

Your Personalised Nutritional Programme

Presented by:



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Praxis für IT-Heilkunde

Dear Ms Maria Deer,

Thank you for choosing to participate in **metabolic balance**[®] - the *all natural weight management* programme.

Enclosed, is **your personal** metabolic balance[®] nutritional programme containing a summary of food choices, customised for your own metabolic needs, based on your personal information and laboratory results.

It is important that whilst participating in the programme that you choose only the foods listed on your meal plan that have been generated uniquely for you. Therefore please be aware that use of your plan by other individuals may result in an unfortunate outcome despite achieving a random weight loss or gain initially.

Hormonal and metabolic regulation can only be achieved through personal and tailored meal plans. The foods selected on your plan support your personal needs and help to restore harmony and balance within the body, leading to increased energy and well-being and a stable and long term weight adjustment.

metabolic balance[®] may also improve and lower levels such as your blood pressure, blood sugar, cholesterol and other parameters although this is not guaranteed. If applicable, please ensure your doctor monitors such improvements and makes the necessary adjustments to your medications as required.

We wish you joy, health and success with your personal *all natural weight management* programme - **metabolic balance**[®]!



metabolic balance® – in 4 phases

With **metabolic balance®** – the *all natural weight management* programme – nutritional balance is gently established according to your unique metabolic requirements:

Phase 1: Preparation Phase

Duration: **2 Days**

Your body is gently prepared for the dietary changes with light foods and colon cleansing.

Phase 2: Strict Adjustment Phase

Duration: *Metabolic adjustment and regulation for a **minimum of 14 days.**
Weight adjustment according to a healthy BMI and WHR*

A minimum of 14 days is required in this phase and you will begin to feel the benefits and health improvements.

Your metabolism adjusts in response to your new nutritional regime and you are also likely to experience a more positive mental outlook.

It is necessary to set aside a specific time to enjoy this period and avoid any social challenges! Heavy and /or cardiovascular exercise is forbidden during these 14 days. Instead, enjoy walking in lots of fresh air, deep breathing and gentle movements to aid lymphatic drainage and detoxification.

Adhere to the 8 basic rules and only have the foods listed on your 'meal plan' Log your progress on the enclosed graph and record your moods and food diary.



metabolic balance® – in 4 phases

Phase 3: Relaxed Phase

Duration: ***Until your goal has been reached.***

The duration depends on your personal circumstances and your weight from the start of **metabolic balance®**. Parameters such as your target weight or the amount of weight you wish to lose is taken into consideration during this time and discussed with your Coach as well as ‘vacations or celebrations’!

Olive oil must be added to each meal and/or supplementation with Omegas’

Adhere to the core principles from phase 2 and incorporate your **extended food list** into your daily programme.

Whilst still observing the **8 basic rules**, more freedom can now be enjoyed during which you closely monitor your progress and well-being.

A **daily exercise** routine can now be resumed (or begun) whilst gradually increasing intensity to optimise metabolism and overall well-being.

Phase 4: Maintenance Phase

Duration: ***Unlimited***

It may take up to two years to permanently change your metabolism. To reinforce the changes already made and for maintenance of your new healthy weight, it is important to observe the 8 basic rules.

You may now experiment by adding more new foods into your programme that have not been included before and monitor your body’s response. Your body will signal foods that don’t suit you.

Enjoy the occasions when you are having a ‘treat meal’ but it is important during this time to moderate the amount of starchy foods on an ongoing basis to determine your hormonal response and mental and physical needs.



A 2 day preparation cleanse is required to prime your system to your new nutritional adjustment prior to the main phase of the metabolic balance® programme. Choose from option A or B.

Both days are necessary to validate the next phase:

OPTION A 2 days of following:

- Morning* Light breakfast - ½ portion of your normal serving.
- Midday* Vegetable soup (from freshly prepared vegetables – no cans, frozen or packet), 1 apple
- Evening* Steamed or freshly prepared vegetables or salad with fresh herbs and spices,
however, no pre- mixed seasonings or oil or vinegar.

