

Analysis for the Coach

Client Information Hanna Rafferty

Analysis created: 18.11.2025		Client-ID-No.: 2007277	
Title:	Ms		
First Name:	Hanna		
Last Name:	Rafferty		
Gender:	female		
Address:			
Town / State / Postcode	-6006 North Perth		
e-mail:	hnrafferty@gmail.com		
Phone:	+0408526147		
Profession:			

Date of Birth (DOB):	17.09.1986	Height:	167 cm
Starting Weight:	81 kg	Navel:	101 cm
Target Weight:	60 kg	Hips:	112 cm
BMI (Body Mass Index)	29	Upper Thigh:	64 cm

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

Eating Habits	Meat: no pork
Dislikes	-
Medication	-
Illnesses / Allergies	Digestive disorders, Joint pain, Hay Fever, Sleep disturbances / Insomnia, Mi-graines

Analysis for the Coach

Meal Plan

Client: Hanna Rafferty

Breakfast 195 ml Milk Products, 35 g Starch, Fruit	Breakfast 195 g Yogurt, Fruit	Breakfast 25 g Nuts, 20 g Seeds, 80 g Vegetable, Fruit
Lunch 125 g Meat, 125 g Vegetable, Fruit, Bread	Lunch 70 g Pulses, 125 g Vegetable, Fruit, Bread	Lunch 125 g Poultry, 125 g Salad, Fruit, Bread
Dinner 135 g Fish, 135 g Vegetable, Bread	Dinner 2 Eggs, 135 g Vegetable, Bread	Dinner 90 g Cheese, 135 g Vegetable, Bread

Water: 2 ¾ litres per day	Bread 0 - 3 slices per day
Fruits: 2 kinds per day	Eggs: 1 - 2 piece(s) per week

Analysis for the Coach

Personal Food Lists

Client: Hanna Rafferty

Personal Food List - Phase 2

Fish	Barramundi, Blue-eyed trevalla, Bream, Cod, Flounder, Garfish, Hake, Herring, King George Whiting, Leatherjacket, Mackerel, Ocean Trout, Salmon, Sardines, Swordfish Steak, Trevally, Trout, Yelloweye Mullet
Seafood	Crab (Crab Meat), Scallop, Squid, Tiger prawns
Milk Products	Goat Milk, Soy Milk (unsweetened)
Yogurt	Goat Milk Yogurt, Sheep Yogurt
Nuts	Almonds
Meat	Beef Loin, Kangaroo, Lamb Chop, Ostrich, Roast Beef, Veal
Poultry	Chicken Breast, Duck Breast
Cheese	Feta Cheese (Sheep), Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
Pulses	Adzuki Beans, Black (Beluga) Lentils, Black Beans, Broad Beans (Fava Beans), Chickpeas, Flageolet Beans, Lima Beans, Mung Beans, Red Lentils
Seeds	Sunflower Seeds
Eggs	Eat a minimum of 1 eggs and a maximum of 2 eggs per week.

Vegetable	Artichokes, Asparagus white, Bamboo Shoots, Bok Choy, Broccoli, Brussels Sprouts, Carrots, Cauliflower, Celeriac, Chanterelle mushrooms, Choko, Fennel bulb, Green Cabbage, Green olives, Kohlrabi (Cabbage Turnip), Leek, Morel mushrooms (fresh or dried), Parsnip, Pepperoncinis, Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Red Cabbage, Red capsicum, Red leaf/Red amaranth, Sauerkraut, Savoy Cabbage, Silverbeet, Sorrel, Spinach, Tomato, Turnip, Turnip, White & brown mushrooms
Salad	Cucumber, Curly Endive, Iceberg Lettuce, Lollo Rosso Lettuce, Mache Rosettes, Radicchio, Red Oak Leaf Lettuce, Rocket, Romaine Lettuce
Starch	Porridge Oats, Rye flakes
Bread	Crispy Rye Bread, Wholegrain Rye Bread
Fruit	Apple (1), Apricot (dried) (30g), Blueberries (90g), Mango (145g), Papaya (155g), Peach (1)

Analysis for the Coach

Additional Information about the Nutrition Plan

Water	We recommend that you drink 2 $\frac{3}{4}$ 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 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.
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 in the first 14 days.
Bread	Do not to exceed your limit of 3 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.

Analysis for the Coach

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 ➤ 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

- 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

Fish	Hoki/ Blue Grenadier
Seafood	Crab
Meat	Veal Steak
Poultry	Chicken Thigh
Cheese	Goat Cheese
Vegetable	Orange capsicum
Salad	Leafy Lettuce
Fruit	Prunes (dried) (30g)



































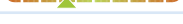

Analysis for the Coach

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.
Fats / Oils	Flax Seed Oil (for Salads), Ghee (for hot vegetables), Native Coconut Oil (for frying)

