

## Analysis for the Coach

### Client Information Aimie Potter

Analysis created: 05.08.2025		Client-ID-No.: 2000879	
Title:	Mrs		
First Name:	Aimie		
Last Name:	Potter		
Gender:	female		
Address:			
Town / State / Postcode	-6021 Perth		
e-mail:	aimiewilson88@yahoo.com.au		
Phone:	+0439708719		
Profession:			

Date of Birth (DOB):	20.05.1988	Height:	184 cm
Starting Weight:	95 kg	Navel:	97 cm
Target Weight:	80 kg	Hips:	115 cm
BMI (Body Mass Index)	28	Upper Thigh:	66 cm

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

Eating Habits	-
Dislikes	-
Medication	-
Illnesses / Allergies	Joint pain, Depression, Sleep disturbances / Insomnia, Migraines, Reflux / GERD

Analysis for the Coach  
Meal Plan  
Client: Aimie Potter

<b>Breakfast</b> 200 g Yogurt, Fruit	<b>Breakfast</b> 60 g Cheese, 105 g Salad, Fruit, Bread	<b>Breakfast</b> 30 g Nuts, 20 g Seeds, 105 g Vegetable, Fruit
<b>Lunch</b> 130 g Poultry, 150 g Salad, Fruit, Bread	<b>Lunch</b> 130 g Meat, 150 g Vegetable, Fruit, Bread	<b>Lunch</b> 75 g Pulses, 150 g Vegetable, Fruit, Bread
<b>Dinner</b> 140 g Fish, 160 g Vegetable, Bread	<b>Dinner</b> 1 Eggs, 105 g Starch, 160 g Vegetable	<b>Dinner</b> 95 g Cheese, 160 g Vegetable, Bread

<b>Water:</b>	3 ¼ litres per day
<b>Fruits:</b>	2 kinds per day

<b>Bread</b>	0 - 5 slices per day
<b>Eggs:</b>	1 - 2 piece(s) per week

## Analysis for the Coach

### Personal Food Lists

Client: Aimie Potter

#### Personal Food List - Phase 2

<b>Fish</b>	Barramundi, Basa, Blue-eyed trevalla, Flounder, Garfish, Gemfish, Herring, King George Whiting, Ocean Trout, Orange roughy, Salmon, Trout
<b>Seafood</b>	Scallop, Squid, Tiger prawns
<b>Yogurt</b>	Goat Milk Yogurt, Sheep Yogurt
<b>Nuts</b>	Almonds
<b>Meat</b>	Beef Loin, Kangaroo, Lamb Chop, Ostrich, Pork Fillet, Roast Beef, Veal
<b>Poultry</b>	Chicken Breast, Duck Breast
<b>Cheese</b>	Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
<b>Pulses</b>	Adzuki Beans, Black (Beluga) Lentils, Black Beans, Borlotti Beans, Chickpeas, Flageolet Beans, Lima Beans, Red Lentils, Soy Beans
<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>	Black olives, Bok Choy, Broccoli, Carrots, Cauliflower leaves, Chanterelle mushrooms, Chicory (Belgium Endive), Fennel bulb, Garden Cress, Green Cabbage, Kale, Kohlrabi (Cabbage Turnip), Leek, Morel mushrooms (fresh or dried), Okra, Parsley (Root and Leaves), Parsnip, Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Red Cabbage, Savoy Cabbage, Sorrel, Spinach, Turnip, Turnip, White & brown mushrooms, Zucchini
<b>Salad</b>	Cucumber, Frisee, Iceberg Lettuce, Mache Rosettes, 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 (fresh) (120g), Blackberries (110g), Cantaloupe (130g), Mango (170g), Nectarine (1), Papaya (180g), Peach (1), Prunes (dried) (50g), Watermelon (180g)

