

Analysis for the Coach

Client Information Joe McGinlay

Analysis created: 21.11.2025		Client-ID-No.: 2007371	
Title:	Mr		
First Name:	Joe		
Last Name:	McGinlay		
Gender:	male		
Address:			
Town / State / Postcode	-		
e-mail:	joemcginlay@gmail.com		
Phone:	+0402035581		
Profession:			

Date of Birth (DOB):	11.08.1971	Height:	180 cm
Starting Weight:	94 kg	Navel:	108 cm
Target Weight:	88 kg	Hips:	106 cm
BMI (Body Mass Index)	29	Upper Thigh:	63 cm

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

Eating Habits	Will eat but not keen on Poultry
Dislikes	-
Medication	-
Illnesses / Allergies	Psoriasis, Sleep disturbances / Insomnia, Cardiovascular disease, Cholecystectomy (removed gall bladder), Migraines

Analysis for the Coach

Meal Plan

Client: Joe McGinlay

Breakfast 75 g Cheese, 100 g Vegetable, Fruit, Bread	Breakfast 215 g Yogurt, Fruit	Breakfast 40 g Oilseed, 20 g Seeds, 100 g Salad
Lunch 90 g Pulses, 145 g Vegetable, Bread	Lunch 145 g Meat, 145 g Salad, Bread	Lunch 1 Eggs, 95 g Starch, 145 g Vegetable, Fruit
Dinner 155 g Poultry, 155 g Vegetable, Bread	Dinner 155 g Fish, 155 g Vegetable, Bread	Dinner 165 g Sprouts, 155 g Vegetable, Bread

Water: 3 ¼ litres per day	Bread 0 - 5 slices per day
Fruits: 1 kinds per day	Eggs: 2 - 4 piece(s) per week

Analysis for the Coach

Personal Food Lists

Client: Joe McGinlay

Personal Food List - Phase 2

Oilseed	Pumpkin Seeds
Fish	Barramundi, Blue-eyed trevalla, Bream, Cod, Garfish, Hake, Herring, King George Whiting, Leatherjacket, Ocean Trout, Salmon, Sardines, Trevally, Trout, Yelloweye Mullet
Seafood	Moreton Bay Bugs, Round Clams, Scallop, Squid, Tiny Shrimps
Yogurt	Goat Milk Yogurt, Sheep Yogurt
Meat	Beef Loin, Goat, Kangaroo, Lamb Chop, Ostrich, Pork Fillet, Roast Beef, Veal
Poultry	Chicken Breast, Chicken Breast (smoked), Duck Breast
Cheese	Feta Cheese (Sheep), Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
Pulses	Adzuki Beans, Black (Beluga) Lentils, Black Beans, Chickpeas, Flageolet Beans, Lima Beans, Mung Beans, Red Lentils, Soy Beans, White Beans (Cannellini; Butter; Haricot; Navy), Yellow Lentils
Sprouts	Alfalfa Sprouts, Soy Sprouts, Sunflower Sprouts
Seeds	Sunflower Seeds
Eggs	Eat a minimum of 2 eggs and a maximum of 4 eggs per week.

Vegetable	Artichokes, Asian greens, Asparagus white, Bamboo Shoots, Bok Choy, Carrots, Chanterelle mushrooms, Chicory (Belgium Endive), Chinese cabbage, Cress, Fennel bulb, Green olives, Leek, Morel mushrooms (fresh or dried), Okra, Onion, Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Red capsicum, Sauerkraut, Savoy Cabbage, Silverbeet, Spinach, White & brown mushrooms, Zucchini
Salad	Boston Bibb Lettuce (Butter Lettuce), Cucumber, Iceberg Lettuce, Lollo Rosso Lettuce, Mache Rosettes, Red Oak Leaf Lettuce, Rocket
Starch	Potato
Bread	Crispy Rye Bread, Wholegrain Rye Bread
Fruit	Apple (1)

Analysis for the Coach

Additional Information about the Nutrition Plan

Water	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.
Eggs	Eat a minimum of 2 eggs and a maximum of 4 eggs per week. You can prepare the eggs to your liking, for example, scrambled, fried, omelet, boiled or poached.
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 40 g of almonds and 30 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 in the first 14 days.
Bread	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.
Fruits	Eat a medium-sized, tart apple every day. 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.

