



Diet & Lifestyle Consultation Form

Name	MANVI SARKAR	Contact	+6591172324
Email	manvisarkar@gmail.com	Age	48
Height	5 feet 4.5 inches	Weight	82

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		
Other Remarks		
Client Remark	I am unable to upload my medical records so can send them across to you	

<p>Nutritionist Remark</p>	<p>Consultation with Ruhi (15-02-2025)</p> <p>Wake up -6 am walk-7, workout- 7:30-8:30 (4 days total) Breakfast- 9, rye bread, feta cheese, yogurt, two eggs, chia yogurt, toast paneer, or feta, egg, nuts /black coffee/green moong dal cheela 10 am - office Lunch- 1;30-2 pm (chicken breast with carrots, pepper/ yogurt, mustard,/dal sabzi, cauliflower rice, boiled lobia salad/rice- two times week/rajma/parantha weekend 5-6:30 pm- home -5-6 pm snack -fruit, makhana,khakra, peanuts, chai/green tea/english breakfast Calls at night eat dinner-7:30-8:30 pm- dal sabzi/ chicken stir fry,porks tir fry, falafel, seekh kebab rolls/ chicken/pohe/sabudanan/fish/thai Sleep-10:30-11 pm</p> <p>Periods- 10th feb (21st dec), usually 25-28 days cycle Headache/a day beofre periods/breast tenderness/ very fatigue fatigue is there/ 2nd day heavy hot flashes are happening periodically/waking up at night with sweats before periods, 4-5 days before Gut health-Cannot tolerate spice, heavy and spicy food gives acidity (digene popping sometime), sambar, garam masala, acidity bloating, clears stomach by the clock in the morning</p> <p>No medication, skin is fine, no probs with hairfall No congestion</p> <p>Supplements - No supplements Will start the diet post 24th Feb</p> <p>8th April Periods on 10th feb than on 24th march 1.8-2 kg weight drop</p> <p>15th April, 2025, call review with Ruhi 79.2 kg- drop 2.7 kg Supplements started</p> <p>28th April</p> <p>78.5 kg periods- periods has not come</p>
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