OPTION B 1 day of each of your chosen category:

- Fruit day* 1 kg Fruit divided into 3 meals (not suitable for diabetics or in the case of reactive hypoglycaemia)
- Vegetable day* 1.5 kg Vegetables freshly prepared or cooked divided into 3 meals
- Rice day* 200g Brown rice cooked and divided into 3 meals. 2 dessert spoons of apple puree (without added sugar) may be eaten with each meal.
- Potato day* 1.5kg Potatoes, cooked and divided into 3 meals. Fresh herbs and spices are permitted however, no butter oil or pre-mixed seasonings.

Attention:

In preparation for the nutritional adjustment to be optimally effective, a thorough intestinal evacuation/colon cleanse is required. Therefore, magnesium sulfate (Epsom salts) is recommended. Take **2-4 teaspoons of Magnesium Sulfate** in lukewarm water, ½ hour before one meal (ideally, breakfast) on the 1st day only.

Oxy Powder/Oxy-T/Lipid-X may be used as an alternative (discuss with your Coach)

The 8 rules

- Rule 1** **Eat just 3 meals per day** – having regular meals combined with protein and carbohydrates provides energy and optimises metabolism. Particularly in Phase 2, eat no more and no less than what is on your personal meal plan and weigh foods carefully.
- Rule 2:** **A minimum of 5 hours between meals** - only water should be drunk between meals which is vitally important for the fat-burning process.
- Rule 3:** **Each meal should not exceed 60 minutes** - to lessen glycaemic load.
- Rule 4:** **Begin each meal with 1 or 2 bites of protein** - to lessen insulin response.
- Rule 5:** **Eat 1 type of protein with each meal** - each meal consists of one protein from one protein group. Do not mix or repeat the same protein group during the course of the day but rather choose a protein from another protein group - this improves digestion and optimises overall nutrition.
- Rule 6:** **Finish evening meal by 9pm** – for optimal fat burning processes and hormone balancing during sleep.
- Rule 7:** **Drink the correct amount of water every day** - approximately 35mls of water for each kilo of body weight.
- Rule 8:** **Eat 1 apple per day** – for its health giving benefits.

Further points to be followed and observed:

- » Only foods listed on plan can be consumed.
- » No oil to be used during 1st and 2nd phase in food preparation and cooking.
- » Breakfast cannot be changed however, Lunch and dinner are interchangeable – remember to add or subtract 10gms from each portion – 10g less at lunchtime and 10g more at dinner (largest meal is always in the evening!).
- » All quantities are measured in their raw state.
- » During the oil free phase you may use a little natural stock for cooking.
- » You **may** include a fruit portion with each meal as an option (unless otherwise stated!) Do not mix fruits or repeat the same fruit twice on the same day. Remember one apple a day is compulsory!
- » No exercise during phase 1 & 2.

Please note: Should you remain in phase 2 longer than 14 days it is, never the less, important and necessary to add Olive oil or coconut oil with all meals and/or supplement with Omega oils.

metabolic balance® – The individual Phases

Phase 2: Strict Adjustment Phase

Meal Plan for Ms Maria Deer

Breakfast		
Selection 1	Selection 2	Selection 3
220 g Soya yoghurt	100 g Turkey/Chicken Breast	9 Tsp Seed Mix (2)
1 Type Fruit	110 g Vegetables	110 g Vegetables

5 hour fast (minimum)

Lunch		
Selection 1	Selection 2	Selection 3
135 g Poultry	90 g Beans	135 g Oyster or Shiitake Mushrooms
140 g Vegetables (1)	140 g Vegetables	140 g Vegetables

5 hour fast (minimum)

Dinner		
Selection 1	Selection 2	Selection 3
145 g Fish	100 g Tofu or Cheese	90 g Potatoes and 1 Egg (max.2 x week)
150 g Vegetables	150 g Vegetables	150 g Vegetables

To be finished by 21.00 hours at the latest



metabolic balance® – The individual Phases

Phase 2: Strict Adjustment Phase

Supplemental information to Meal Plan

for Ms Maria Deer

(1) Vegetables

We suggest eating vegetables cooked, preferably, firm to the bite (al-dente) or raw (depending on the kind of vegetable).

