

Analysis for the Coach

Client Information Charise Baker

Analysis created: 2/05/2025		Client-ID-No.: 1957070	
Title:	Ms		
First Name:	Charise		
Last Name:	Baker		
Gender:	female		
Address:	7 Pindari Road, City Beach		
Town / State / Postcode	AUS-6015 Perth, Western Australia		
e-mail:	chariseb80@gmail.com		
Phone:	0433147197		
Profession:			

Date of Birth (DOB):	5/12/1980	Height:	176 cm
Starting Weight:	78 kg	Navel:	95 cm
Target Weight:	65 kg	Hips:	112 cm
BMI (Body Mass Index)	25	Upper Thigh:	64 cm

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

Eating Habits	Milk: none, except from Cow's Milk, Meats: no lamb, Meats: no beef, Game Meat: none
Dislikes	Milk, Pumpkin Seeds, Mussels, Oysters, Scallop
Medication	Blood Pressure Medication
Illnesses / Allergies	Asthma, Long-Covid, Digestive disorders, Sleep disturbances / Insomnia, Poly-cystic Ovary Syndrome (PCOS)

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Meal Plan

Client: Charise Baker

Breakfast 45 g Cheese, 90 g Vegetable, Fruit	Breakfast 2 Eggs, 90 g Salad, Fruit	Breakfast 185 g Yogurt, Fruit
Lunch 115 g Poultry, 135 g Vegetable, Fruit	Lunch 60 g Pulses, 135 g Vegetable, Fruit	Lunch 115 g Fish, 135 g Salad, Fruit
Dinner 135 g Mushrooms (Protein), 145 g Vegetable	Dinner 125 g Fish, 145 g Vegetable	Dinner 125 g Meat, 145 g Vegetable

Water: 2 ¾ litres per day	Bread - (4 slices per day)
Fruits: 2 kinds per day	Eggs: 2 - 8 piece(s) per week

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Personal Food Lists

Client: Charise Baker

Personal Food List - Phase 2

Fish	Barramundi, Blue-eyed trevalla, Flounder, Garfish, Herring, King George Whiting, Mackerel, Morwong, Ocean Trout, Pacific Butterfish, Salmon, Sardines, Snapper, Swordfish Steak, Trout, Tuna (in Water)
Yogurt	Goat Milk Yogurt, Sheep Yogurt
Meat	Ham (cooked), Kangaroo, Pork Loin
Poultry	Chicken Breast, Duck Breast
Cheese	Feta Cheese (Sheep), Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
Pulses	Black (Beluga) Lentils, Red Lentils
Mushrooms (Protein)	Oyster Mushrooms, Shiitake mushrooms
Eggs	Eat a minimum of 2 eggs and a maximum of 8 eggs per week.

Vegetable	Artichokes, Asparagus white, Avocado, Bok Choy, Broccoli, Brussels Sprouts, Carrots, Chanterelle mushrooms, Fennel bulb, Garden Cress, Green Beans, Green capsicum, Green olives, Green Cabbage, Kale, Kohlrabi (Cabbage Turnip), Leek, Morel mushrooms (fresh or dried), Okra, Parsley (Root and Leaves), Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Red Cabbage, Sauerkraut, Savoy Cabbage, Silverbeet, Spinach, Tomato, White & brown mushrooms, Zucchini
Salad	Cucumber, Curly Endive, Dandelion Greens, Frisee, Lollo Rosso Lettuce, Mache Rosettes, Radicchio, Red Oak Leaf Lettuce, Rocket
Fruit	Apple (1), Apricot (dried) (35 g), Blackberries (95 g), Blueberries (95 g), Mango (155 g), Papaya (165 g), Pear (1), Raspberries (95 g), Red Currants (95 g), Strawberries (115 g)

Additional Information about the Nutrition Plan

Water	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.
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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Mandelade	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!
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.
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.

Personal recommendation for the client based on his / her profile

- Please check your blood pressure at least three times daily, especially during the Strict Conversion Phase.
- In order to support and nourish the body after a COVID infection, it is important to eat a diet rich in nutrients, such as B vitamins, vitamins C and D, magnesium, iron and omega-3 fatty acids. In addition, it is

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recommended to reduce starches due to the increased energy required to metabolise these foods. For this reason, at this time bread in Phase 2 has not been recommended on your plan and some legumes, vegetables and fruits are reduced.



































