

## Analysis for the Coach

### Client Information Tamryn Hearmon

Analysis created: 21.11.2025		Client-ID-No.: 2007411	
Title:	Mrs		
First Name:	Tamryn		
Last Name:	Hearmon		
Gender:	female		
Address:			
Town / State / Postcode	-6018 Perth		
e-mail:	tammyhearmon@gmail.com		
Phone:			
Profession:			

Date of Birth (DOB):	09.01.1976	Height:	167 cm
Starting Weight:	63 kg	Navel:	94 cm
Target Weight:	58 kg	Hips:	91 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	-
Dislikes	-
Medication	Contraceptive pill/ hormone medication
Illnesses / Allergies	Digestive disorders, Joint pain, Hay Fever, Sleep disturbances / Insomnia, Menopausal Symptoms

Analysis for the Coach

## Meal Plan

Client: Tamryn Hearmon

<b>Breakfast</b> 180 ml Milk Products, 30 g Starch, Fruit	<b>Breakfast</b> 180 g Yogurt, Fruit	<b>Breakfast</b> 25 g Nuts, 20 g Seeds, 65 g Vegetable, Fruit
<b>Lunch</b> 55 g Pulses, 110 g Vegetable, Fruit, Bread	<b>Lunch</b> 110 g Meat, 110 g Vegetable, Fruit, Bread	<b>Lunch</b> 110 g Poultry, 110 g Salad, Fruit, Bread
<b>Dinner</b> 120 g Fish, 120 g Vegetable, Bread	<b>Dinner</b> 2 Eggs, 120 g Vegetable, Bread	<b>Dinner</b> 80 g Cheese, 120 g Vegetable, Bread

<b>Water:</b> 2 litres per day	<b>Bread</b> 0 - 3 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: Tamryn Hearmon

#### Personal Food List - Phase 2

<b>Fish</b>	Anchovy, Barramundi, Basa, Blue-eyed trevalla, Flounder, Flounder, Gemfish, Herring, King George Whiting, Kipper (in Water), Mackerel, Morwong, Ocean Trout, Salmon, Snapper, Trout
<b>Seafood</b>	Crab (Crab Meat), Moreton Bay Bugs, Squid, Tiger prawns
<b>Milk Products</b>	Camel milk, Soy Milk (unsweetened)
<b>Yogurt</b>	Goat Milk Yogurt, Sheep Yogurt
<b>Nuts</b>	Almonds
<b>Meat</b>	Beef Fillet, Ham (cooked), Lamb, Mutton, Ostrich, Pork Fillet, Roast Beef, Steak (Beef), Veal
<b>Poultry</b>	Chicken Breast, Turkey Breast
<b>Cheese</b>	Feta Cheese (Sheep), Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
<b>Pulses</b>	Adzuki Beans, Black (Beluga) Lentils, Black Eyed Beans, Chickpeas, Kidney Beans, Mung Beans, Red Lentils, Soy Beans, 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>	Asian greens, Asparagus green, Avocado, Black olives, Bok Choy, Brussels Sprouts, Carrots, Cauliflower, Celeriac, Chanterelle mushrooms, Fennel, Green Beans, Green Cabbage, Kohlrabi (Cabbage Turnip), Leek, Okra, Parsley (Root and Leaves), Parsnip, Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Red Cabbage, Red capsicum, Red leaf/Red amaranth, Sauerkraut, Savoy Cabbage, Silverbeet, Sorrel, Spinach, Sprouted pumpkin seeds, Tomato, Turnip, Turnip, White & brown mushrooms, Zucchini
<b>Salad</b>	Batavia Lettuce, Cucumber, Curly Endive, Dandelion Greens, Frisee, Leafy Lettuce, Lollo Rosso Lettuce, Purslane (Verdolaga), Radicchio, Red Oak Leaf Lettuce, Rocket, Romaine Lettuce
<b>Starch</b>	Porridge Oats, Rye flakes
<b>Bread</b>	Crispy Rye Bread, Wholegrain Rye Bread
<b>Fruit</b>	Apple (1), Apricot (dried) (30g), Blackberries (80g), Blueberries (90g), Cantaloupe (90g), Mango (130g), Nectarine (1), Papaya (140g), Peach (1), Raspberries (90g), Watermelon (150g)