(2) Seed Mix

You may enjoy your seed mix, raw or prepared as follows:

1. Roast the seeds in a coated pan.
2. Soak the seeds over night in little water, eat one tsp (to adhere to protein rule) and mix the rest with your vegetables/fruit allowance.
3. Process/mash soaked seeds into a paste and use as a nut butter to enjoy on toasted rye bread along with your veg/fruit allowance.
4. Allow the seeds to sprout and then mix with your veg.
5. Sprinkle seeds over the vegetables and bake in oven.

Herbs:

May be used in moderate quantities (see 'additional notes') for dressing and garnishing meals.

Individual Food List for Ms Maria Deer

Vegetable	Artichokes, Cauliflower, Broccoli, Mushrooms, Chicory, Chinese leaf lettuce, Endive, Lambs lettuce, Fennel, Spring onions, Garden cress, Guerkins (sugar free), Green beans, Curly Kale, Cucumber, Carrots, Kohlrabi, King Oyster mushrooms, Cress, Squash, Leek, Lollo Rosso, Dandelion leaves, Swiss Chard, Okra (ladies fingers), Green Olives, Pak Choi, Parsnip, Chilli Pepper, Chanterelle mushrooms, Purslane, Radishes, Radish, Romanesco, Rocket (50g), Sorrel, Sauerkraut (fresh or canned w/o sugar), Shallots, Black salsify, Celeriac, Pointed cabbage, Porcine Mushrooms, Tomato (½ medium size per day), White cabbage, Savoy Cabbage, Courgette
Fruit	Apple, Blackberries (100g), Cantaloupe Melon (120g), Blueberries (100g), Mango (160), Grapefruit (1/2 medium size), Papaya (180g), Peach, Lemon, Prunes/Damsons(100g)
Seed Mix	Sunflower and Pumpkinseed mix
Fish	Eel, Brook Trout, Perch, Whitefish, Bloater, Trout, Redfish, Halibut, Cod, Salmon, Mackerel, Merlan fillet, Whitefish, Redfish filet, Sardines, Plaice, Monkfish, Sole, Catfish, Pike
Seafood	Shrimps, Prawns, Langoustine, Octopus, Squid
Potato	Potatoes and 1 Egg (max.2 x week)
Poultry	Chicken breast (w/o skin), Turkey Breast (w/o skin)
Cheese	Cottage Cheese
Cheese (non dairy)	Sheeps Cheese, Goats Cheese
Pulses	Beluga lentils, Chickpeas, Mung Beans, Red kidney beans, Black eyed beans, Soya Beans (and sprouts), White beans (Cannellini; Butter; Haricot; Kidney; Navy)
Tofu	Tofu
Soy Yogurt	Soya yoghurt
Oyster Mushrooms	Oyster Mushrooms
Shiitake Mushrooms	Shiitake Mushrooms (fresh or dried)



Phase 2: Strict Adjustment Phase

Additional Notes for Ms Maria Deer

Starch:	You may add up to 5 slices of rye crisp bread or 100% whole rye bread (25grms per slice) per day
Fruit:	One Apple per day with a meal is compulsory. Additionally, you may choose a further 2 piece(s) of fruit from your food list to have with remaining meals. Canned fruit is not permitted!
Eggs:	If you wish, you may enjoy up to 3 eggs maximum per week. Use 2 eggs to replace one protein portion at lunch or dinner. However, this does not apply to breakfast - if no breakfast egg is listed no breakfast egg is permitted!
Herbs & Spices:	<p>All herbs and spices, fresh or dried are permitted. e.g. Garlic; Ginger; freshly ground Horseradish; Black pepper; Mustard & Curry powders; Cinnamon etc. Rock, Crystal and sea salt is also permitted.</p> <p>Typical spice mixes and seasonings i.e. steak sauce, ketchups, stock cubes, chutneys and mustard sauces must be avoided!</p> <p>One dessert spoon of Apple Cider Vinegar at each meal may be added to your salads</p>
Water:	Drinking at least 4,0 litres of water is recommended. This helps to accelerate the metabolic process.
Tea & Coffee:	You may drink up to 6 cups of tea or 3 cups of coffee per day. However, all beverages must be taken with meals only. Only black, green, white or Rooibos teas are permitted. No added milk, sugar or sweeteners are allowed.
Alcohol / Juices:	Not permitted.
Vitamins:	You may take a multi vitamin and mineral supplement. Remember that boiling vegetables diminishes their nutrients so it is always advisable to lightly steam vegetables or eat them raw.

