

Sam

Health Details

CLIENT ID: 0025

Personal Details

- Last Name: Bennett
- First Name: Samantha
- Address: 250 Maple Drive
- City: Boulder
- Telephone Number: 13035551234
- Email: samantha.bennett.co@gmail.com
- DOB: 14 July 1988
- Current location: Colorado, USA
- Family Doctor Name: Dr. Henry Walsh
- Have you seen a Dietitian before: Yes, for sports nutrition

Medical History

- Height: 5'7"
- Weight: 135lbs
- Body fat percentage: 22%
- Health Conditions: IBS (triggered by certain foods, stress) - bloating, diarrhea, and occasional constipation
- Food Allergies/Intolerances: Gluten, lactose

- Taking any supplements or medication
 - Yes supplements:
 - Prenatal vitamins (as recommended by OB-GYN)
 - Probiotic specifically designed for pregnancy
 - Fish Oil Omega-3 for brain health of the babies
 - Calcium and Vitamin D for bone health
 - Iron supplement to prevent anemia
 - No medication
- Family Health History
 - Father's side has a history of high blood pressure

Lifestyle

- Occupation: Professional Triathlete
- At work, I am: Highly Active
- Schedule: Training twice a day, 6 days a week
- I live: With spouse
- Who does the grocery shopping: Spouse
- Who cooks: Both
- How often do you eat out: Rarely, once a month
- Are you dieting: No, following a nutrition plan for pregnancy and athletic performance
- Do you: Pay close attention to nutritional value of foods, avoid overeating

Of meals eaten during the day: 5-6 smaller meals

Of snacks eaten during the day: 3-4 healthy snacks

- Salt intake: Moderate, mindful of not overconsuming
- Fat intake: Moderate, focusing on healthy fats
- Do you drink caffeine: No, avoiding during pregnancy
- Do you smoke: No
- Do you drink alcohol: No, avoiding during pregnancy
- Do you exercise: Yes, adjusted for pregnancy
- What Types of exercise: Swimming, cycling on a stationary bike, prenatal yoga, light jogging

Mental health

- Stress Level: 4, managing well with support
- Source of stress: Balancing training with pregnancy
- Do you have problems with eating or your appetite when stressed: Occasionally, less appetite
- Hours of sleep per night: 8-9
- Any sleep interruptions: Yes, due to pregnancy
- Please Explain: Frequent need to use the bathroom, discomfort from twins

Self Assessment

- What is your health goal: To maintain a healthy pregnancy while keeping fit for my return to competition postpartum
- What is your biggest obstacle to reaching your goal?: Adjusting training intensity while pregnant
- On a scale of 1 to 10, how would you rate the importance of making changes to benefit your health and the health of my babies?: 10

- On a scale of 1 to 10, how would you rate your readiness to making changes to benefit your health and the health of my babies?: 10
 - 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 and the health of my babies?: 9
 - What is your favourite food: Grilled salmon with quinoa and steamed vegetables
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Lifestyle Plan

Client Name - Samantha Bennett - ID#0025

Client's Goal

- To maintain a healthy pregnancy while keeping fit for a return to competition postpartum.

Introduction to who we are working with

- We are crafting a dietary strategy for Samantha Bennett, an elite triathlete who is currently pregnant with twins and living with IBS. Samantha is highly active and requires a diet that supports both her athletic pursuits and her pregnancy while managing her IBS symptoms.

Current key metrics

- **Weight:** 135lbs
- **Height:** 5'7"
- **BMI:** 21.1 (Normal range)
- **Body Fat %:** 22%
- **Supplements & Medication:** Prenatal vitamins, probiotics, fish oil, calcium, vitamin D, iron supplement.

- **Current Diet:** Gluten-free and lactose-free, with a focus on small, frequent meals and healthy snacks.

Recommendations

To ensure Samantha's continued success in her athletic career while also supporting her pregnancy, the following lifestyle adjustments are recommended:

- Maintain regular, gentle exercise suited for pregnancy, such as swimming and prenatal yoga.
- Increase caloric intake to support the growth of twins and the energy demands of an elite athlete, focusing on nutrient-dense foods.
- Ensure adequate hydration, especially important during pregnancy and physical activity.
- Manage IBS symptoms by avoiding known triggers and eating soluble fiber-rich foods to help with bowel movement regularity.
- Continue the use of recommended supplements to cover any nutritional gaps, especially those important for pregnancy.
- Practice good sleep hygiene to improve sleep quality, such as establishing a bedtime routine and creating a comfortable sleep environment.

8 Week Meal Plan

Week #	Breakfast	Lunch	Dinner	Snack
1	Scrambled eggs with spinach	Grilled chicken salad with veggies	Beef stir-fry with brown rice	Greek yogurt with honey
2	Egg omelette with tomatoes	Beef and vegetable soup	Chicken and quinoa stuffed peppers	Sliced apple with cheese
3	Poached eggs on gluten-free toast	Chicken caesar wrap (no croutons)	Beef and broccoli with white rice	Cottage cheese with pineapple

4	Egg muffins with bell peppers	Beef taco salad	Grilled chicken with sweet potatoes	Banana with peanut butter
5	Hard-boiled eggs with avocado	Chicken and rice soup	Beef kebabs with mixed vegetables	Mixed berries with whipped cream
6	Egg and cheese breakfast burrito	Grilled beef and vegetable kabobs	Chicken alfredo with gluten-free pasta	Carrot sticks with hummus
7	Eggs benedict with hollandaise sauce	Chicken quinoa bowl with black beans	Beef chili with cornbread	Dark chocolate and almonds
8	Breakfast egg skillet with beef	Chicken Caesar salad with avocado	Stir-fried beef with asparagus	Fruit salad with a drizzle of honey

Please note that all dishes should be cooked with coconut oil instead of olive oil, and 100% real cow's milk is used where milk is required.

Conclusion

This meal plan incorporates a variety of protein sources, including eggs, beef, and chicken, to meet Samantha's nutritional needs. Carbohydrates are integrated for energy, with careful consideration given to Samantha's IBS. Healthy fats from sources like coconut oil and avocado will support Samantha's overall health, particularly during pregnancy. The selected snacks offer a combination of protein, healthy fats, and a touch of sweetness to satisfy cravings. Regular monitoring and adjustments to the meal plan may be necessary to align with Samantha's changing needs throughout her pregnancy and athletic training.