



Diet & Lifestyle Consultation Form

Name	test user	Contact	9898989898
Email	ovnaidu39@gmail.com	Age	
Height	5.11	Weight	

Blood Work

SL	Marker	Date 2025-04-18	Date	Date
1	HB	14		
2	Lymphocytes	3.8		
3	Triglycerides	161		
4	AST:ALT Ratio	2.90(slightly high)		
5	Vitamin D	66		
6	Vitamin B12	181		
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
Drink 3 litres of water	Avoid fried food, sugar, junk, processed food
Sleep hygiene-Bedtime by 11 pm max	Avoid Raw food & cold food
Use cold pressed oil for cooking	Avoid Yogurt at night
Get 5-10 mins of direct sunlight in the morning	Avoid refined oils
Do regular stretches in the morning	Avoid excess dairy products & high sodium rich food

Diet Advice

Post Wakeup	Overnight soaked cinnamon stick warm water+1 tsp coconut oil OR, Turmeric warm water with ginger & pinch of pepper+1 tsp co Soaked almond 6+Soaked Walnuts 4+3-4 soaked raisins
Breakfast	1.1 besan cheela+ 150 gm sautee tofu 2. Sourdough toast 2 thin slice+ tofu sautee 100 gm 3. Overnight soaked oats+(1 tsp each chia+pumpkin+flaxseed)+1/2 banana chopped
Mid Meal	Black coffee/black ginger tea After half an hour any seasonal fruit
Lunch	Dal 1 small bowl+ Steam rice ½ cup+ ½ cup veggies+ salads without cream dressings Tawa roti 2 palm size+1 small bowl dal/cholein/rajma/black channa/lobiya+ ½ cup veggies+1/2 cup salad
Evening	1 cup black coffee/Tea + 2 dates/1 small piece dark chocolate/figs/10-12 pistachios/5-6 cashews+ 1tsp mixed seeds
Dinner	Sourdough +1/2 avocado+50 gm sautee paneer sandwich Quinoa moong dal veg khicdri 1 cup+ Non gmo soya veg bhurjee ½ cup Veg Oats Upma ½ cup+ tofu grilled in tandoori spices 150 gm+1 tsp sesame seeds Veg Soya Pulao 1 cup+ any seasonal veggies 1 bowl
Post Dinner	Chamomile Tea 1 cup/1 cup Warm Ajwain Water

Supplements

Name	Dosage	Timing
Probiotic	1 capsule	empty stomach
Vitamin B12 & Bcomplex	1 tab each	After breakfst
Organic Amla Capsule	1 tab	After breakfast
Chelated Zinc	1 tablet	After lunch
Vitamin D	60000 IU	once a week
Omega 3 500	1 capsule	after dinner

Magnesium Glycinate	1 tablet	before sleep
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Address	test address
Other Remarks	
Client Remark	
Nutritionist Remark	