



Diet & Lifestyle Consultation Form

Name	Vandana Aggarwal	Contact	9163235870
Email	vani0800@gmail.com	Age	45
Height	5 feet 4 inc	Weight	67.5

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	DL 184 salt lake kol-91	
Other Remarks		
Client Remark		
Nutritionist Remark	<p>20 august 2025 review nutrition consultation current issues - gastric if time gap is there in the meal, severe pain, cervical pain stiffness in neck, inflammation in body, sometime puffiness + heaviness hysterectomy done , hot flashes and feet pain and hairfall + lethargic tiredness in the body low energy routine - wakeup by 5 am 5.30 am - walk 7.30 am - yoga session for one hour breakfast - fruit + sattv 1 glass 12.30 pm - fruit 1 pm - jowar mix roti dal not daily with any sabzi 4pm - makhana or coffee black 7.30 pm - no roti at night icecream (sometime) mon- fri at home food weekend - sat n sun cheat meal gut health is fine in 20 days if stomach not clean she take medicine (because of thursday fasting) sleep is fine Due to travelling gained weight</p>	

