



Diet & Lifestyle Consultation Form

Name	Manoti Sehgal	Contact	9999175669
Email	manoti.02@gmail.com	Age	34
Height	162cm	Weight	63kg

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	
Breakfast	
Mid Meal	
Lunch	
Evening	
Dinner	
Post Dinner	

Supplements

Name	Dosage	Timing
Address	D 1501 JMD Garden Gurgaon	
Other Remarks		
Client Remark		
Nutritionist Remark	<p>4th november 25 - Dr Manoti weight - 63 kg, Height 5'4 (non veg - eats 2 days in a week History - Autoimmune ITP, Autoimmune anemia, hashimoto thyroidism, (on steroids), eczema (on shoulder) Recently took ivf treatment (present concern is detox the gut health) and iron levels are low, gastric, bloating, hairfall Lab reports - Iron (ferrozine) - 38, transferrin saturation - 13.1, LDH - 315, erythrocytes magnetized technology - positive , FISH - 2.71, LH - 2.46, estradiol - 103.88, Anti- Mullerian hormone - 1.86, Testosterone - <10, TSH- 3.597 Water intake - less taking now a days due to changing of weather General routine these days 7.30 am - 8 am - almonds, walnut, black raisins and figs and bed tea Breakfast - 1 boil egg everyday, cheela, poha or plain prantha 12 pm - 1 apple everyday taking (since 3 months) + 1 pear (sometime) Lunch 2.00 pm - curry + sabzi + wheat 1 roti with ghee + dahi or chaaz (no salads raw) Mid-evening - 1 tea without sugar + 1 biscuit or cold coffee with very less sugar 7 pm - maushmi regular basis 9.30 pm - rice + curry + sabzi or cutlet slepp - 3 am /4 am - 2 months - wellbeing mg - 1 tab, iron levels- fermented food,</p>	