Shopping Helper

Breakfast		
220 g Soya yoghurt	100 g Turkey/Chicken Breast	9 Tsp Seed Mix (2)
1 Type Fruit	110 g Vegetables	110 g Vegetables
Lunch		
135 g Poultry	90 g Beans	135 g Oyster or Shiitake Mushrooms
140 g Vegetables (1)	140 g Vegetables	140 g Vegetables
Dinner		
145 g Fish	100 g Tofu or Cheese	90 g Potatoes and 1 Egg (max.2 x week)
150 g Vegetables	150 g Vegetables	150 g Vegetables

Vegetable	Artichokes, Cauliflower, Broccoli, Mushrooms, Chicory, Chinese leaf lettuce, Endive, Lambs lettuce, Fennel, Spring onions, Garden cress, Guerkins (sugar free), Green beans, Curly Kale, Cucumber, Carrots, Kohlrabi, King Oyster mushrooms, Cress, Squash, Leek, Lollo Rosso, Dandelion leaves, Swiss Chard, Okra (ladies fingers), Green Olives, Pak Choi, Parsnip, Chilli Pepper, Chanterelle mushrooms, Purslane, Radishes, Radish, Romanesco, Rocket (50g), Sorrel, Sauerkraut (fresh or canned w/o sugar), Shallots, Black salsify, Celeriac, Pointed cabbage, Porcine Mushrooms, Tomato (½ medium size per day), White cabbage, Savoy Cabbage, Courgette
Fruit	Apple, Blackberries (100g), Cantaloupe Melon (120g), Blueberries (100g), Mango (160), Grapefruit (1/2 medium size), Papaya (180g), Peach, Lemon, Prunes/Damsons(100g)
Seed Mix	Sunflower and Pumpkinseed mix
Fish	Eel, Brook Trout, Perch, Whitefish, Bloaters, Trout, Redfish, Halibut, Cod, Salmon, Mackerel, Merlan fillet, Whitefish, Redfish filet, Sardines, Plaice, Monkfish, Sole, Catfish, Pike
Seafood	Shrimps, Prawns, Langoustine, Octopus, Squid
Potato	Potatoes and 1 Egg (max.2 x week)
Poultry	Chicken breast (w/o skin), Turkey Breast (w/o skin)
Cheese	Cottage Cheese
Cheese (non dairy)	Sheeps Cheese, Goats Cheese
Pulses	Beluga lentils, Chickpeas, Mung Beans, Red kidney beans, Black eyed beans, Soya Beans (and sprouts), White beans (Cannellini; Butter; Haricot; Kidney; Navy)
Tofu	Tofu
Soy Yogurt	Soya yoghurt
Oyster Mushrooms	Oyster Mushrooms
Shiitake Mushrooms	Shiitake Mushrooms (fresh or dried)



metabolic balance

Progress report												
Week	Start	1	2	3	4	5	6	7	8	9	10	11
Waist	100 cm											
Hips	105 cm											
Thigh	90 cm											
Weight	180 kg											
Skin												
Mood												
Heartburn												
Joint pain												
Headaches												
Blood pressure												
Sleep												

On a scale of 1 – 7 record your symptoms i.e. 1: very good 7: very poor

Phase 3: Relaxed Phase

Well done! You should now be feeling the improvements and benefits that metabolic balance® has brought to you thus far. It is important to continue with the principles of metabolic balance® whilst your body makes further hormonal and metabolic adjustments. However, you may now enjoy the additional food items as listed and as an exception break all the rules! **What is new:**

