



Diet & Lifestyle Consultation Form

Name	Richa Acharya	Contact	9810459873
Email	richacharya77@gmail.com	Age	47
Height	5.5	Weight	65.3 Kg

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	1402, tower 1, Valley view estate, Gurgaon	
Other Remarks		
Client Remark		
Nutritionist Remark	<p>Urtercia , after hysterectomy -H plyori was there , gut issues gastric, acid reflux, bloating, pain in upper abdomen comes and go and sometime after taking water also start and go start a day with water , meditation and mild exercises Breakfast - 10 am poha, upma, cheela Mid morning - Lunch - sabzi + roti Mid-Evening - tea half cup 1 cutlet (leftover veggies) Dinner - roti with sabzi or vermicelli No taking tomato in the diet anxiety attacks as such no pattern hair fall is there Sleep - fine Appetite - morning appetite is good as day pass it slow down Gut -Not taking any laxatives water intake- good allergic to sour medicine allergy - ampicillin b12 taking (doesnt absorb properly)</p>	

