



## Diet & Lifestyle Consultation Form

Name	Kavita Johar	Contact	9871526655
Email	kavita@johar.com	Age	44
Height	5feet 5inches	Weight	83

### 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	Dubai, UAE	
Other Remarks		
Client Remark		

Nutritionist Remark	<p>Review with Ruhi: 18th Oct 23  Concerns : Weight gain, Hernia, Food intolerant, gut issues, varicose vein, migraine and High BP ( Currently on BP medication). Blood clot has been found in right leg. Brittle bone history in family.  Osteocare and BP medication ongoing  Food intolerance sheet to be referred for diet  Fasting for 14-16 hours recommended  Insulin and sugar levels are border line high.  fasting sugar -113  Hba1c-5.9  Amh level- 0.24  Avoid:  1. sauf  2. Methi dana  3.Soy  4. dairy  5. Gluten and other intolerant food</p> <p>Meal routine to be followed</p> <p>Breakfast  Light lunch  Snacks  Dinner by 6 pm</p> <p>Supplements  1. Probiotic + prebiotic empty stomach  2. Uprise D3- currently ongoing  3. Bcomplex -1 before breakfast  4 Omega 3 500- at night  5. Zinc and magnesium - at night  6. Maha narayani oil for massage</p> <p>Food List</p> <ol style="list-style-type: none"> <li>1. Chasteberry tea</li> <li>2. Soba noodles</li> <li>3. foxtail millet</li> <li>4. jowar flour</li> <li>5. rolled oats</li> <li>6. Quino</li> <li>7. white rice</li> <li>8. Macadamia nuts</li> <li>9. Raisins</li> <li>10. walnuts</li> <li>11. Dates</li> <li>12 Pumpkin, sunflower, white sesame seeds and chia seeds</li> <li>13. Millet Gluten free pasta</li> <li>14. Rice noodles</li> <li>15. makhana</li> <li>16. Jowar flakes</li> <li>17. Ragi flakes</li> <li>19. Ragi flour</li> </ol> <p>26th October , 23- Review with Ruhi</p> <p>Weight before-82.5  Weight after cleanse-81.5  Feeling lighter and better, no heaviness or knots in stomach, slept better, no headache  Fruits currently consuming apple</p> <p>30th oct- weight in 81.2</p> <p>1st Nov, Call review with Ruhi  Beetroot - avoid  Oats - Should be gluten free  Cleanse -9th Nov, 2023  Energy level is fine  Face is looking clear, swelling  Bowel- clear,  2 days stomach clear  Pain or headache- no  Mucus no congestion  Working out</p> <p>14th Feb 24, Review with Ruhi</p> <p>Vitamin B complex everyday after breakfast  Vitamin D uprise D3  After breakfast - calcium , magnesium and zinc  Blood pressure during day- 6-6:30 pm  At night - Omega 3  Probiotic &amp; Prebiotic  Vitamin B6  Chasteberry-  Zinc &amp; Magnesium  Dal is okay</p> <p>22nd Feb, Review with Ruhi, Weight- 79.4  spine fracture, age 19,</p>
---------------------	--

