



Diet & Lifestyle Consultation Form

Name	Benu Jain	Contact	9873400622
Email	jain.benu@gmail.com	Age	62
Height	5" 1	Weight	63

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>Second review 30/7/24</p> <p>Visualized spine shows degenerative changes Cholesterol -164 (has come down from 223) Triglycerides- 175 (high) ,<150 Thronorm- 75 mg High blood pressure - Thelma 20 Supplement- probiotic/ vitamin D- Once a week, Omega 3 500, Selenium, thyrofree Rosuvas- 5 mg Vitamin D-32 (earlier was 30) B12-542 Abana and maghista Thyroid- Seleium and thyrofree Daru haridra - Coconut milk/Almond milk Friday fast mkhana rabri Exercise dal Cheeal/hummus/Coconut chutney protein before workout cold coffee (coconut milk) during breakfast gond tatira paneer dodha water, breakfast, nut and seeds salad, fruit, chahch(mid meal, lunch) protein powder (Vitamin E) Workout Dinner - rice + veggies+ dal /roti/ dosa with coconut stew (recipe) soba noodle khowsuey/ thai curry</p>
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