



Diet & Lifestyle Consultation Form

Name	Anuradha Hattangadi	Contact	+6597595260
Email	Anuradha.hattangadi@gmail.com	Age	49
Height	165	Weight	74.9

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	132 Tanjong Rhu, #14-10, 436919	
Other Remarks		
Client Remark		

Nutritionist Remark	<p>Consultation with first consultation, 14/7/ 2025</p> <p>Inflammation, acidic, headache, bloating, perimenopause , Water retention , bloating</p> <p>Weight - 75 Kg Height-5.6 Age- 49 Workout- 5-7 km, 2-3 times yoga, Gym- weight, lifting once a week</p> <p>1/6/2023 Iron saturation- 18 (21-54) Vitamin B12-265, 5-6 months vitamin B12 has been taken Hba1c-5.3 Vitamin D</p> <p>Routine- Wake up -6;30-7 am, walk, cup of ice black coffee, 12:30 am- lunch - asian meal- soupy noodles, veg, non veg/ tandoori chicken, dal chawal, afternoon - 2 eggs, coffee, fruit, chips, peanuts, badaam, chocolates (4-5 pm), 7:30 pm - dinner- dal chawal sabzi, non veg , (lamb, prawns, chicken, fish, egg) feels bloated with dal, roti Gut- Clears stomach well, once a week use to get acidity and migraine, puke (IF has helped) 2-3 months had acidity attack when routine does not follow Periods- Last periods in January, only spotting in Jan Perimenopausal symptoms- hot flashes sometimes, Sleep - lack of sleep earlier but workout has helped Sleep - 12 am - 7 am Energy - it is fine Skin - skin is fine</p>
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