



Diet & Lifestyle Consultation Form

Name	Neha Singla	Contact	96683146
Email	singla.neha@gmail.com	Age	41
Height		Weight	62

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	14 Keppel bay drive, Caribbean at Keppel bay	
Other Remarks		
Client Remark	8 April Weight - 63kg Water intake - 1.5L 1h Strength training - 8-9am Early morning - 4 almonds, 3 walnuts , black coffee- 7am 930am - Whey protein w/water 10am - 1 boiled eggwhite+1 boiled egg Lunch 1130am - streak salad 1230pm - oatmilk cappucino 4pm - 1 avacado toast 5pm - herbal tea 7pm - mix salad+ 3 chickpeas/sweet potato tikki Feeling tired - had a big event so the diet timings were off Sleep - 930pm	

Nutritionist Remark	<p>Consultation with Ruhi, 5th April, 2025</p> <p>acidity, loose motion, frequent bloating, height-5.2 body fat- 36.6%, Travel -2-3 times in quaterer, 2 weeks to usa, and 1 week other, place next travel- 2 weeks, 14th april-26th april, usa morning - 6 am -wake up 8 am workout black coffee, mixed nuts mostly almonds, swimming, gym, tennis shake- whey protein, banana, berries, date (after workout)-9-9:30 am breakfast- savoury , overnight oats, eggs, -11 am coffee oatmilk 1 pm -chicken breast salad, greens, tofu 3-5 pm - fruits, buttermilk, coconut water 6:30 pm - at home, steam fish, chicken, besan cheela, steamed dumplings, paneer roti, uttapam dosha 11 pm -off to bed periods- cycle- IUD, 26-28 days, 4-5th day periods stops., LMP- 18th march stomach gets cleted in the morning 3 times mostly, spicy food does not suit, semi solid, spicy food gives loose motions Acidity - spicy food, not much during regular days, not much during travels Alcohol - try to avoid Acne- upper cheek side acne probiotics migraine - heavy workout, sleep Sleep- 3 months- more stressors, nutrition and sleep has been compromised</p>
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