## 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.

## 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>

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

- 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>	Hoki/ Blue Grenadier
<b>Seafood</b>	Crab
<b>Meat</b>	Veal Steak, Venison
<b>Poultry</b>	Chicken Thigh
<b>Cheese</b>	Goat Cheese
<b>Pulses</b>	White Beans (Cannellini; Butter; Haricot; Navy)
<b>Vegetable</b>	Bamboo Shoots
<b>Salad</b>	Romaine Lettuce
































## Analysis for the Coach

<b>Sprouts</b>	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.
<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: Aimie Potter

Blood Results	Value	Unit	min.	Indicator	max.
Haemoglobin	135.00	g/L	115.00		165.00
RBC	4.53	10 <sup>12</sup> /l	3.80		5.50
Haematocrit (PCV)	0.41	Ratio	0.35		0.47
MCV	91.00	fl	80.00		99.00
MCH	29.80	pg	27.00		32.00
White Cell Count	7.00	10 <sup>9</sup> /l	4.00		11.00
Neutrophils %	3.50	10 <sup>9</sup> /l	2.00		8.00
Lymphocytes %	2.70	10 <sup>9</sup> /l	1.00		4.00
Monocytes %	0.50	10 <sup>9</sup> /l	0.02		1.10
Eosinophils %	0.30	10 <sup>9</sup> /l	0.00		0.60
Platelets	212.00	10 <sup>9</sup> /l	150.00		450.00
Sodium	138.00	mmol/l	136.00		146.00
Potassium	4.20	mmol/l	3.50		5.20
Urea	4.40	mmol/l	2.50		8.00
Creatinine	80.00	μmol/l	40.00		85.00
Urate	0.22	mmol/l	0.15		0.45
Glucose	4.80	mmol/l	3.00		5.40
Calcium	2.16	mmol/l	2.10		2.55
Total Protein	74.00	g/L	60.00		82.00
Alk. Phos	68.00	U/l	30.00		120.00
Bilirubin	9.00	μmol/l	2.50		25.00
GGTP	14.00	U/l	0.00		50.00
AST	18.00	U/l	0.00		41.00
ALT	15.00	U/l	0.00		41.00
LD	174.00	U/l	50.00		280.00
Total Cholesterol	5.40	mmol/l	1.40		5.00
HDL Cholesterol	1.70	mmol/l	1.00		2.50
LDL Cholesterol	3.40	mmol/l	0.00		2.50
Triglycerides	0.60	mmol/l	0.00		1.50
Creatine Kinase	130.00	U/l	0.00		161.00
Iron	18.00	μmol/l	10.00		27.00
Amylase	52.00	U/l	0.00		111.00
C-Reactive Protein	1.13	mg/l	0.00		3.00
TSH	1.37	mIU/l	0.50		5.00
Lipase	32.00	U/l 37°C	0.00		60.00
LDL/HDL Ratio	2.00	kA	0.35		4.00

## Shopping Helper Phase 2 for Aimie Potter

<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
200 g Yogurt, Fruit	60 g Cheese, 105 g Salad, Fruit, Bread	30 g Nuts, 20 g Seeds, 105 g Vegetable, Fruit
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
130 g Poultry, 150 g Salad, Fruit, Bread	130 g Meat, 150 g Vegetable, Fruit, Bread	75 g Pulses, 150 g Vegetable, Fruit, Bread
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
140 g Fish, 160 g Vegetable, Bread	1 Eggs, 105 g Starch, 160 g Vegetable	95 g Cheese, 160 g Vegetable, Bread

