



## Diet & Lifestyle Consultation Form

Name	Kalpana	Contact	Gupta
Email	kalpana2109@gmail.com	Age	50
Height	5'3"	Weight	70

### 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
<b>Condition</b>	<b>Location</b>	<b>Symptoms</b>	<b>Scans</b>	<b>Gut</b>	

**Current Medication**


**Do & Dont**

Do	Dont

**Diet Advice**

Post Wakeup	
Breakfast	
Mid Meal	
Lunch	
Evening	
Dinner	
Post Dinner	

**Supplements**

Name	Dosage	Timing
Address		
Other Remarks		

Client Remark	<p>Kalpana Gupta  First consultation was done by Ruhi on 5th August, 2023. Main concern is weight gain after menopause. Complete menopause for past 2 years and have gained 5-6 kgs post that. Muscle pain, Quard pain and stiffness mainly. There is pain in the knee and slight deterioration and loss of lubrication is observed.  Hot flashes  Gall bladder surgery was done 10 years back.  Getting Sugar cravings</p> <p>14th Aug 2023  Diet is vegetarian</p> <p>Current Diet :  Breakfast - poha/ choker parantha/Cheela  Mid meal - 2 raw amla Juice  Lunch-Dal sabzi rice/ roti  Evening -Tea + peanuts/makhana  Dinner- Sandwhich/roti/sabzi/daliya</p> <p>Supplements Asked to be started</p> <p>Berberine HCL- 1 cap before breakfast  Iron- After breakfast  Protein -1 scoop after breakfast  Collagen - 1 sachet in the evening  Calcimax-1 after dinner  Zinc &amp; Magensium- before going to bed  Omega 3 500- before going to bed  Omega 3 500 mg  Calcimax 500  Plant based iron</p> <p>IF is recommended  14th August 2023  Chasteberry to start  all supplements started  no oats to be given  hot flashes and mood swing are still there.  3 days yoga, walk at home, 2 days zumba evening</p>
Nutritionist Remark	