



Diet & Lifestyle Consultation Form

Name	Sukkriti Nath	Contact	9717718123
Email	sukkritinath@gmail.com	Age	21
Height	5	Weight	77.1

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	Villa 65, The Palm Springs, Golf Course road, Sector 54, Gurgaon, Haryana, 122002	
Other Remarks		
Client Remark	NA	

Nutritionist Remark

Name- Sukriti Nath
Age-21
Female
Height- 5.3
Weight- 77 kg
Weight gain , need to move to clean eating patterns
Periods cycle 28-30 days regular no pms
Digestion is clear and good
Healthy Skin
Low Vitamin D
Sufficient B12

Do's Don't

Drink 3 litres of water Avoid pre cooked ready to eat meals
Try to sleep between 10-11 pm Avoid premix coffee & sauces used
Keep healthy snacks handy Avoid sugary breakfast or high carb loaded.
Plan your meals for the week Avoid processed food, canned food, chips, biscuits or heavy salted food and cold drinks
Prepare and keep semi cooked refrigerated over the weekend Avoid Potatoes, creams, dairy and fat rich dressings
Workout -10 k-15 k steps regularly Avoid refined flour and refined oil

Food List:

Nuts- Almonds, raisins, dates, figs, walnuts, Macadamia nuts, Brazil nuts, Pistachios
Seeds- Flax seed, Sunflower seeds, pumpkin seeds, chia seeds
Cold pressed oil/ Extra virgin olive oil/ ghee
Eggs
Sourdough or Rye bread/Multigrain bread

Breakfast options:

Eggs/ sourdough/avocado/ green moong or black channa23 sprouts/Greek yogurt or any vegan yogurt with nuts & seeds and zero sugar granola. No added dried fruits or frozen fruits. You can add fresh berries if you want.

You can have Bishop weed tea or cumin water if you feel bloated or you can have regularly in the morning empty stomach.

Coffee 2 cups morning and evening. If required use coconut sugar

Snacks in between meals:

Banana, Apple
Walnuts, Almond, Figs, dates,
Cube of Cheese
Oat Cracker, Seed cracker
Peanut butter, almond butter (Unsweetend), Crispy rice cracker, honey, makhana, popcorn

Lunch

Dressings: Balsamic vinegratte, olive oil lemon, honey
Sour dough sanwhich with grilled chicken, Chipotele rice, Chicken Shawarma roll, hummus

Home cook- Sandwiches, Salads, Edamame with egg. If you want to carry Lunch box, I would suggest cook an extra batch of dinner and carry it with you.

Dinner

Avoid raw food at night,
Rice veggie with grilled chicken
Rice with egg,
One pot pasta (whole wheat, millet, multigrain pasta)
Pesto sauce Pasta
Channa rice
Sandwiches,
Mexican tortilla roll multigrain, gluten free

Drinks

kombucha
Chamomile tea
Green Tea
Brahmi Tea
Tonic Water non sugar

Supplements

Probiotic for 15 days
Vitamin D 60000 IU for once a week for 2 months and then once in a month
Neurobion Forte for Vitamin B12, 1 tablet for a month
Multivitamins can be taken from time to time if you feel fatigued or stressed out.

