.
Haemoglobin	138.00	g/L	115.00		165.00
RBC	4.23	10 ¹² /l	3.80		5.50
Haematocrit (PCV)	0.40	Ratio	0.35		0.47
MCV	94.00	fl	80.00		99.00
MCH	32.60	pg	27.00		32.00
White Cell Count	7.10	10 ⁹ /l	4.00		11.00
Neutrophils %	4.60	10 ⁹ /l	2.00		8.00
Lymphocytes %	1.60	10 ⁹ /l	1.00		4.00
Monocytes %	0.40	10 ⁹ /l	0.02		1.10
Eosinophils %	0.40	10 ⁹ /l	0.00		0.60
Platelets	342.00	10 ⁹ /l	150.00		450.00
Sodium	140.00	mmol/l	136.00		146.00
Potassium	4.40	mmol/l	3.50		5.20
Urea	4.40	mmol/l	2.50		8.00
Creatinine	73.00	μmol/l	40.00		85.00
Urate	0.27	mmol/l	0.15		0.45
Glucose	4.60	mmol/l	3.00		5.40
Calcium	2.38	mmol/l	2.10		2.55
Total Protein	61.00	g/L	60.00		82.00
Alk. Phos	53.00	U/l	30.00		120.00
Bilirubin	13.00	μmol/l	2.50		25.00
GGTP	18.00	U/l	0.00		50.00
AST	23.00	U/l	0.00		41.00
ALT	28.00	U/l	0.00		41.00
LD	123.00	U/l	50.00		280.00
Total Cholesterol	4.80	mmol/l	1.40		5.00
HDL Cholesterol	2.10	mmol/l	1.00		2.50
LDL Cholesterol	2.20	mmol/l	0.00		2.50
Triglycerides	1.00	mmol/l	0.00		1.50
Creatine Kinase	67.00	U/l	0.00		161.00
Iron	29.00	μmol/l	10.00		27.00
Amylase	60.00	U/l	0.00		111.00
C-Reactive Protein	0.20	mg/l	0.00		3.00
TSH	1.97	mIU/l	0.50		5.00
Lipase	33.00	IU/l	0.00		300.00
LDL/HDL Ratio	1.05	kA	0.35		4.00

Shopping Helper Phase 2 for Kim Lauren

Breakfast	Breakfast	Breakfast
45 g Cheese, 80 g Salad, Fruit, Bread	25 g Nuts, 20 g Seeds, 80 g Vegetable, Fruit	175 g Yogurt, Fruit
Lunch	Lunch	Lunch
105 g Meat, 125 g Vegetable, Fruit, Bread	55 g Pulses, 125 g Vegetable, Fruit, Bread	105 g Poultry, 125 g Salad, Fruit, Bread
Dinner	Dinner	Dinner
1 Eggs, 85 g Starch, 135 g Vegetable	80 g Cheese, 135 g Vegetable, Bread	115 g Fish, 135 g Vegetable, Bread

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Yogurt	Goat Milk Yogurt, Sheep Yogurt
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Pulses	Black (Beluga) Lentils, Borlotti Beans, Red Lentils, White Beans (Cannellini; Butter; Haricot; Navy)
Seeds	Sunflower Seeds
Eggs	Eat a minimum of 2 eggs and a maximum of 8 eggs per week.
Vegetable	Artichokes, Asparagus white, Bok Choy, Broccoli, Butternut Squash, Carrots, Celeriac, Chanterelle mushrooms, Chicory (Belgium Endive), Chinese cabbage, Cornichons (small pickled gherkins), Fennel bulb, Garden Cress, Green Beans, Green capsicum, Green olives, Large Mushrooms, Leek, Okra, Parsley (Root and Leaves), Porcini mushrooms, Radish, Shallots, Silverbeet, Sorrel, Spinach, Turnip, Turnip, White & brown mushrooms, Zucchini
Salad	Cucumber, Frisee, Iceberg Lettuce, Leafy Lettuce, Lollo Rosso Lettuce, Purslane (Verdolaga), Red Oak Leaf Lettuce, Romaine Lettuce
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