



Diet & Lifestyle Consultation Form

Name	PANKAJ AGARWAL	Contact	9800099191
Email	NIDHITEA1@GMAIL.COM	Age	36
Height	5	Weight	71.5

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	E-502, UTTORAYON TOWNSHIP, MATIGARA, SILIGURI	
Other Remarks		
Client Remark		

Nutritionist Remark	<p>Consult with Ruhi, date-28th Aug, 2024</p> <p>Alcohol - 2.5 pegs (2 times in a week)</p> <p>Morning, wake up - 8-8:30 am, 2-3 glasses warm water, bowels get cleared(can be better) in the morning</p> <p>Almonds-7-8, walnut-2 , fig-1, date-2 in water</p> <p>breakfast- boiled channa, roti sabzi, buttermilk, poha</p> <p>after 1 hour -black coffee</p> <p>fruits- mid meal</p> <p>workout- 1 pm (3 times)</p> <p>2-2:30 pm - lunch-salad rice, dal, chickpeas, veggies</p> <p>afternoon- 5-6 pm- banana/ muri/</p> <p>eggs and dairy gives gas</p> <p>Dinner- 8-8:30 pm</p> <p>10 mins- cardio 8.5 km/per hour, 5000 steps</p> <p>Water intake - 3 litres, 4 litres</p> <p>350-400 calories on workouts</p> <p>Becomes gassy in post evening</p> <p>gassy,</p> <p>Supplement- 1 multivitamin, omega 3, protein powder- presently not taking</p> <p>Antacids- no</p> <p>weight loss-</p> <p>reduce inflammation</p> <p>10th sept, weekly review</p> <p>Things are moving fine</p>
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