1. The **extended food list** is added to your daily menu
2. **Exercise** maybe re-introduced or added gently to your daily routine
3. Healthy oil must be taken by either adding **3 tablespoons of oil** per day as part of your metabolic balance meal plan and/or taking it as a supplement.
 - » Extra Virgin Olive Oil with vegetables and salads
 - » Coconut Oil for light frying and grilling
 - » Omega oils may be supplemented
4. Enjoy a **'Treat Meal'** once a week! When you have a 'treat meal' the following rules must be observed:
 - » *Omit fruit and starch option with the remaining 2 meals on this day*
 - » *Begin the treat meal with protein*
 - » *Drink extra water before and after your treat meal (30 mins before and after)*
 - » *Eat protein before drinking alcohol i.e. nuts/seeds; olives; cheese; and include plenty of water*
 - » *Avoid rich and heavy sauces*
 - » *Take a 15 minute break after 60 minutes and begin the next course with protein again.*
 - » *For desserts, ensure that you start with fresh cream first!*
 - » *If you enjoy chocolate always opt for minimum 70% cacao and savour a small amount only!*
 - » *Be confident that enjoying the occasional 'treat' does not, and will not, alter your adjusted weight*
5. As you progress closer to your goal the more you may increase your meal sizes. Eat portions that feel natural and right for you and monitor your body's response.
 - » *Begin by increasing the carbohydrate content during the midday meal in the form of rice or potatoes and omit rye bread initially*
 - » *Increase starches each week in accordance to hunger and satiation by 10g with your lunch*
 - » *You may have your quota of bread with the other meals, however, you are now in a position to monitor your body's response and adjust accordingly!*

NB: The above will be discussed in more detail, according to your personal needs with your Coach!

metabolic balance® – The individual Phases

Phase 3: Relaxed Phase

Your **Extended Food List:**

Vegetable	Aubergine, Avocado (80g), Oak leaf lettuce, Brussel sprouts, Beetroot
Fruit	Cherries (100g), Plums (120g)
Fish	Caviar, Pollock, Sprats, Tuna (fresh or tinned in water)
Meat	Mutton (lean), Lamb filet
Game	Venison
Poultry	Duck Breast (w/o skin)
Cheese	Mountain Cheese (Emmental; Gruyere < 45% fat), Emmental cheese (< 45% fat), Havarti (< 40%)
Cheese (non dairy)	Buffalo Mozarella
Pulses	Adzuki Beans, Brown beans
Sprouts	Linseed sprouts, Soya bean sprouts

- » If your programme did not contain any meat you may now exchange fish or poultry for your choice of meat once or twice per week if you wish.
- » If sprouted legumes/beans were not included on your meal plan you may now use them as a garnish i.e. alfalfa; red clover seeds; mustard seeds etc.
- » If beans have been added to your plan this will be categorised as a protein group and should weigh the same as the cheese/tofu on your plan. Remember if you are weighing already cooked or canned beans to double the weight!



metabolic balance® – The individual Phases

Phase 4: Maintenance Phase

Congratulations on your success!

You have succeeded in optimising your nutrition and metabolism and as a result you have achieved your desired weight and improved health!

By having a positive outlook and continuing to embrace the fundamental principles in metabolic balance®, serves you further in your journey towards health, joy and happiness.

Having a balanced life-style is key to your success so a reasonable amount of work, rest and play brings fulfilment and pleasure to your day.

Enjoy the reward of participating in a more conscious and responsible way with Mother Nature and choose organic produce wherever possible.

The body requires 18 to 24 months to re-programme and for its metabolic 'set-point' to be achieved so be mindful of, and remember to follow now the 10 basic rules:

- Rule 1:* Eat only three meals per day – no more, no less.
- Rule 2:* Leave at least a 5 hour pause between meals.
- Rule 3:* Each meal should be eaten within 60 minutes. For parties/celebrations and longer meals a 15 minute pause should be taken before resuming the meal.
- Rule 4:* Begin each meal with 1 or 2 bites of protein i.e. cheese; meat; fish; beans etc.
- Rule 5:* Choose one protein group per meal per day
- Rule 6:* Finish evening meal by 9pm.
- Rule 7:* Drink plenty of pure water (approximately 35mls for each kilo of weight)
- Rule 8:* Eat one apple a day and if you wish just one type of fruit after each meal.
- Rule 9:* MOVE – Climb stairs wherever possible (ignore elevators and escalators!) Take brisk walks in fresh air. Cycle rather than drive. Join a swimming/sports club. Yoga and meditation is excellent for adding a sense of calm and peace!
- Rule 10:* Leave a gap of 15 minutes if your meal lasts more than 1 hour



