



Diet & Lifestyle Consultation Form

Name	Vanisha Uppal	Contact	
Email		Age	
Height		Weight	

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	sometime weak its vary but sometime energetic
	Activities	
	Breakfast	Before breakfast 1 hour meditation & haldi water Bf 1 tsp ghee dosa dhuli hui grated carrot gun powder with white butter, eggs previously yolk is heavy,
Afternoon	Activities	
	Lunch	papaya, melon 1 cup, blue berries before lunch heaviness in the stomach no salad , warm water after 1 hour lunch - jowar roti 2, dal, sabzi, curd,
	Activities	
Evening	Snack	Evening tea with rusk 1 or poha, bread Ouellette 1 tsp ghee
Night	Dinner	
	Night Routine	ghee roast banana , workout mango shake walnut, almonds,
	Sleep	good

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>Not fixed time - Early morning - 7 am - giloy tab with luke warm water Meditation - 1 tsp ghee in warm water 1 bread toast - home made butter Breakfast - boiled apples or boil pear Sip of water around 1 litre. Banana if hungry 2 pm - 2 -3 ragi , lauki,tori, raw papaya sabzi, dal no salad taking 5 pm - almonds or sauf chai or normal tea is rare munching - rice puffs or sweets craving (home-cooked mainly), Sometime fruits 6pm- drumsticks soup, ash gourd soup, khichdi Gut health - Constipation (triphala she takes) after evening lot of gas, arteries - early symptoms Appetite - is good Supplement - multivitamin, ayurvedic - shalaki, gokur, - now not taking Stomach ulcer - 10 years back, quickly imapact to inflammation -is she outside food Hairfall - Normal bit of hair falls Sleep - habits are fine Skin - wrist palm - rash ring form - headache - No Pain - Fingers get stiff , one knee pain sometime Cold and cough - No cold cough issues</p>
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