



## Diet & Lifestyle Consultation Form

Name	Priyanka Sethia	Contact	9873125002
Email	mystery.pri@gmail.com	Age	38
Height	163 cm	Weight	56

### 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	e-902, The palm Springs, gurgaon	
Other Remarks		
Client Remark		

Nutritionist Remark	<p>early morning - 6.30 am - lemon water honey 1 glass 250 ml breakfast 8 am - 2-3 dal cheela , 1 tsp green chutney , chai regular milk 1 cup no sugar 11am - Seasonal banana, mango, grapes , ash gourd juice , chaaz, lemon water without sugar lunch- matar sabzi , wheat chapati, pulao, papad, dahi, kheera (sometime) Mid evening 3 pm- After eating lunch chai without Post Evening - 5 pm - makhana, if hungry lays ( no biscuits) Dinner - dal makhani , roti , paneer tikka , or vegetables with roti Drink ( heavy drink- once in a week) or beer 1-2 28 days periods Cycle Sleep is not good water intake - 2 liter day Milk - regular amul milk for tea Headache 2-3 months, eye sight blurry, cramps muscles, Basically come here for - thyroid, skin eczema hair fall, and sleep , b12 is low - no energy, fatigue, tired generally early Cows ghee, mustered oil, sesame oil, fry - safola oil in frying, ( frying eating most of the time) Gut health - stool is ok but sometime having a chai stool pass in the evening smoking occasionally, salty - sweet both.</p>
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