## Analysis for the Coach

### Additional Information about the Nutrition Plan

<b>Water</b>	We recommend that you drink 2 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 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.
<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>	Perch, Redfish Filet
<b>Seafood</b>	Crab
<b>Meat</b>	Beef Brisket/Point End of Beef, Pork Chop, Venison
<b>Cheese</b>	Goat Cheese (Brie)
<b>Vegetable</b>	Asparagus white, Beetroot, Broccolini, Daikon/ White Radish, Horseradish, Orange cap-sicum, Rhubarb
<b>Salad</b>	Iceberg Lettuce
<b>Fruit</b>	Prunes (dried) (30g)



































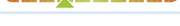

## Analysis for the Coach

<b>Sprouts</b>	<p>Alfalfa Sprouts, Lentil Sprouts, Soy 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>Fats / Oils</b>	Ghee (for hot vegetables), Native Coconut Oil (for frying)

## Analysis for the Coach

### Collected blood values

Client: Tamryn Hearmon

Blood Results	Value	Unit	min.	Indicator	max.
Haemoglobin	133.00	g/L	115.00		165.00
RBC	4.43	10 <sup>12</sup> /l	3.80		5.50
Haematocrit (PCV)	0.40	Ratio	0.35		0.47
MCV	89.00	fl	80.00		99.00
MCH	30.00	pg	27.00		32.00
White Cell Count	5.30	10 <sup>9</sup> /l	4.00		11.00
Neutrophils %	3.20	10 <sup>9</sup> /l	2.00		8.00
Lymphocytes %	1.60	10 <sup>9</sup> /l	1.00		4.00
Monocytes %	0.40	10 <sup>9</sup> /l	0.02		1.10
Eosinophils %	0.10	10 <sup>9</sup> /l	0.00		0.60
Platelets	201.00	10 <sup>9</sup> /l	150.00		450.00
Sodium	138.00	mmol/l	136.00		146.00
Potassium	4.10	mmol/l	3.50		5.20
Urea	6.20	mmol/l	2.50		8.00
Creatinine	56.00	μmol/l	40.00		85.00
Urate	0.24	mmol/l	0.15		0.45
Glucose	4.40	mmol/l	3.00		5.40
Calcium	2.35	mmol/l	2.10		2.55
Total Protein	71.00	g/L	60.00		82.00
Alk. Phos	82.00	U/l	30.00		120.00
Bilirubin	8.00	μmol/l	2.50		25.00
GGTP	16.00	U/l	0.00		50.00
AST	22.00	U/l	0.00		41.00
ALT	23.00	U/l	0.00		41.00
LD	142.00	U/l	50.00		280.00
Total Cholesterol	5.10	mmol/l	1.40		5.00
HDL Cholesterol	1.80	mmol/l	1.00		2.50
LDL Cholesterol	3.00	mmol/l	0.90		2.50
Triglycerides	0.60	mmol/l	0.00		1.50
Creatine Kinase	41.00	U/l	0.00		161.00
Iron	16.00	μmol/l	10.00		27.00
Amylase	57.00	U/l	25.00		120.00
C-Reactive Protein	0.68	mg/l	0.00		3.00
TSH	1.67	mIU/l	0.50		5.00
Lipase	30.00	IU/l	350.00		1,950.00
LDL/HDL Ratio	1.67	kA	0.35		4.00

## Shopping Helper Phase 2 for Tamryn Hearmon

<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
180 ml Milk Products, 30 g Starch, Fruit	180 g Yogurt, Fruit	25 g Nuts, 20 g Seeds, 65 g Vegetable, Fruit
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
55 g Pulses, 110 g Vegetable, Fruit, Bread	110 g Meat, 110 g Vegetable, Fruit, Bread	110 g Poultry, 110 g Salad, Fruit, Bread
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
120 g Fish, 120 g Vegetable, Bread	2 Eggs, 120 g Vegetable, Bread	80 g Cheese, 120 g Vegetable, Bread

