



## Diet & Lifestyle Consultation Form

Name	Vishnu	Contact	+15712940843
Email	vishnu.karanam@gmail.com	Age	42
Height	5.9	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	5 w lake ct, somerset , nj 08873	
Other Remarks		
Client Remark		

Nutritionist Remark	<p>Consultation with Ruhi, 23rd April, 2024</p> <p>Vitamin D &amp; B12 Vit D 1000 mcg once in 2 days B12 5000 mcg one in 3 days</p> <p>Routine Morning- Lemon honey/ tea with milk sugar , Soaked almonds, Breakfast- Sprouted and boiled Chickpeas, black channa, green peas /idi dosa 11 am - Tea( Chai) Lunch - dal / sabzi with rice Afternoon- Sherbet /fruits Dinner- Salads / Takes dairy, curd twice a week/ Office job /sitting through Workout- Strength training with personal trainer/ 1 day swimming/ yoga stretching 15 mins everyday Will start walking 3 days . Evening workouts . Weekend outing , Trying to eat early dinner around 4-5 pm Sleeps at 9:30 pm Fast on monday has dinner in the evening - khicdri/pongal Gut health Bowel clears in the morning. Headache on days of fasting Bloating - especially in the evening No body pain as such No congestion Skin Dryness Fatigue - not as such Fogginess- fasting helps with fogginess Stress level is there Cravings- Night time/ idli dosa/salad Sugar craving after food - jaggery pogal, payasam sometimes /laddoo Water -3 litres</p>
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