



## Diet & Lifestyle Consultation Form

|        |                             |         |            |
|--------|-----------------------------|---------|------------|
| Name   | Kartikeya                   | Contact | 9820076780 |
| Email  | kartikeya.singh@outlook.com | Age     | 42         |
| Height | 183 cm                      | Weight  | 86 kg      |

### 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       | G-1602, La Lagune, Golf Course Road, Sector 54, Gurgaon - 122009   |        |
| Other Remarks |  |        |
| Client Remark | <p>The above diet recall is not indicative of regular meals as I was travelling and attending a wedding during those days. My typical diet is as follows:</p> <p>Breakfast (9-9:30 am)- Dalia (with Alomnd milk and Date paste)/ Poha along with protein shake (on the days that I exercise)</p> <p>Lunch (1 pm) - Dal, sabzi and roti(3)/ dry sabzi and plain paranthe(3)</p> <p>Evening Snacks: 4:30 pm - fruits (apple plus other seasonal fruits like guava/ orange/ grapes) and 6 pm - one small bowl of namkeen</p> <p>Dinner (8 pm) - Shakkarkandi chat/ soup or soup and sandwich/ chana salad</p> |        |

|                     |  |
|---------------------|--|
| Nutritionist Remark | <p>First Review with Ruhi, 21st March 24</p> <p>Age -42, Weight -86 kg, Height- 6 feet<br/>Hba1c- 7.6 ( Diabetic and on medication)<br/>PDW- 17<br/>Fasting Glucose- 160<br/>Triglycerides High- 319, &lt; 150 is normal<br/>Cholesterol VLDL- 64 &lt;30<br/>SGOT-37 (5-34)<br/>SGPT- 56 &lt;45<br/>GGT-98 &lt;55<br/>Low Amylase - 24 (28-100)<br/>Chloride- 235 (110-250)<br/>Vitamin D-11.2 (Low)<br/>Vitamin b12 - 185 (211-911)<br/>High Homocysteine- 23 (3.7-13.9)<br/>Currently on Metmorfin<br/>No BP problem<br/>Vegan<br/>Wakes up- 6:30- 7 am work out which is a combination of yoga, weight training and functional training<br/>Breakfast- mostly dalia<br/>Lunch , 12:30-1 pm- Chapati + sabzi , Paratha<br/>4:30 pm- fruits<br/>6:30 pm- Namkeen<br/>Dinner - 8 pm , sweet potato chaat, soup<br/>Bowel clears in the morning, but feels the urge to go again<br/>Client feels he might have IBS<br/>Alcohol avoiding, use to smoke earlier but have stopped<br/>Slight stiffness in fingers around morning.<br/>Almond milk tea and 1 black coffee</p> |
|---------------------|--|