



Diet & Lifestyle Consultation Form

Name	swapna nayak	Contact	96170894
Email	swaps53in@gmail.com	Age	51
Height	165 cms	Weight	76.8 kgs

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		

Nutritionist Remark	<p>Swapna</p> <p>Reason- Menopause Jan 2022 5.3 feet, age-51, blood report-b28/04/2025 Cholesterol- 239 cholesterol, LDL-157 potassium- 5.3 (3.3-5.1) Cyfra-21-1- *2.80</p> <p>ESR-28 (0-20) Weight -75.8 Kg Veg- non veg Working out - 7 days , 2 days strength training, 3 days cardio-run, (2.5 km), cycle Sat-Sun - yoga , Walk- 8000, 10000 steps Vitamin D- Vitamin B12- Vitamin B6-</p> <p>Gut health- clears stomach well Water intake-2-3 litres Sleep- takes time but sleep well Travel - 10 days, red eye zone Protein powder - Whey protein Skin, hair- hair thinning, skin is</p> <p>Diet -</p> <p>Breakfast - Black coffee, bottle veg juice - kale, celery, carrot, cucumber, apple, turmeric, ginger</p> <p>12 - Lunch fish/egg/ rice/ salad</p> <p>4:30-5 pm - fruit/greek yogurt</p> <p>Chicken /fish/ veg / greek yogurt (Air fry)</p> <p>Fond of eating - dal chawal, fish, veg, khidri</p> <p>not taking nuts and seeds</p> <p>Chidwa, makhana,</p> <p>Drink - Once a month .</p>
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