

ISABEL HALL
WEIGHT MANAGEMENT COACH

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MIND YOUR BODY - MIND YOUR FOOD



Meal Plan Options

Diet Name	Category	Carbs %	Fat %	Protein %
Atkins - Phase 1 (Induction)	Low Carb	5	60	35
Atkins - Phase 2 (Ongoing weight loss)	Low Carb	10	55	35
Atkins - Phase 3 (Pre-maintenance)	Low Carb	15	50	35
Atkins - Phase 4 (Maintenance)	Low Carb	20	45	35
High Protein	High Protein	30	30	40
Ketogenic	Low Carb	5	70	25
Ketogenic – Higher Protein Variant	Low Carb	5	60	35
Lacto-Ovo Vegetarian	Meat Free	45	35	20
Low Fodmap – Elimination Phase	IBS treatment	25	50	25
Low Fodmap – Reintroduction Phase #1 (Lactose)	IBS treatment	30	45	25
Low Fodmap – Reintroduction Phase #2 (Fructose)	IBS treatment	30	45	25
Low Fodmap – Reintroduction Phase #3 (Fructans: Bread)	IBS treatment	30	45	25
Low Fodmap – Reintroduction Phase #4 (Fructans: Corn)	IBS treatment	30	45	25
Low Fodmap – Reintroduction Phase #5 (Fructans: Fruit)	IBS treatment	30	45	25
Low Fodmap – Reintroduction Phase #6-7 (Fructans: Garlic & Onion)	IBS treatment	30	45	25
Low Fodmap – Reintroduction Phase #8 (Galacto-oligosaccharides)	IBS treatment	30	45	25
Mediterranean	High Carb	55	30	15

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Diet Name	Category	Carbs %	Fat %	Protein %
Paleo	Low Carb	20	50	30
Paleo with Dairy	Low Carb	20	50	30
Paleo with Dairy & Legumes	Low Carb	20	50	30
Paleo with Legumes	Low Carb	20	50	30
Pescetarian	Meat Free	35	40	25
Primal Blueprint	Low Carb	15	60	25
South Beach Diet - Phase 1	Low Carb	20	40	40
South Beach Diet - Phase 2	Balanced	30	35	35
South Beach Diet - Phase 3	Balanced	40	30	30
Sports Diet	Low Fat	50	15	35
Vegan	Animal Product Free	50	35	15
Vegan – Higher Protein	Animal Product Free	40	35	25