



Diet & Lifestyle Consultation Form

Name	Cherry Mittal	Contact	9564430000
Email	mittal.cherry@hotmail.com	Age	
Height		Weight	

Blood Work

SL	Marker	Date	Date	Date
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				

Daily Routine

Section	Field	Details
Morning	Wakeup	
	Activities	
	Breakfast	
Afternoon	Activities	
	Lunch	
	Activities	
Evening	Snack	
Night	Dinner	
	Night Routine	
	Sleep	

Hormone Panel

LPD	Period Cycle	Bleeding Profile			Nutritionist Analysis
Condition	Location	Symptoms	Scans	Gut	

Current Medication

Do & Dont

Do	Dont

Diet Advice

Post Wakeup	Cumin seeds water 1 glass 5 soaked almonds + 2 walnut soaked
Breakfast	Option 1 - 1 small bowl Red Poha cooked with veggies & shredded coconut with green chutney 3 tbsp Option 2 3-4 pcs Moong dal dhokla 1 with green chutney 2 tbsp Option 3 1 slice Ragi/ sourdough bread paneer toastie (add White sesame + kaloji) + or Half avocado toast Option 4 - Quinoa oats veg Uttampam 1-2 small + coconut chutney 2 tbsp Option 5 - 1 medium Vegetable jowar cheela with veggies 1/4 cup with green chutney 2 tbsp
Mid Meal	1 cup of any fruit 100 gm (Papaya/ Pomegranate/Cherry/Watermelon, Muskmelon, etc) 1 glass coconut water with chia seeds 1 tsp 1 glass salty sattu with sabja seeds 1 tsp bael water 1 glass with chia seeds 1 tsp Aam pana 1 glass with sabja seeds 1 tsp
Lunch	Option 1- 1 small bowl Jeera rice with masoor dal 1 small bowl with seasonal veggies (Lauki, Tauri, Tinda, Kundru) with home made chaaz 1 glass with bhua jeera and hing pinch off and salt Option 2 - 1 smallest bowl Steamed rice with 1 small bowl sabut green moong dal with kachri chutney 2 tbsp Option 3 - 1 small bowl rice biryani with paneer 30 gm , 1/4 cup veggies with lauki raita 1 smallest bowl Option 4 - Amaranth/ khapli roti 2 palm sized+ lobiya/channa ghiya dal 1 small bowl+ 1 smallest bowl curd with pinch of hing, bhuna jeera and salt Option 5 - Vegetable jowar daliya with 1 small bowl yellow beans dal 1 smallest bowl with green chutney 2 tbsp kachri chutney - recipe - Blend 1 tbsp kachri powder, 2 garlic cloves, 1 green chili, 2 tbsp coriander leaves, ¼ tsp roasted cumin powder, 1 tsp lemon juice, salt, and a little water into a smooth chutney. Serve fresh with millet rotis, vegetables, or grilled dishes. Methi thecha chutney recipe - Grind 1 tbsp methi seeds, 2 roasted green chilies, 3 garlic cloves, 1 tbsp roasted peanuts, 2 tbsp coriander leaves, 1 tsp lemon juice, and salt into a coarse paste. Enjoy as a flavorful accompaniment to jowar roti, dal, or vegetable meals.
Evening	Ghee roasted makhana with salt & pepper 1 cup Roasted murmure bhel 1/2 cup (Add toasted coconuts) Salted toasted coconuts 1/4 cup

Dinner	<p>Option 1 - 4 pcs paneer tikka with 1 small bowl saute vegetables with mint chutney 3 tbsp</p> <p>Option 2- Mediterranean Paneer Bowl - Grilled paneer 100 gm with sautéed zucchini, bell peppers, beans and olives +1/4th cup herbed quinoa+ 1 tsp roasted sesame</p> <p>Option 3 - 1 small bowl</p> <p>Veg rice noodles with grilled veggies + paneer cubes 30 gm+ peanut lime dressing 2 tbsp</p> <p>Option 4- Veg moong dal cheela 1 or 2 small + veggies</p> <p>Option 5 - 3-4 pcs medium Hara bhara kabab with grilled veggies seasonal 1 small bowl</p>
Post Dinner	<p>Chamomile tea 1 cup OR</p> <p>Hibiscus tea</p>

Supplements

Name	Dosage	Timing
Address		
Other Remarks		
Client Remark	<p>28th Nov 25 client not able to follow because of occupied in something, so sent her plan gut cleanse again today 28th nov, she diasappered in between, 11 December 25 - as discussed current weight 74kg, gut health is fine, hair quality poor, water intake poor, Only three plans are left now</p>	
Nutritionist Remark	<p>26th June 2023, Review by Ruhi</p> <p>New plan to be started</p> <p>Need a weight maintenance plan</p> <p>Weight is approx 63-64 kg</p> <p>Periods are regular. 2-3 days of heavy bleeding</p> <p>The main concern of hair thinning</p> <p>Currently not taking any supplement</p> <p>Vegan protein to be started</p> <p>Collagen is also to be started</p> <p>27th July-23</p> <p>dont give her tofu (she has heavy bleeding issues)</p> <p>Also dont give her chickpeas (She is not able to tolerate , gets gassy)</p> <p>need to add iron rich food</p> <p>8/1/26 Cherry mittall new plan consultation with ruhi and harpreet</p> <p>Weight 75 kg (10 kg gained)</p> <p>Routine</p> <p>Working out 5 days (weight lifting), cardio no time</p> <p>Amla turmeric shots with nuts</p> <p>Taking protein iso pure 1 scoop with marine collagen 1 scoop</p> <p>Breakfast - besan cheela (but no portion controlled)</p> <p>Add mct, ghee, coconut oil - good fats to control hunger</p> <p>Fruits - orange, apples</p> <p>Lunch - as usua normal (But add more fiber, palm sized roti, 6 tbsp rice and half plate should be salad and veggies)</p> <p>Dinner - Low carbs diet (grilled paneer, kabab, cheela)</p> <p>periods - 7/1/26 - First day</p> <p>bleeding is fine controlled</p> <p>Supplements will add once blood reports will come</p> <p>No craving as such</p> <p>4th Feb consultation cherry</p> <p>Home made rolls had on 3rd feb then ordered paneer tikka sandwich, in the lunch menstrual cycle is started almost - craving is there during that time</p> <p>bhindi not like , soya dont add</p> <p>before sleep harad water</p> <p>26th feb thursday 26- the plan is basic please change</p> <p>Dont add mushroom , gauva, bhindi, brinjal and soya</p> <p>weight is 72.8 kg</p> <p>19th march</p> <p>Follow up call</p> <p>Current weight is 74.5 kg</p> <p>Stomach is now clearing</p> <p>Energy levels are better</p> <p>New plan sent after 5 days</p> <p>In notes add navratri food options</p>	

