



## Diet & Lifestyle Consultation Form

Name	Priya Khanna	Contact	+6597580211
Email	priyakhanna9@gmail.com	Age	46
Height	4'11'm	Weight	76

### 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
<b>Condition</b>	<b>Location</b>	<b>Symptoms</b>	<b>Scans</b>	<b>Gut</b>	

**Current Medication**


**Do & Dont**

Do	Dont

**Diet Advice**

Post Wakeup	
Breakfast	
Mid Meal	
Lunch	
Evening	
Dinner	
Post Dinner	

**Supplements**

Name	Dosage	Timing
Address	09-09, 5 hullet road, urban suites, singapore 229161	
Other Remarks		
Client Remark		

Nutritionist Remark	<p>Priya- weight loss, Thyroid-15 years-50 mg Alcohol- weekend-gin tonic, gin soda 3 small drinks Job-long hours Non veg Weigh1-76, 4.11 incd, 47</p> <p>Asian travel</p> <p>6 am- daughter leaves for school 7;30-8 am nimbu paani/dhaniya soaked nuts thyronorm 1-2 times a week 9;30- am breakfast- poha, khicadri, boiled egg, toast, thepla 12;30-1;30 lunch -rice/dal/sabzi/chicken rice 4;30- 5 pm- 1 cup tea and little milk/biscuit marie/dry toast, boiled corn, sandwhich 7 pm dinner- dosa/grilled chicken/soup/dry pasta/rice lauki 9-9;30 pm- calls sleep- 1-1:30 am 3-4 times a week weekends-</p> <p>bangkok</p> <p>skip breakfast 12 pm - chicken/pork veggies salad 3 pm - Green tea/coconut water/ fruits 6-6;30 pm - grilled chicken/fish salad sweet craving- chocolate wafers/chocolate chips</p> <p>Singapore</p> <p>friday/saturday/sunday poha chai/mushroom egg omelette lunch - dal rice sabzi/chicken dinner workout - walk treadmill-45 mins Supplements-</p>
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