



Diet & Lifestyle Consultation Form

Name	Dr Sheeba Goel	Contact	9758379856
Email	sheebagoels@gmail.com	Age	33
Height	5'7	Weight	81.4kgs

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	Surajkund	
Other Remarks		
Client Remark		

Nutritionist Remark	<p>diet for weight loss Cycle- 28-29 days PCOD-10-12 year Pigmentation around face and mouth, it happens right before periods pregnancy delivery 2019 normal flow.. Earlier periods was scanty and dark colour, irregular periods Has been overweight, gain weight fastHas not seen water retention Gut health- Clear stomach well everyday in the morning Workout- No workout, walks no regular Supplements- No supplements Water- 2 litres No migraine, no headache, no acidity, varicose vein during pregnancy, pain No cold and cough , no congestion, no nose block Skin is dry, no acne and no pimples Diet and routine 5-5:30 am Water - jeera paani and all Walk in the house Kitchen cooking-1 hour 7:30 am leaves , drops 8-8:30 am - idli sambhar,poha, parantha, namkeen seviya, eggs (tuesday thursday), sandwiches/10 days cold coffee) 11 am- fruits, dry fruits, 11 am -12 - yoga 12:30- salad Lunch - bajra/jowar roti-1 and vegetable/curd (miss my lunch) 3 pm- pick and travel, makhana Green tea(cold coffee) Dinner - 6 pm:6:30 pm- rice/dal/chicken /paneer veg stuff roti wheat, sandwich Sleep - 8 pm sleeps</p>
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