

## Analysis for the Coach

### Client Information Hadley Shearn

Analysis created: 16/05/2025		Client-ID-No.: 1957668	
Title:	Mr		
First Name:	Hadley		
Last Name:	Shearn		
Gender:	male		
Address:	102 Colin Street, West Perth		
Town / State / Postcode	AUS-6005 Perth, WA		
e-mail:	hadley@mortarandsoul.com.au		
Phone:	0488012000		
Profession:			

Date of Birth (DOB):	23/01/1966	Height:	180 cm
Starting Weight:	90 kg	Navel:	105 cm
Target Weight:	82 kg	Hips:	106 cm
BMI (Body Mass Index)	28	Upper Thigh:	55 cm

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

Eating Habits	Tofu: none
Dislikes	-
Medication	-
Illnesses / Allergies	Reflux / GERD, Joint pain, Gastric complaints/disorders, Digestive disorders

Analysis for the Coach

## Meal Plan

Client: Hadley Shearn

<b>Breakfast</b> 70 g Cheese, 95 g Vegetable, Fruit, Bread	<b>Breakfast</b> 210 g Yogurt, Fruit	<b>Breakfast</b> 40 g Nuts, 20 g Seeds, 95 g Vegetable, Fruit
<b>Lunch</b> 140 g Fish, 140 g Vegetable, Fruit, Bread	<b>Lunch</b> 85 g Pulses, 140 g Vegetable, Fruit, Bread	<b>Lunch</b> 140 g Poultry, 140 g Salad, Fruit, Bread
<b>Dinner</b> 150 g Meat, 150 g Salad, Bread	<b>Dinner</b> 1 Eggs, 100 g Starch, 150 g Vegetable	<b>Dinner</b> 150 g Fish, 150 g Vegetable, Bread

<b>Water:</b> 3 ¼ litres per day	<b>Bread</b> 0 - 5 slices per day
<b>Fruits:</b> 2 kinds per day	<b>Eggs:</b> 1 - 2 piece(s) per week

## Analysis for the Coach

### Personal Food Lists

Client: Hadley Shearn

#### Personal Food List - Phase 2

<b>Fish</b>	Basa, Bream, Flake, Flounder, Flounder, Garfish, Gemfish, Hake, King George Whiting, Leatherjacket, Mahi Mahi, Morwong, Ocean Trout, Perch, Salmon, Snapper, Swordfish Steak, Trevally, Trout, Whiting, Yelloweye Mullet
<b>Seafood</b>	Crab (Crab Meat), Moreton Bay Bugs, Mussels, Squid, Tiger prawns
<b>Yogurt</b>	Goat Milk Yogurt, Sheep Yogurt, Whole Milk Natural Yogurt (plain, 3.8% fat)
<b>Nuts</b>	Almonds
<b>Meat</b>	Goat, Kangaroo, Lamb, Mutton, Pork Loin, Rabbit, Roast Beef, Steak (Beef), Veal
<b>Poultry</b>	Chicken Breast, Pheasant
<b>Cheese</b>	Mozzarella (fresh), Quark (20% fat)
<b>Pulses</b>	Black (Beluga) Lentils, Black Eyed Beans, Chickpeas, Red Lentils, White Beans (Cannellini; Butter; Haricot; Navy), Yellow Lentils
<b>Seeds</b>	Sunflower Seeds
<b>Eggs</b>	Eat a minimum of 1 eggs and a maximum of 2 eggs per week.

<b>Vegetable</b>	Avocado, Black olives, Bok Choy, Broccoli, Carrots, Cauliflower, Cauliflower leaves, Chanterelle mushrooms, Eggplant, Fennel, Green Beans, Kale, Kohlrabi (Cabbage Turnip), Leek, Okra, Parsnip, Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Red Cabbage, Savoy Cabbage, Silverbeet, Sorrel, Spinach, Sprouted pumpkin seeds, Turnip, Turnip, White & brown mushrooms, Zucchini
<b>Salad</b>	Cucumber, Curly Endive, Dandelion Greens, Frisee, Iceberg Lettuce, Lollo Rosso Lettuce, Mache Rosettes, Radicchio, Red Oak Leaf Lettuce, Rocket, Romaine Lettuce
<b>Starch</b>	Potato
<b>Bread</b>	Crispy Rye Bread, Wholegrain Rye Bread
<b>Fruit</b>	Apple (1), Apricot (dried) (40 g), Blackberries (100 g), Blueberries (100 g), Cantaloupe (120 g), Mango (160 g), Nectarine (1), Papaya (170 g), Peach (1), Pear (1), Strawberries (120 g), Watermelon (180 g)

## Analysis for the Coach

### Additional Information about the Nutrition Plan

<b>Water</b>	We recommend that you drink 3 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 1 eggs and a maximum of 2 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 in the first 14 days.
<b>Bread</b>	Do not to exceed your limit of 5 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.

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<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>

## Personal recommendation for the client based on his / her profile

- Please remember to slowly and thoroughly chew your food.
- We recommend you take a good acid-alkaline-balance support during the first 14 days. Please discuss with your practitioner the best option for you.