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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.
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





































Extended personal food list: Phase 3

Fish	Anchovy (fresh), Eel, Hoki/ Blue Grenadier, Mackerel
Seafood	Crab
Meat	Ground Beef, Veal Steak, Venison
Poultry	Chicken Thigh
Cheese	Goat Cheese
Pulses	Borlotti Beans, Kidney Beans
Vegetable	Cauliflower
Fats / Oils	Ghee (for hot vegetables), Native Coconut Oil (for frying)

Analysis for the Coach

Collected blood values

Client: Joe McGinlay

Blood Results	Value	Unit	min.	Indicator	max.
Haemoglobin	154.00	g/L	130.00		180.00
RBC	4.94	10 ¹² /l	5.50		6.50
Haematocrit (PCV)	0.44	Ratio	0.40		0.55
MCV	88.00	fl	80.00		99.00
MCH	31.20	pg	27.00		32.00
White Cell Count	4.90	10 ⁹ /l	2.50		18.00
Neutrophils %	2.30	10 ⁹ /l	1.50		9.00
Lymphocytes %	2.20	10 ⁹ /l	1.00		6.50
Monocytes %	0.30	10 ⁹ /l	0.02		3.00
Eosinophils %	0.10	10 ⁹ /l	0.00		2.00
Platelets	209.00	10 ⁹ /l	70.00		700.00
Sodium	139.00	mmol/L	136.00		146.00
Potassium	4.50	mmol/L	3.50		5.20
Urea	5.50	mmol/L	2.50		8.00
Creatinine	82.00	μmol/L	40.00		85.00
Urate	0.43	mmol/L	0.20		0.45
Glucose	5.00	mmol/L	3.00		5.40
Calcium	2.31	mmol/L	2.10		2.55
Total Protein	72.00	g/L	60.00		82.00
Alk. Phos	83.00	U/l	30.00		120.00
Bilirubin	13.00	μmol/l	2.50		25.00
GGTP	27.00	U/l	0.00		50.00
AST	35.00	U/l	0.00		41.00
ALT	37.00	U/l	0.00		41.00
LD	194.00	U/l	50.00		280.00
Total Cholesterol	5.40	mmol/L	1.40		5.00
HDL Cholesterol	1.20	mmol/L	1.00		2.50
LDL Cholesterol	3.40	mmol/L	0.90		2.50
Triglycerides	1.80	mmol/L	0.00		1.50
Creatine Kinase	97.00	U/l	0.00		161.00
Iron	17.00	μmol/l	10.00		27.00
Amylase	99.00	U/l	25.00		120.00
C-Reactive Protein	0.66	mg/l	0.00		3.00
TSH	2.04	mIU/l	0.50		5.00
Lipase	56.00	IU/l	350.00		1,950.00
LDL/HDL Ratio	2.83	kA	0.35		4.00

Shopping Helper Phase 2 for Joe McGinlay

Breakfast	Breakfast	Breakfast
75 g Cheese, 100 g Vegetable, Fruit, Bread	215 g Yogurt, Fruit	40 g Oilseed, 20 g Seeds, 100 g Salad
Lunch	Lunch	Lunch
90 g Pulses, 145 g Vegetable, Bread	145 g Meat, 145 g Salad, Bread	1 Eggs, 95 g Starch, 145 g Vegetable, Fruit
Dinner	Dinner	Dinner
155 g Poultry, 155 g Vegetable, Bread	155 g Fish, 155 g Vegetable, Bread	165 g Sprouts, 155 g Vegetable, Bread

Oilseed	Pumpkin Seeds
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Seafood	Moreton Bay Bugs, Round Clams, Scallop, Squid, Tiny Shrimps
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Starch	Potato
Bread	Crispy Rye Bread, Wholegrain Rye Bread
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