Analysis for the Coach

Collected blood values

Client: Hanna Rafferty

Blood Results	Value	Unit	min.	Indicator	max.
Haemoglobin	129.00	g/L	115.00		165.00
RBC	4.54	10 ¹² /l	3.80		5.50
Haematocrit (PCV)	0.40	Ratio	0.35		0.47
MCV	88.00	fl	80.00		99.00
MCH	28.40	pg	27.00		32.00
White Cell Count	6.50	10 ⁹ /l	4.00		11.00
Neutrophils %	3.40	10 ⁹ /l	2.00		8.00
Lymphocytes %	2.50	10 ⁹ /l	1.00		4.00
Monocytes %	0.50	10 ⁹ /l	0.02		1.10
Eosinophils %	0.11	10 ⁹ /l	0.00		0.60
Platelets	269.00	10 ⁹ /l	150.00		450.00
Sodium	141.00	mmol/L	136.00		146.00
Potassium	4.60	mmol/L	3.50		5.20
Urea	3.70	mmol/L	2.50		8.00
Creatinine	67.00	μmol/L	40.00		85.00
Urate	0.30	mmol/L	0.15		0.45
Glucose	5.20	mmol/L	3.00		5.40
Calcium	2.30	mmol/L	2.10		2.55
Total Protein	72.00	g/L	60.00		82.00
Alk. Phos	75.00	U/l	30.00		120.00
Bilirubin	7.00	μmol/l	2.50		25.00
GGTP	38.00	U/l	0.00		50.00
AST	15.00	U/l	0.00		41.00
ALT	23.00	U/l	0.00		41.00
LD	177.00	U/l	50.00		280.00
Total Cholesterol	3.90	mmol/L	1.40		5.00
HDL Cholesterol	1.30	mmol/L	1.00		2.50
LDL Cholesterol	1.90	mmol/L	0.90		2.50
Triglycerides	1.50	mmol/L	0.00		1.50
Creatine Kinase	109.00	U/l	0.00		161.00
Iron	18.00	μmol/l	10.00		27.00
Amylase	50.00	U/l	25.00		120.00
C-Reactive Protein	4.08	mg/l	0.00		3.00
TSH	1.02	mIU/l	0.50		5.00
Lipase	26.00	IU/l	350.00		1,950.00
LDL/HDL Ratio	1.46	kA	0.35		4.00

Shopping Helper Phase 2 for Hanna Rafferty

Breakfast	Breakfast	Breakfast
195 ml Milk Products, 35 g Starch, Fruit	195 g Yogurt, Fruit	25 g Nuts, 20 g Seeds, 80 g Vegetable, Fruit
Lunch	Lunch	Lunch
125 g Meat, 125 g Vegetable, Fruit, Bread	70 g Pulses, 125 g Vegetable, Fruit, Bread	125 g Poultry, 125 g Salad, Fruit, Bread
Dinner	Dinner	Dinner
135 g Fish, 135 g Vegetable, Bread	2 Eggs, 135 g Vegetable, Bread	90 g Cheese, 135 g Vegetable, Bread

Fish	Barramundi, Blue-eyed trevalla, Bream, Cod, Flounder, Garfish, Hake, Herring, King George Whiting, Leatherjacket, Mackerel, Ocean Trout, Salmon, Sardines, Swordfish Steak, Trevally, Trout, Yelloweye Mullet
Seafood	Crab (Crab Meat), Scallop, Squid, Tiger prawns
Milk Products	Goat Milk, Soy Milk (unsweetened)
Yogurt	Goat Milk Yogurt, Sheep Yogurt
Nuts	Almonds
Meat	Beef Loin, Kangaroo, Lamb Chop, Ostrich, Roast Beef, Veal
Poultry	Chicken Breast, Duck Breast
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Pulses	Adzuki Beans, Black (Beluga) Lentils, Black Beans, Broad Beans (Fava Beans), Chickpeas, Flageolet Beans, Lima Beans, Mung Beans, Red Lentils
Seeds	Sunflower Seeds
Eggs	Eat a minimum of 1 eggs and a maximum of 2 eggs per week.
Vegetable	Artichokes, Asparagus white, Bamboo Shoots, Bok Choy, Broccoli, Brussels Sprouts, Carrots, Cauliflower, Celeriac, Chanterelle mushrooms, Choko, Fennel bulb, Green Cabbage, Green olives, Kohlrabi (Cabbage Turnip), Leek, Morel mushrooms (fresh or dried), Parsnip, Pepperoncinis, Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Red Cabbage, Red capsicum, Red leaf/Red amaranth, Sauerkraut, Savoy Cabbage, Silverbeet, Sorrel, Spinach, Tomato, Turnip, Turnip, White & brown mushrooms
Salad	Cucumber, Curly Endive, Iceberg Lettuce, Lollo Rosso Lettuce, Mache Rosettes, Radicchio, Red Oak Leaf Lettuce, Rocket, Romaine Lettuce
Starch	Porridge Oats, Rye flakes
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Milk Products	Goat Milk, Soy Milk (unsweetened)
Yogurt	Goat Milk Yogurt, Sheep Yogurt
Nuts	Almonds
Meat	Beef Loin, Kangaroo, Lamb Chop, Ostrich, Roast Beef, Veal, Veal Steak
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