



Diet & Lifestyle Consultation Form

Name	Ria Rathi	Contact	9000569070
Email	rriarathi@gmail.com	Age	40
Height	5'1	Weight	65

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	siliguri, west bengal	
Other Remarks		
Client Remark	we can discuss this in length , i havent mentioned everything here.	

Nutritionist Remark	<p>Consultation review Ruhi 6/02/24</p> <p>28 cycles period at time, dark blood it comes only for 2 days, for past 2 years No history of pcod/pcos bloating and puffiness in the morning Metabolism is slow Thyroid panel is fine Collagen was given Workout- walking and yoga, Protein intake Gain weight on bust and back , breast pain during periods, Routine 7 am wak up 7:30 kid goes to school then sleeps and wak up at 8:40 am Yoga Nuts , almonds, anjeer, walnuts Poha/idli, uttapam, plain dosa-10:30 breakfast Black coffee 12:30- fruit 2:30- 2 roti+ sabzi/brown rice dal sabzi/dahi sabzi 4-6 pm- fruit/makhana/ channa/murmure Green tea/black coffee Craving for sugar 7:30 pm-8 pm- roti sabzi/dal chawal Gut -Stomach gets clear, slight acidity, pain around back Wtaer-2-2.15 litres Skin- sinus problem, taking homeopathic hair- no problem with hair Skin dermatitis on finger Allergies - no no frequent cold and cough or congestion No alcohol no eating outside no frequent travel</p>
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