<b>Fish</b>	Barramundi, Basa, Blue-eyed trevalla, Flounder, Garfish, Gemfish, Herring, King George Whiting, Ocean Trout, Orange roughy, Salmon, Trout
<b>Seafood</b>	Scallop, Squid, Tiger prawns
<b>Yogurt</b>	Goat Milk Yogurt, Sheep Yogurt
<b>Nuts</b>	Almonds
<b>Meat</b>	Beef Loin, Kangaroo, Lamb Chop, Ostrich, Pork Fillet, Roast Beef, Veal
<b>Poultry</b>	Chicken Breast, Duck Breast
<b>Cheese</b>	Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
<b>Pulses</b>	Adzuki Beans, Black (Beluga) Lentils, Black Beans, Borlotti Beans, Chickpeas, Flageolet Beans, Lima Beans, Red Lentils, Soy Beans
<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>	Black olives, Bok Choy, Broccoli, Carrots, Cauliflower leaves, Chanterelle mushrooms, Chicory (Belgium Endive), Fennel bulb, Garden Cress, Green Cabbage, Kale, Kohlrabi (Cabbage Turnip), Leek, Morel mushrooms (fresh or dried), Okra, Parsley (Root and Leaves), Parsnip, Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Red Cabbage, Savoy Cabbage, Sorrel, Spinach, Turnip, Turnip, White & brown mushrooms, Zucchini
<b>Salad</b>	Cucumber, Frisee, Iceberg Lettuce, Mache Rosettes, 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 (fresh) (120g), Blackberries (110g), Cantaloupe (130g), Mango (170g), Nectarine (1), Papaya (180g), Peach (1), Prunes (dried) (50g), Watermelon (180g)



## Shopping Helper Phase 3 for Aimie Potter

<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
200 g Yogurt, Fruit	60 g Cheese, 105 g Salad, Fruit, Bread	30 g Nuts, 20 g Seeds, 105 g Vegetable, Fruit
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
130 g Poultry, 150 g Salad, Fruit, Bread	130 g Meat, 150 g Vegetable, Fruit, Bread	75 g Pulses, 150 g Vegetable, Fruit, Bread
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
140 g Fish, 160 g Vegetable, Bread	1 Eggs, 105 g Starch, 160 g Vegetable	95 g Cheese, 160 g Vegetable, Bread

<b>Fish</b>	Barramundi, Basa, Blue-eyed trevalla, Flounder, Garfish, Gemfish, Herring, Hoki/ Blue Grenadier, King George Whiting, Ocean Trout, Orange roughy, Salmon, Trout
<b>Seafood</b>	Crab, Scallop, Squid, Tiger prawns
<b>Yogurt</b>	Goat Milk Yogurt, Sheep Yogurt
<b>Nuts</b>	Almonds
<b>Meat</b>	Beef Loin, Kangaroo, Lamb Chop, Ostrich, Pork Fillet, Roast Beef, Veal, Veal Steak, Venison
<b>Poultry</b>	Chicken Breast, Chicken Thigh, Duck Breast
<b>Cheese</b>	Goat Cheese, Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
<b>Pulses</b>	Adzuki Beans, Black (Beluga) Lentils, Black Beans, Borlotti Beans, Chickpeas, Flageolet Beans, Lima Beans, Red Lentils, Soy Beans, White Beans (Cannellini; Butter; Haricot; Navy)
<b>Sprouts</b>	Alfalfa Sprouts, Soy Sprouts, Sunflower 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>	Bamboo Shoots, Black olives, Bok Choy, Broccoli, Carrots, Cauliflower leaves, Chanterelle mushrooms, Chicory (Belgium Endive), Fennel bulb, Garden Cress, Green Cabbage, Kale, Kohlrabi (Cabbage Turnip), Leek, Morel mushrooms (fresh or dried), Okra, Parsley (Root and Leaves), Parsnip, Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Red Cabbage, Savoy Cabbage, Sorrel, Spinach, Turnip, Turnip, White & brown mushrooms, Zucchini
<b>Salad</b>	Cucumber, Frisee, Iceberg Lettuce, Mache Rosettes, Purslane (Verdolaga), 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 (fresh) (120g), Blackberries (110g), Cantaloupe (130g), Mango (170g), Nectarine (1), Papaya (180g), Peach (1), Prunes (dried) (50g), Watermelon (180g)
<b>Fats / Oils</b>	Flax Seed Oil (for Salads), Ghee (for hot vegetables), Native Coconut Oil (for frying)