Client Information for Coach

Client data

Evaluation for::	12.10.2010 14.27	2.08.024
Title:	Ms	1411286
First name:	Maria	
Surname:	Deer	
Sex:	female	
Address:	Small Dean Clinic	
	UK-HP22 6PQ Buckinghamshire	
e-Mail:	maria-deer@wob.com	
Telephone:	0000000000000000000000	
Occupation:	Hausfrau	
D.O.B.:	21.12.1981	Height: 172 cm
Weight:	180 kg	Waist: 100 cm
Goal Weight:	100 kg	Hips: 105 cm
B.M.I.:	61,0	Thigh: 90 cm
Comments:		

Personal data for health and nutrition

Joint discomforts
 Depression

Client Information for Coach

Meal Plan

Breakfast		
selection 1	selection 2	Selection3
220 g Soya yoghurt	100 g Turkey/Chicken Breast	9 Tsp Seed Mix (2)
1 Type Fruit	110 g Vegetables	110 g Vegetables

Lunch		
Selection 1	Selection 2	Selection 3
135 g Poultry	90 g Beans	135 g Oyster or Shiitake Mushrooms
140 g Vegetables (1)	140 g Vegetables	140 g Vegetables

Dinner		
Selection 1	Selection 2	Selection 3
145 g Fish	100 g Tofu or Cheese	90 g Potatoes and 1 Egg (max.2 x week)
150 g Vegetables	150 g Vegetables	150 g Vegetables

Water	4,0	Litres
Eggs:	3	Qty
Fruit:	2	Pieces
Apples:	1	Qty
Rye Bread:	5	Slices

(1) Vegetables

We suggest eating vegetables cooked, preferably, firm to the bite (al-dente) or raw (depending on the kind of vegetable).

(2) Seed Mix

You may enjoy your seed mix, raw or prepared as follows:

1. Roast the seeds in a coated pan.
2. Soak the seeds over night in little water, eat one tsp (to adhere to protein rule) and mix the rest with your vegetables/fruit allowance.
3. Process/mash soaked seeds into a paste and use as a nut butter to enjoy on toasted rye bread along with your veg/fruit allowance.
4. Allow the seeds to sprout and then mix with your veg.
5. Sprinkle seeds over the vegetables and bake in oven.



Herbs:

May be used (see 'additional notes') in moderate quantities for dressing and garnishing meals

Client Information for Coach

Individual Food List

Vegetable	Artichokes, Cauliflower, Broccoli, Mushrooms, Chicory, Chinese leaf lettuce, Endive, Lambs lettuce, Fennel, Spring onions, Garden cress, Guerkins (sugar free), Green beans, Curly Kale, Cucumber, Carrots, Kohlrabi, King Oyster mushrooms, Cress, Squash, Leek, Lollo Rosso, Dandelion leaves, Swiss Chard, Okra (ladies fingers), Green Olives, Pak Choi, Parsnip, Chilli Pepper, Chanterelle mushrooms, Purslane, Radishes, Radish, Romanesco, Rocket (50g), Sorrel, Sauerkraut (fresh or canned w/o sugar), Shallots, Black salsify, Celeriac, Pointed cabbage, Porcine Mushrooms, Tomato (½ medium size per day), White cabbage, Savoy Cabbage, Courgette
Fruit	Apple, Blackberries (100g), Cantaloupe Melon (120g), Blueberries (100g), Mango (160), Grapefruit (1/2 medium size), Papaya (180g), Peach, Lemon, Prunes/Damsons(100g)
Seed Mix	Sunflower and Pumpkinseed mix
Fish	Eel, Brook Trout, Perch, Whitefish, Bloater, Trout, Redfish, Halibut, Cod, Salmon, Mackerel, Merlan fillet, Whitefish, Redfish filet, Sardines, Plaice, Monkfish, Sole, Catfish, Pike
Seafood	Shrimps, Prawns, Langoustine, Octopus, Squid
Potato	Potatoes and 1 Egg (max.2 x week)
Poultry	Chicken breast (w/o skin), Turkey Breast (w/o skin)
Cheese	Cottage Cheese
Cheese (non dairy)	Sheeps Cheese, Goats Cheese
Pulses	Beluga lentils, Chickpeas, Mung Beans, Red kidney beans, Black eyed beans, Soya Beans (and sprouts), White beans (Cannellini; Butter; Haricot; Kidney; Navy)
Tofu	Tofu
Soy Yogurt	Soya yoghurt
Oyster Mushrooms	Oyster Mushrooms
Shiitake Mushrooms	Shiitake Mushrooms (fresh or dried)

