



Diet & Lifestyle Consultation Form

Name	Bansari Vyas	Contact	+919810209607
Email	bansari.vyas@gmail.com	Age	42
Height	5.5	Weight	71

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		

<p>Nutritionist Remark</p>	<p>Consultation with Ruhi review 23/11/24</p> <p>Weight - 74</p> <p>2nd dec- Friday 6th dec- Sanghai craving sweet Gut health- travel bowl problems, constipated sometimes, bloating when late dinners Amylcure herbal sometime, soaked prunes Singapore 6;30 am wake up 30-40 mins workout, strength training 9:30-10 am - black coffee Lunch - Salad bar, couscous barley , tofu/ tofu/ fruit Evening- , black coffee - nut packets tong garden Walk to home Dinner-7:30 pm-8 pm, khicdri/pad thai noodles, fried rice tofu, paneer roti, besan bajra rotis, hummus falafel roll, dal chawal /pasta Sleep 11 am Calls thursday sleep 1 am</p> <p>Cycle _ 25 days, sometimes heavy , breast tenderness but not too much, fatigue Missed 1 cycle 3-4 months back because of stress, 3rd Nov Cervical and knee pain, workout helps Supplements melatonin- 5mg Vitamin B complex Calcium and Vitamin D Aswagandha Protein Selium Loves dosa, idlis, cheela, millet based stomach bulging</p> <p>current plan- 1st may</p> <p>no breakfast,protein, nut & walnuts, rice , avocado, bowl quinoa salad breakfast=st, lunch , dinner, dinner- dosa/ dal chawal/ khicadri/jowar roti weekend - sunday meal- paneer tikka, mushroom, curd chia cucumber , mexican peanut ghiya khicadri update supplement, check last report</p>
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