## Extended personal food list: Phase 3

<b>Fish</b>	Bream, Eel, Fresh Tuna, Herring, Hoki/ Blue Grenadier, Pacific Butterfish, Redfish Filet, Whitebait
<b>Meat</b>	Beef, Beef Brisket/Point End of Beef, Pork Chop, Venison
<b>Cheese</b>	Butter Cheese (45% fat), Gouda (up to 45% fat), Limburg ( up to 45% fat)
<b>Sprouts</b>	<p>Alfalfa Sprouts, Lentil Sprouts</p> <p>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.</p>
<b>Vegetable</b>	Beetroot, Daikon/ White Radish, Red leaf/Red amaranth, Yellow button squash
<b>Fruit</b>	Prunes (dried) (40 g)





































## Analysis for the Coach

<b>Fats / Oils</b>	Ghee (for hot vegetables), Native Coconut Oil (for frying)
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## Analysis for the Coach

### Collected blood values

Client: Hadley Shearn

Blood Results	Value	Unit	min.	Indicator	max.
Haemoglobin	138.00	g/L	130.00		180.00
RBC	4.67	10 <sup>12</sup> /l	5.50		6.50
Haematocrit (PCV)	0.42	Ratio	0.40		0.55
MCV	89.00	fl	80.00		99.00
MCH	29.60	pg	27.00		32.00
White Cell Count	5.10	10 <sup>9</sup> /l	2.50		18.00
Neutrophils %	3.00	10 <sup>9</sup> /l	1.50		9.00
Lymphocytes %	1.50	10 <sup>9</sup> /l	1.00		6.50
Monocytes %	0.60	10 <sup>9</sup> /l	0.02		3.00
Eosinophils %	0.10	10 <sup>9</sup> /l	0.00		2.00
Platelets	165.00	10 <sup>9</sup> /l	70.00		700.00
Sodium	141.00	mmol/l	136.00		146.00
Potassium	4.00	mmol/l	3.50		5.20
Urea	4.90	mmol/l	2.50		8.00
Creatinine	78.00	μmol/l	40.00		85.00
Urate	0.29	mmol/l	0.20		0.45
Glucose	4.70	mmol/l	3.00		5.40
Calcium	2.35	mmol/l	2.10		2.55
Total Protein	66.00	g/L	60.00		82.00
Alk. Phos	57.00	U/l	30.00		120.00
Bilirubin	10.00	μmol/l	2.50		25.00
GGTP	14.00	U/l	0.00		50.00
AST	83.00	U/l	0.00		41.00
ALT	30.00	U/l	0.00		41.00
LD	138.00	U/l	50.00		280.00
Total Cholesterol	5.60	mmol/l	1.40		5.00
HDL Cholesterol	1.80	mmol/l	1.00		2.50
LDL Cholesterol	3.50	mmol/l	0.00		2.50
Triglycerides	0.60	mmol/l	0.00		1.50
Creatine Kinase	169.00	U/l	0.00		161.00
Iron	17.00	μmol/l	10.00		27.00
Amylase	133.00	U/l	0.00		111.00
C-Reactive Protein	0.33	mg/l	0.00		3.00
TSH	0.92	mIU/l	0.50		5.00
Lipase	34.00	IU/l	0.00		300.00
LDL/HDL Ratio	1.94	kA	0.35		4.00

## Shopping Helper Phase 2 for Hadley Shearn

<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
70 g Cheese, 95 g Vegetable, Fruit, Bread	210 g Yogurt, Fruit	40 g Nuts, 20 g Seeds, 95 g Vegetable, Fruit
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
140 g Fish, 140 g Vegetable, Fruit, Bread	85 g Pulses, 140 g Vegetable, Fruit, Bread	140 g Poultry, 140 g Salad, Fruit, Bread
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
150 g Meat, 150 g Salad, Bread	1 Eggs, 100 g Starch, 150 g Vegetable	150 g Fish, 150 g Vegetable, Bread

