

Alex

Health Details

CLIENT ID: 0043

Personal Details

- Last Name: Morrison
- First Name: Alex
- Address: 3220 Trailblazer Way
- City: Boulder
- Telephone Number: 13035597865
- Email: alex.morrison.co@example.com
- DOB: 14 June 1985
- Current location: Colorado, USA
- Family Doctor Name: Dr. Emily Stanton
- Have you seen a Dietitian before: Yes, for sports nutrition guidance

Medical History

- Height: 5'11"
- Weight: 175lbs
- Body fat percentage: 12%
- Health Conditions: IBS (triggered by high-fat foods and stress) - bloating, gas, diarrhea
- Food Allergies/Intolerances: Gluten

- Taking any supplements or medication
 - Yes supplements:
 - Morning: Probiotics, BCAAs
 - Post-workout: Whey Protein Isolate, Creatine Monohydrate
 - Evening: Multivitamin, Omega-3 fatty acids, Zinc, Curcumin
 - No medication
- Family Health History
 - Father's side has a history of hypertension

Lifestyle

- Occupation: Personal Trainer
- At work, I am: Very active
- Schedule: Day
- I live: Alone
- Who does the grocery shopping: Me
- Who cooks: Me
- How often do you eat out: Once a week
- Are you dieting: Yes, following a high-protein, low-FODMAP diet
- Do you: Monitor food intake meticulously, avoid trigger foods for IBS

Of meals eaten during the day: 4

Of snacks eaten during the day: 3

- Salt intake: Moderate
- Fat intake: Moderate, with a focus on healthy fats
- Do you drink caffeine: Yes, one cup of coffee in the morning

- Do you smoke: No
- Do you drink alcohol: Socially, rarely
- Do you exercise: Yes
- What Types of exercise: Weight training, HIIT, Yoga, Mountain biking

Mental health

- Stress Level: 4
- Source of stress: Managing client schedules
- Do you have problems with eating or your appetite when stressed: Sometimes tend to undereat
- Hours of sleep per night: 7-8
- Any sleep interruptions: Occasionally due to muscle soreness

Self Assessment

- What is your health goal: To maintain lean muscle mass while managing IBS symptoms
 - What is your biggest obstacle to reaching your goal?: Avoiding IBS flare-ups
 - On a scale of 1 to 10, how would you rate the importance of making changes to benefit your health?: 9
 - On a scale of 1 to 10, how would you rate your readiness to making changes to benefit your health? 9
 - On a scale of 1 to 10, how would you rate your confidence that you will be successful in making changes to benefit your health? 8
 - What is your favourite food: Grilled salmon with a side of quinoa and steamed vegetables
-

Lifestyle Plan

Client Name - Alex Morrison - ID#0043

Client's Goal

- To maintain lean muscle mass while managing IBS symptoms

Introduction to who we are working with

- We are developing a plan for Alex Morrison, a personal trainer who is very active both professionally and personally. Alex has a history of IBS which is triggered by high-fat foods and stress. His diet is already tailored to be high in protein and low in FODMAPs. He is currently taking a variety of supplements to support his active lifestyle.

Current key metrics

- Weight: 175 lbs
- Height: 5'11"
- BMI: 24.4 (within normal range)
- Body fat percentage: 12%
- Supplements: Probiotics, BCAAs, Whey Protein Isolate, Creatine Monohydrate, Multivitamin, Omega-3 fatty acids, Zinc, Curcumin
- Current diet: High-protein, low-FODMAP, moderate salt and fat intake, and minimal caffeine and alcohol consumption

Recommendations

To support Alex's goal, the lifestyle adjustments should continue to focus on maintaining a low-FODMAP diet, which is essential for managing his IBS symptoms. His meal plan will be designed to be high in protein to support muscle mass, with balanced carbohydrates and healthy fats for energy and recovery. Since we are avoiding olive oil, coconut oil will be used for its anti-inflammatory properties and medium-chain triglycerides (MCTs), which can aid in energy production. Cow's milk will be included for its protein and calcium content.

8 Week Meal Plan

Week #	Breakfast	Lunch	Dinner	Snack
1	Scrambled eggs with spinach	Grilled chicken salad with mixed greens	Beef stir-fry with bell peppers & brown rice	Greek yogurt with honey
2	Omelette with tomatoes and onions	Beef and quinoa bowl with cucumbers	Baked chicken with sweet potato and broccoli	Cottage cheese with pineapple
3	Egg muffins with kale and mushrooms	Chicken lettuce wraps with carrots and celery	Beef chili with kidney beans and rice	Protein shake with cow's milk
4	Boiled eggs with avocado toast (gluten-free)	Taco salad with ground beef, cheese, and salsa	Chicken fajitas with bell peppers and onions	Apple slices with peanut butter
5	Poached eggs with asparagus	Beef kebabs with mixed vegetables	Roasted chicken with quinoa and green beans	Banana with almond butter
6	Fried eggs with sautéed spinach	Chicken Caesar salad (gluten-free croutons)	Beef meatballs with zucchini noodles	Mixed berries with cottage cheese
7	Eggs Benedict with ham and gluten-free English muffin	Beef and broccoli stir-fry with white rice	Grilled chicken thighs with roasted carrots	Hard-boiled eggs
8	Egg scramble with bell peppers and onions	Chicken and rice soup with vegetables	Beef steak with mashed potatoes and asparagus	Dark chocolate and walnuts

- Note: All meat and carb sources will remain consistent throughout the eight weeks, as requested. All meals will be cooked using coconut oil, and 100% real cow's milk will be used in protein shakes and other applicable recipes.

Conclusion

This 8-week meal plan provides a structured approach to meal preparation for Alex, focusing on lean proteins, complex carbohydrates, and healthy fats. The consistency in protein and carbohydrate sources will help in managing IBS symptoms while supporting Alex's muscle maintenance goals. To keep meals interesting, various herbs and spices can be used, and cooking techniques such as grilling, baking, and stir-frying will add variety. Regular meal prep can help in managing portion sizes and ensuring that Alex has access to IBS-friendly foods at all times, reducing the likelihood of symptoms. It is also important to stay hydrated and to maintain a regular eating schedule to support overall digestive health.