<b>Fish</b>	Anchovy, Barramundi, Basa, Blue-eyed trevalla, Flounder, Flounder, Gemfish, Herring, King George Whiting, Kipper (in Water), Mackerel, Morwong, Ocean Trout, Salmon, Snapper, Trout
<b>Seafood</b>	Crab (Crab Meat), Moreton Bay Bugs, Squid, Tiger prawns
<b>Milk Products</b>	Camel milk, Soy Milk (unsweetened)
<b>Yogurt</b>	Goat Milk Yogurt, Sheep Yogurt
<b>Nuts</b>	Almonds
<b>Meat</b>	Beef Fillet, Ham (cooked), Lamb, Mutton, Ostrich, Pork Fillet, Roast Beef, Steak (Beef), Veal
<b>Poultry</b>	Chicken Breast, Turkey Breast
<b>Cheese</b>	Feta Cheese (Sheep), Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
<b>Pulses</b>	Adzuki Beans, Black (Beluga) Lentils, Black Eyed Beans, Chickpeas, Kidney Beans, Mung Beans, Red Lentils, Soy Beans, 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>	Asian greens, Asparagus green, Avocado, Black olives, Bok Choy, Brussels Sprouts, Carrots, Cauliflower, Celeriac, Chanterelle mushrooms, Fennel, Green Beans, Green Cabbage, Kohlrabi (Cabbage Turnip), Leek, Okra, Parsley (Root and Leaves), Parsnip, Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Red Cabbage, Red capsicum, Red leaf/Red amaranth, Sauerkraut, Savoy Cabbage, Silverbeet, Sorrel, Spinach, Sprouted pumpkin seeds, Tomato, Turnip, Turnip, White & brown mushrooms, Zucchini
<b>Salad</b>	Batavia Lettuce, Cucumber, Curly Endive, Dandelion Greens, Frisee, Leafy Lettuce, Lollo Rosso Lettuce, Purslane (Verdolaga), Radicchio, Red Oak Leaf Lettuce, Rocket, Romaine Lettuce
<b>Starch</b>	Porridge Oats, Rye flakes
<b>Bread</b>	Crispy Rye Bread, Wholegrain Rye Bread
<b>Fruit</b>	Apple (1), Apricot (dried) (30g), Blackberries (80g), Blueberries (90g), Cantaloupe (90g), Mango (130g), Nectarine (1), Papaya (140g), Peach (1), Raspberries (90g), Watermelon (150g)



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<b>Poultry</b>	Chicken Breast, Turkey Breast
<b>Cheese</b>	Feta Cheese (Sheep), Goat Cheese (Brie), Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
<b>Pulses</b>	Adzuki Beans, Black (Beluga) Lentils, Black Eyed Beans, Chickpeas, Kidney Beans, Mung Beans, Red Lentils, Soy Beans, White Beans (Cannellini; Butter; Haricot; Navy), Yellow Lentils
<b>Sprouts</b>	Alfalfa Sprouts, Lentil Sprouts, Soy Sprouts
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<b>Vegetable</b>	Asian greens, Asparagus green, Asparagus white, Avocado, Beetroot, Black olives, Bok Choy, Broccolini, Brussels Sprouts, Carrots, Cauliflower, Celeriac, Chanterelle mushrooms, Daikon/ White Radish, Fennel, Green Beans, Green Cabbage, Horseradish, Kohlrabi (Cabbage Turnip), Leek, Okra, Orange capsicum, Parsley (Root and Leaves), Parsnip, Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Red Cabbage, Red capsicum, Red leaf/Red amaranth, Rhubarb, Sauerkraut, Savoy Cabbage, Silverbeet, Sorrel, Spinach, Sprouted pumpkin seeds, Tomato, Turnip, Turnip, White & brown mushrooms, Zucchini
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<b>Starch</b>	Porridge Oats, Rye flakes
<b>Bread</b>	Crispy Rye Bread, Wholegrain Rye Bread
<b>Fruit</b>	Apple (1), Apricot (dried) (30g), Blackberries (80g), Blueberries (90g), Cantaloupe (90g), Mango (130g), Nectarine (1), Papaya (140g), Peach (1), Prunes (dried) (30g), Raspberries (90g), Watermelon (150g)

» For your shopping bag «



## Shopping Helper Phase 3 for Tamryn Hearmon

Fats / Oils	
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	Ghee (for hot vegetables), Native Coconut Oil (for frying)
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