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Client Report

Reference: 12

Summary

Long term IBS symptoms and weight gain. Often feels bloated and uncomfortable. Has seen multiple doctors and tried multiple pharma products, but nothing has worked yet.

Goals

Reduce or manage your food intolerances. Cut out dairy and gluten for 3 months

Food Plan

I would like you to eat eggs for breakfast at least [three times per week]. Eggs are good sources of [B vitamins, selenium, iron, lecithin]. Eggs only have a tiny effect on our cholesterol – if at all – so you can easily eat up to [7] eggs a week without any problems.

Lifestyle Recommendations

Include specific resistance exercise for at least five 20-minute sessions per week. This can include free weights or weight machines at the gym, or exercise classes that use light weights.