



## Diet & Lifestyle Consultation Form

Name	Shweta Sachdeva	Contact	9953217515
Email	shweta.sachdeva1922@gmail.com	Age	34
Height	5 3"	Weight	71.3 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
<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	DE-159/B Tagore garden, new delhi	
Other Remarks		
Client Remark	I am used to having abc juice in the morning made using beetroot, apple , carrot, half lime, black salt, ginger and mint leaves. This i will continue everyday morning	

Nutritionist Remark	<p>Consultation with Ruhi , 17/7/25</p> <p>Weight -71.3 kg, Weight goal -60 KG Esr- 52 (0-12) Urine infection - UTI had been in the past, frequent urination, hb-11.8, ( increased from before, ABC juice , 7-8 months Cervical pain , back weak routine - Wake up - 9 am work-10-10:30 am Abc - Juice (10-10:30 am) Tea - 1 cup Egg , poha, parantha - breakfast (11-11:30 am ) Lunch -2 rotis, veggies/kadi chawal/ Evening - 5-5:30 pm - Tea/ fruit - apple/pear Dinner 8-8:30 am- ghicken taco/ chicken shawarma/ Fruit - mango after dinner/ Piles in the past, avoids spicy food Gut - Smoke - 1 in the morning/ 1 in the evening Alcohol- very rarely periods - 28 days cycle, 5 days AMh test was okay Sugar - chocolate , after dinner sugar craving tea with sugar 2 cups Skin - if eaten unhealthy food and mangoes Supplements -</p>
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