<b>Fish</b>	Basa, Bream, Flake, Flounder, Flounder, Garfish, Gemfish, Hake, King George Whiting, Leatherjacket, Mahi Mahi, Morwong, Ocean Trout, Perch, Salmon, Snapper, Swordfish Steak, Trevally, Trout, Whiting, Yelloweye Mullet
<b>Seafood</b>	Crab (Crab Meat), Moreton Bay Bugs, Mussels, Squid, Tiger prawns
<b>Yogurt</b>	Goat Milk Yogurt, Sheep Yogurt, Whole Milk Natural Yogurt (plain, 3.8% fat)
<b>Nuts</b>	Almonds
<b>Meat</b>	Goat, Kangaroo, Lamb, Mutton, Pork Loin, Rabbit, Roast Beef, Steak (Beef), Veal
<b>Poultry</b>	Chicken Breast, Pheasant
<b>Cheese</b>	Mozzarella (fresh), Quark (20% fat)
<b>Pulses</b>	Black (Beluga) Lentils, Black Eyed Beans, Chickpeas, Red Lentils, White Beans (Cannellini; Butter; Haricot; Navy), Yellow Lentils
<b>Seeds</b>	Sunflower Seeds
<b>Eggs</b>	Eat a minimum of 1 eggs and a maximum of 2 eggs per week.
<b>Vegetable</b>	Avocado, Black olives, Bok Choy, Broccoli, Carrots, Cauliflower, Cauliflower leaves, Chanterelle mushrooms, Eggplant, Fennel, Green Beans, Kale, Kohlrabi (Cabbage Turnip), Leek, Okra, Parsnip, Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Red Cabbage, Savoy Cabbage, Silverbeet, Sorrel, Spinach, Sprouted pumpkin seeds, Turnip, Turnip, White & brown mushrooms, Zucchini
<b>Salad</b>	Cucumber, Curly Endive, Dandelion Greens, Frisee, Iceberg Lettuce, Lollo Rosso Lettuce, Mache Rosettes, Radicchio, Red Oak Leaf Lettuce, Rocket, Romaine Lettuce
<b>Starch</b>	Potato
<b>Bread</b>	Crispy Rye Bread, Wholegrain Rye Bread
<b>Fruit</b>	Apple (1), Apricot (dried) (40 g), Blackberries (100 g), Blueberries (100 g), Cantaloupe (120 g), Mango (160 g), Nectarine (1), Papaya (170 g), Peach (1), Pear (1), Strawberries (120 g), Watermelon (180 g)



## Shopping Helper Phase 3 for Hadley Shearn

<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
70 g Cheese, 95 g Vegetable, Fruit, Bread	210 g Yogurt, Fruit	40 g Nuts, 20 g Seeds, 95 g Vegetable, Fruit
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
140 g Fish, 140 g Vegetable, Fruit, Bread	85 g Pulses, 140 g Vegetable, Fruit, Bread	140 g Poultry, 140 g Salad, Fruit, Bread
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
150 g Meat, 150 g Salad, Bread	1 Eggs, 100 g Starch, 150 g Vegetable	150 g Fish, 150 g Vegetable, Bread

<b>Fish</b>	Basa, Bream, Bream, Eel, Flake, Flounder, Flounder, Fresh Tuna, Garfish, Gemfish, Hake, Herring, Hoki/ Blue Grenadier, King George Whiting, Leatherjacket, Mahi Mahi, Morwong, Ocean Trout, Pacific Butterfish, Perch, Redfish Filet, Salmon, Snapper, Swordfish Steak, Trevally, Trout, Whitebait, Whiting, Yelloweye Mullet
<b>Seafood</b>	Crab (Crab Meat), Moreton Bay Bugs, Mussels, Squid, Tiger prawns
<b>Yogurt</b>	Goat Milk Yogurt, Sheep Yogurt, Whole Milk Natural Yogurt (plain, 3.8% fat)
<b>Nuts</b>	Almonds
<b>Meat</b>	Beef, Beef Brisket/Point End of Beef, Goat, Kangaroo, Lamb, Mutton, Pork Chop, Pork Loin, Rabbit, Roast Beef, Steak (Beef), Veal, Venison
<b>Poultry</b>	Chicken Breast, Pheasant
<b>Cheese</b>	Butter Cheese (45% fat), Gouda (up to 45% fat), Limburg ( up to 45% fat), Mozzarella (fresh), Quark (20% fat)
<b>Pulses</b>	Black (Beluga) Lentils, Black Eyed Beans, Chickpeas, Red Lentils, White Beans (Cannellini; Butter; Haricot; Navy), Yellow Lentils
<b>Sprouts</b>	Alfalfa Sprouts, Lentil Sprouts
<b>Seeds</b>	Sunflower Seeds
<b>Eggs</b>	Eat a minimum of 1 eggs and a maximum of 2 eggs per week.
<b>Vegetable</b>	Avocado, Beetroot, Black olives, Bok Choy, Broccoli, Carrots, Cauliflower, Cauliflower leaves, Chanterelle mushrooms, Daikon/ White Radish, Eggplant, Fennel, Green Beans, Kale, Kohlrabi (Cabbage Turnip), Leek, Okra, Parsnip, Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Red Cabbage, Red leaf/Red amaranth, Savoy Cabbage, Silverbeet, Sorrel, Spinach, Sprouted pumpkin seeds, Turnip, Turnip, White & brown mushrooms, Yellow button squash, Zucchini
<b>Salad</b>	Cucumber, Curly Endive, Dandelion Greens, Frisee, Iceberg Lettuce, Lollo Rosso Lettuce, Mache Rosettes, Radicchio, Red Oak Leaf Lettuce, Rocket, Romaine Lettuce
<b>Starch</b>	Potato
<b>Bread</b>	Crispy Rye Bread, Wholegrain Rye Bread
<b>Fruit</b>	Apple (1), Apricot (dried) (40 g), Blackberries (100 g), Blueberries (100 g), Cantaloupe (120 g), Mango (160 g), Nectarine (1), Papaya (170 g), Peach (1), Pear (1), Prunes (dried) (40 g), Strawberries (120 g), Watermelon (180 g)
<b>Fats / Oils</b>	Ghee (for hot vegetables), Native Coconut Oil (for frying)