



Diet & Lifestyle Consultation Form

Name	Dipesh Rathi	Contact	9635542287
Email		Age	35
Height	5'5	Weight	70

Blood Work

SL	Marker	Date 2026-01-21	Date	Date
1	Glucose fasting	94		
2	Cholesterol	192		
3	LDL	141		
4	Vitamin D	37		
5	Vitamin B12	700		
6	Hba1c	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	Siddharth, Rathi House, Basant Vihar Complex, Near Don Bosco School, Sevoke Road, Siliguri- 734001	
Other Remarks		
Client Remark	Looking for a healthy gut, relief from acidity, healthy and balanced life. To incorporate healthy food in my diet without making the food tasteless. A diet that can be followed easily. I want to feel energetic throughout the day. Want to feel happy and content after every meal.	
Nutritionist Remark	Feeling much better and have left medicines. All scans were normal . Condition of low acid in the body.	