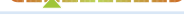

Extended personal food list: Phase 3

Fish	Brisling Sardines, Hoki/ Blue Grenadier
Poultry	Chicken Thigh
Cheese	Goat Cheese
Pulses	Adzuki Beans, Black Eyed Beans, Chickpeas, Flageolet Beans, Lima Beans, Mung Beans, Pinto Beans, Soy Beans, White Beans (Cannellini; Butter; Haricot; Navy)
Sprouts	Alfalfa 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	Asian greens, Large Mushrooms, Red capsicum
Salad	Iceberg Lettuce
Fruit	Prunes (dried) (35 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: Charise Baker

Blood Results	Value	Unit	min.	Indicator	max.
Haemoglobin	129.00	g/L	115.00		165.00
RBC	4.09	10 ¹² /l	3.80		5.50
Haematocrit (PCV)	0.40	Ratio	0.35		0.47
MCV	98.00	fl	80.00		99.00
MCH	31.50	pg	27.00		32.00
White Cell Count	4.00	10 ⁹ /l	4.00		11.00
Neutrophils %	1.70	10 ⁹ /l	2.00		8.00
Lymphocytes %	1.80	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	261.00	10 ⁹ /l	150.00		450.00
Sodium	139.00	mmol/l	136.00		146.00
Potassium	3.80	mmol/l	3.50		5.20
Urea	4.80	mmol/l	2.50		8.00
Creatinine	69.00	μmol/l	40.00		85.00
Urate	0.30	mmol/l	0.15		0.45
Glucose	4.80	mmol/l	3.00		5.40
Calcium	2.26	mmol/l	2.10		2.55
Total Protein	69.00	g/L	60.00		82.00
Alk. Phos	52.00	U/l	30.00		120.00
Bilirubin	10.00	μmol/l	2.50		25.00
GGTP	19.00	U/l	0.00		50.00
AST	14.00	U/l	0.00		41.00
ALT	14.00	U/l	0.00		41.00
LD	121.00	U/l	50.00		280.00
Total Cholesterol	4.50	mmol/l	1.40		5.00
HDL Cholesterol	1.80	mmol/l	1.00		2.50
LDL Cholesterol	2.10	mmol/l	0.00		2.50
Triglycerides	1.30	mmol/l	0.00		1.50
Creatine Kinase	106.00	U/l	0.00		161.00
Iron	23.00	μmol/l	10.00		27.00
Amylase	68.00	U/l	0.00		111.00
C-Reactive Protein	0.20	mg/l	0.00		3.00
TSH	1.64	mIU/l	0.50		5.00
Lipase	35.00	IU/l	0.00		300.00
LDL/HDL Ratio	1.17	kA	0.35		4.00

Shopping Helper Phase 2 for Charise Baker

Breakfast	Breakfast	Breakfast
45 g Cheese, 90 g Vegetable, Fruit	2 Eggs, 90 g Salad, Fruit	185 g Yogurt, Fruit
Lunch	Lunch	Lunch
115 g Poultry, 135 g Vegetable, Fruit	60 g Pulses, 135 g Vegetable, Fruit	115 g Fish, 135 g Salad, Fruit
Dinner	Dinner	Dinner
135 g Mushrooms (Protein), 145 g Vegetable	125 g Fish, 145 g Vegetable	125 g Meat, 145 g Vegetable

