

Michael

Health Details

CLIENT ID: 0045

Personal Details

- Last Name: Anderson
- First Name: Michael
- Address: 3087 Oakwood Circle
- City: Orange County
- Telephone Number: 714-555-0198
- Email: michael.anderson.oc@gmail.com
- DOB: 16 August 1985
- Current location: California, USA
- Family Doctor Name: Dr. Emily Watson
- Have you seen a Dietitian before: Yes

Medical History

- Height: 5'9"
- Weight: 195lbs
- Body fat percentage: 25%
- Health Conditions: IBS (triggers include high-fat foods and large meals) - bloating, gas, and alternating diarrhea and constipation
- Food Allergies/Intolerances: Gluten, lactose

- Taking any supplements or medication
 - Yes supplements:
 - Morning: Probiotic 15 billion CFU
 - Everyday: Multivitamin, Omega-3 1000mg, Vitamin C 1000mg
 - Before sleep: Melatonin 5mg, Zinc 30mg
 - No medication
- Family Health History
 - Father's side has a history of heart disease

Lifestyle

- Occupation: Freelance Graphic Designer
- At work, I am: Mostly seated
- Schedule: Flexible
- I live: Alone
- Who does the grocery shopping: Me
- Who cooks: Me
- How often do you eat out: Once a month
- Are you dieting: Trying to
- Do you: Overeat when stressed, Snack late at night

Of meals eaten during the day: 2-3

Of snacks eaten during the day: 3-4

- Salt intake: Moderate
- Fat intake: Moderate to high
- Do you drink caffeine: Occasionally

- Do you smoke: Yes, socially
- Do you drink alcohol: Yes, socially
- Do you exercise: Occasionally
- What Types of exercise: Light jogging, Yoga

Mental health

- Stress Level: 7
- Source of stress: Work deadlines and personal projects
- Do you have problems with eating or your appetite when stressed: Yes, tend to eat more
- Hours of sleep per night: 5-6
- Any sleep interruptions: Sometimes, due to work or digestive discomfort

Self Assessment

- What is your health goal: To manage IBS symptoms better and lose 20lbs
 - What is your biggest obstacle to reaching your goal?: Lack of routine and late-night snacking
 - On a scale of 1 to 10, how would you rate the importance of making changes to benefit your health?: 8
 - On a scale of 1 to 10, how would you rate your readiness to making changes to benefit your health? 7
 - 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? 6
 - What is your favourite food: Pasta with creamy sauces
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Lifestyle Plan

Client Name - Anderson - ID#0045

Client's Goal

- To manage IBS symptoms better and lose 20lbs

Introduction to who we are working with

Michael Anderson is a 37-year-old freelance graphic designer with a sedentary lifestyle. He suffers from Irritable Bowel Syndrome (IBS), with identified triggers including high-fat foods and large meals. Michael is also gluten and lactose intolerant and has a family history of heart disease. He engages in light exercise occasionally but struggles with maintaining a routine and late-night snacking.

Current key metrics

- Weight: 195lbs
- Height: 5'9"
- BMI: 28.8 (Overweight)
- Body fat %: 25%
- Supplements: Probiotic, Multivitamin, Omega-3, Vitamin C, Melatonin, Zinc
- Medication: None
- Current diet: Moderate to high in fat, irregular meal patterns, late-night snacking

Recommendations

To achieve the goal of losing 20lbs and managing IBS symptoms, Michael should consider the following lifestyle adjustments:

- Establish a consistent meal schedule to reduce IBS symptoms and improve metabolism.

- Focus on a balanced diet with lean proteins, complex carbohydrates, and plenty of fiber-rich vegetables and fruits.
- Limit high-fat foods and large meals that can trigger IBS symptoms.
- Implement a regular exercise routine that includes both cardiovascular and strength-training activities to support weight loss and overall health.
- Aim for 7-9 hours of sleep per night to help with stress management and recovery.
- Practice mindful eating to avoid late-night snacking and overeating during periods of stress.

8 Week Meal Plan

For simplicity, the following meal plan uses eggs, beef, and chicken as the primary sources of protein for breakfast to dinner. Coconut oil is used for cooking instead of olive oil, and 100% real cow's milk is incorporated.

Week #	Breakfast	Lunch	Dinner	Snack
1	Scrambled eggs with spinach	Grilled chicken salad with mixed greens	Beef stir-fry with broccoli	Greek yogurt with honey
2	Omelet with tomatoes and onions	Beef and quinoa stuffed bell peppers	Chicken and vegetable skewers	Fresh fruit salad
3	Poached eggs on gluten-free toast	Chicken caesar wrap (gluten-free)	Beef chili with kidney beans	Cottage cheese with pineapple
4	Boiled eggs with steamed asparagus	Beef taco salad (gluten-free)	Grilled chicken with mixed veggies	Sliced apple with cheese
5	Egg muffins with mushrooms	Chicken and rice soup	Beef and sweet potato hash	Mixed nuts
6	Fried eggs with sautéed kale	Beef and vegetable stir-fry	Baked chicken with green beans	Carrot and cucumber sticks with dip

7	Scrambled eggs with chives	Chicken avocado salad	Beef meatballs with zucchini noodles	Banana with peanut butter
8	Egg and avocado gluten-free toast	Beef stew with root vegetables	Roasted chicken with Brussels sprouts	Yogurt parfait with berries

Conclusion

Michael should aim to gradually incorporate these dietary changes and maintain them beyond the 8-week plan to support his health goals. Additionally, consistent exercise, adequate sleep, and stress management techniques will complement the dietary adjustments and help in achieving his weight loss and IBS management objectives. Remember, it's important to consult with a healthcare provider before starting any new diet or exercise program, especially when managing a health condition like IBS.