



Diet & Lifestyle Consultation Form

Name	Ankita Mittal	Contact	9810282540
Email	ankita0908@gmail.com	Age	40
Height	5'3	Weight	69

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		
Other Remarks		
Client Remark		

Nutritionist Remark	<p>21 days Gut reset, 10th Jan, First consultation with Ruhi on 10th Jan, 2024</p> <p>Cleanse required.</p> <p>Weight -69 kg .</p> <p>Morning- 7 am coffee -4 almonds +4 raisins Workout - strength training mixed with cardio (thrice a week), elliptical (cross trainer - thrice week)</p> <p>Breakfast- eggwhites/ 1 toast/ no eggs on tuesday poha and sandwich</p> <p>12 pm- Green tea/ coffee + fruit (apple, papaya , guava , oranges)</p> <p>1-2 pm- Bajra roti 1-2 + sabzi +dahi</p> <p>Sitting Job- moving around every 45 mis</p> <p>4:30 pm- coffee + only if hungry takes snacks (popcorn)</p> <p>7 pm - dinner- soup+ veggies (sometime), choley/rajma.rice 1 time in a night</p> <p>Weekend mostly eating out (butter chicken, naan, italian, alcohol - once in 2 week</p> <p>Sweets- Eating past 2-3 months, 11 pm at night. if stays awake at night tends to eat junk</p> <p>Period cycle- 28th days, LMP-13th dec</p> <p>Flow- Normal, no pms, 5 days</p> <p>Stomach - it clears (have been taking Good bug from August 2023)</p> <p>Need to drink water 3 litres , else gets constipated.</p> <p>Congestion is there, coming out of viral</p> <p>thyroid- eltropcin - 25 mg</p> <p>Blood test- 3 months back,</p> <p>Vitamin D- low</p> <p>Iron absorbtion issue - heavy iron food.</p> <p>Hair fall happens when thyroid imbalance</p> <p>Skin is fine, dry.</p> <p>Food options- Indian mostly at home</p> <p>15th Feb, consultation with Ruhi, Weight -68, IF-16:8 ratio, Period date- 13th Feb</p> <p>Break fast with lunch,</p> <p>Workout- 5 times, 3 days strength functional training, cardio (on a average- 600-700)</p> <p>Food</p> <p>almonds, walnuts, salad then lunch, Office days lunch preference- non roti/raita, epigamia artisanal yogurt</p> <p>Eggs, dinner, non veg, (tilapia fish, surmai, chicken, kebab, tikkis,), jowar roti wraps</p> <p>Lunch- dal/rajma/cholein</p> <p>Evenings- makhana, cookies, nuts and seesd laddoo, 4 clock -fruit</p> <p>Water- 3 litres</p> <p>Stomach is clear</p> <p>Supplement-</p> <p>Prebiotics/Probiotic- 1 month than stop</p> <p>Omega 3 500- 1 at night</p> <p>Zinc and mag- 1 before sleeping</p>
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