



## Diet & Lifestyle Consultation Form

Name	Poonam Sachdeva	Contact	
Email		Age	
Height		Weight	

### 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**

<b>Do</b>	<b>Dont</b>

**Diet Advice**

Post Wakeup	
Breakfast	
Mid Meal	
Lunch	
Evening	
Dinner	
Post Dinner	

**Supplements**

<b>Name</b>	<b>Dosage</b>	<b>Timing</b>
Address		
Other Remarks		
Client Remark		

<p>Nutritionist Remark</p>	<p>Consultation with Ruhi 7/11/24</p> <p>TSH - 9, 75 mg thyronorm  Nexaborn calcium -1 tab (Minerals)  Hba1c-6 ( 14th sept, 2024)  B12- very high ,1088  Cholesterol- roscurvas one tab at night  fall in the washroom, hands are painig  Dengue on 12th Oct, 2024, After dengue 7-8 times motion  probiotic started , darolac ibs  Isabgol, afternoon and at night</p> <p>Routine</p> <p>2-3 paranthas  rice with sabzi  2 rotis dal, sabzi  Veg  Coconut water  tea biscuits/popcorn  Bhog fruit and lassi  Almond soaks  6 am wake up, lying down, pooja, work, walk in the morning  Sleep - 6-7 hours  Water- 4-5 glasses</p> <p>Poonam sachdeva Consutation - 3rd Feb  Age - 67, Wt - 53.7 kg , Ht - 5'2  Issues - choesterol, Hip fracture, pera thyroid surgery , history - oosterporosis  Taking Less oil in cooking  Medicins taking - cholesterol, eco spray, calcium twice a day ,and skin dry n thyroid ( because of that calcium deplete)  Gut health - not so good acidity ratko  prefer indian meals  Sleep is fine  suggestion - do something with senior citizen group something</p> <p>18th feb consultation  Add rice in the lunch  sesame seeds, chenna paneer two times  dry fruits two times  avocadoo, protein rich  prantha or oats , gluten free atta  breakfast kabab add  multigrain sourdough  Feta cheese  simpille recipes  16th march - BF - add quiniooa, oats, add fasting food, dinner add continental, add smoothie,  lunch add rice  16th april, tg, potassium better, vitamun d is low Tg 132 now and previously - 233, add gond  a tira, thyroid is better reports are betetr , calcium and protein , HDL improves and start  strength training</p>
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