Extended Food List for Phase 3

Vegetable	Aubergine, Avocado (80g), Oak leaf lettuce, Brussel sprouts, Beetroot
Fruit	Cherries (100g), Plums (120g)
Fish	Caviar, Pollock, Sprats, Tuna (fresh or tinned in water)
Meat	Mutton (lean), Lamb filet
Game	Venison
Poultry	Duck Breast (w/o skin)
Cheese	Mountain Cheese (Emmental; Gruyere < 45% fat), Emmental cheese (< 45% fat), Havarti (< 40%)
Cheese (non dairy)	Buffalo Mozzarella
Pulses	Adzuki Beans, Brown beans
Sprouts	Linseed sprouts, Soya bean sprouts



Client Information for Coach

Nutritional and Physiological Assessment

Client Information for Coach

Lab Report

Blood analytes	Value	Unit	Min	Max	Range
RBC	4,630	x10 ¹² /l	3,950	5,150	
Haemoglobin	13,300	g/dl	11,500	15,500	
Hematocrit (HCT)	0,400	l/l	0,330	0,450	
WBC	6,220	x10 ⁹ /l	3,000	10,000	
Monocytes	0,590	x10 ⁹ /l	0,200	1,000	
Lymphocytes	1,980	x10 ⁹ /l	1,500	4,000	
Neutrophils	3,200	x10 ⁹ /l	2,000	7,500	
Eosinophils	0,400	x10 ⁹ /l	0,000	0,400	
MCH	28,700	pg	26,000	33,500	
MCV	85,700	fl	80,000	99,000	
Platelet count	265,000	x10 ⁹ /l	150,000	400,000	
Amylase	79,000	IU/l	28,000	100,000	
Alk. Phosphatase	79,000	IU/l	35,000	104,000	
Cholinesterase	9,180	kU/l	5,300	12,900	
Bilirubin	5,000	µmol/l	2,500	20,000	
Glucose	5,700	mmol/l	3,500	7,900	
Calcium	2,290	mmol/l	2,150	2,550	
Cholesterol	7,700	mmol/l	1,400	5,000	
HDL Cholesterol	1,600	mmol/l	1,200	1,700	
LDL Cholesterol	5,500	mmol/l	0,000	3,000	
LDL/HDL Cholesterol	3,438	kA			
CK	78,000	IU/l	26,000	140,000	
Iron	12,000	µmol/l	6,600	26,000	
Gamma GT	46,000	IU/l	9,000	35,000	
Aspartate Transferase	24,000	IU/l	5,000	31,000	
Alanine Transferase	36,000	IU/l	10,000	35,000	
Total Protein	73,000	g/L	63,000	83,000	
Urea	5,600	mmol/l	1,700	8,300	
Uric Acid	309,000	µmol/l	175,000	363,000	
Potassium	4,600	mmol/l	3,500	5,100	
Creatinine	69,000	µmol/l	49,000	92,000	
LDH	276,000	IU/l	240,000	480,000	
Lipase	40,000	U/l	13,000	60,000	
Sodium	140,000	mmol/l	135,000	145,000	
Triglycerides	1,300	mmol/l	0,000	2,300	
TSH	2,250	mIU/l	0,270	4,200	