Fish	Barramundi, Blue-eyed trevalla, Flounder, Garfish, Herring, King George Whiting, Mackerel, Morwong, Ocean Trout, Pacific Butterfish, Salmon, Sardines, Snapper, Swordfish Steak, Trout, Tuna (in Water)
Yogurt	Goat Milk Yogurt, Sheep Yogurt
Meat	Ham (cooked), Kangaroo, Pork Loin
Poultry	Chicken Breast, Duck Breast
Cheese	Feta Cheese (Sheep), Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
Pulses	Black (Beluga) Lentils, Red Lentils
Mushrooms (Protein)	Oyster Mushrooms, Shiitake mushrooms
Eggs	Eat a minimum of 2 eggs and a maximum of 8 eggs per week.
Vegetable	Artichokes, Asparagus white, Avocado, Bok Choy, Broccoli, Brussels Sprouts, Carrots, Chanterelle mushrooms, Fennel bulb, Garden Cress, Green Beans, Green capsicum, Green olives, Green Cabbage, Kale, Kohlrabi (Cabbage Turnip), Leek, Morel mushrooms (fresh or dried), Okra, Parsley (Root and Leaves), Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Red Cabbage, Sauerkraut, Savoy Cabbage, Silverbeet, Spinach, Tomato, White & brown mushrooms, Zucchini
Salad	Cucumber, Curly Endive, Dandelion Greens, Frisee, Lollo Rosso Lettuce, Mache Rosettes, Radicchio, Red Oak Leaf Lettuce, Rocket
Fruit	Apple (1), Apricot (dried) (35 g), Blackberries (95 g), Blueberries (95 g), Mango (155 g), Papaya (165 g), Pear (1), Raspberries (95 g), Red Currants (95 g), Strawberries (115 g)

Shopping Helper Phase 3 for Charise Baker

Breakfast	Breakfast	Breakfast
45 g Cheese, 90 g Vegetable, Fruit	2 Eggs, 90 g Salad, Fruit	185 g Yogurt, Fruit
Lunch	Lunch	Lunch
115 g Poultry, 135 g Vegetable, Fruit	60 g Pulses, 135 g Vegetable, Fruit	115 g Fish, 135 g Salad, Fruit
Dinner	Dinner	Dinner
135 g Mushrooms (Protein), 145 g Vegetable	125 g Fish, 145 g Vegetable	125 g Meat, 145 g Vegetable

Fish	Barramundi, Blue-eyed trevalla, Brisling Sardines, Flounder, Garfish, Herring, Hoki/ Blue Grenadier, King George Whiting, Mackerel, Morwong, Ocean Trout, Pacific Butterfish, Salmon, Sardines, Snapper, Swordfish Steak, Trout, Tuna (in Water)
Yogurt	Goat Milk Yogurt, Sheep Yogurt
Meat	Ham (cooked), Kangaroo, Pork Loin
Poultry	Chicken Breast, Chicken Thigh, Duck Breast
Cheese	Feta Cheese (Sheep), Goat Cheese, Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
Pulses	Adzuki Beans, Black (Beluga) Lentils, Black Eyed Beans, Chickpeas, Flageolet Beans, Lima Beans, Mung Beans, Pinto Beans, Red Lentils, Soy Beans, White Beans (Cannellini; Butter; Haricot; Navy)
Mushrooms (Protein)	Oyster Mushrooms, Shiitake mushrooms
Sprouts	Alfalfa Sprouts, Soy Sprouts, Sunflower Sprouts
Eggs	Eat a minimum of 2 eggs and a maximum of 8 eggs per week.
Vegetable	Artichokes, Asian greens, Asparagus white, Avocado, Bok Choy, Broccoli, Brussels Sprouts, Carrots, Chanterelle mushrooms, Fennel bulb, Garden Cress, Green Beans, Green capsicum, Green olives, Green Cabbage, Kale, Kohlrabi (Cabbage Turnip), Large Mushrooms, Leek, Morel mushrooms (fresh or dried), Okra, Parsley (Root and Leaves), Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Red Cabbage, Red capsicum, Sauerkraut, Savoy Cabbage, Silverbeet, Spinach, Tomato, White & brown mushrooms, Zucchini
Salad	Cucumber, Curly Endive, Dandelion Greens, Frisee, Iceberg Lettuce, Lollo Rosso Lettuce, Mache Rosettes, Radicchio, Red Oak Leaf Lettuce, Rocket
Fruit	Apple (1), Apricot (dried) (35 g), Blackberries (95 g), Blueberries (95 g), Mango (155 g), Papaya (165 g), Pear (1), Prunes (dried) (35 g), Raspberries (95 g), Red Currants (95 g), Strawberries (115 g)
Fats / Oils	Flax Seed Oil (for Salads), Ghee (for hot vegetables), Native Coconut Oil (for frying)