



Diet & Lifestyle Consultation Form

Name	Khushboo Goel	Contact	5039533300
Email		Age	40
Height	5'5	Weight	69kgs

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	716 Russett Ter, Sunnyvale CA 94087	
Other Remarks		
Client Remark		

Nutritionist Remark	<p>Consultation with Ruhi, 14/8/ 25</p> <p>Weight gain- 10 kg in 3 months, Hyper Alderstone, medication : spironolactone 75mg, 2021 detected. Having medication since then. Headache sometimes,Migraine, BP medication, advail Periods - 24 days cycle, 31 days cycle, 29 days cycle .. little haywire cycle. ,12th Aug (2nd day bleeding is heavy) Gut health-Spicy food triggers loose motion, bowels clears every day in the morning. office days 3 days Routine Wake up -6:30 am breakfast - 8-8:30 am avo toast with paneer, chai, soaked almonds (no routine) Work days train - 7:20 (sandwich) 12-12:30 pm - moong cheela, chicken salad, pao bhaji , work days order food outside (poke bowl), 3 pm - fruit/ coffee with oat milk /almond milk /dry sweet mangoes Protein powder Workout -11 am-12 pm /4-5 pm Supplement -Electrolyte 6 pm -8 pm - dal chawal, paneer roti, pao bhaji, dal cheela/ chicken 10-10:30 pm - popcorn, dark chocolate, prefer fish outside, chicken indian style cooked</p>
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