



Diet & Lifestyle Consultation Form

Name	Prerna Kumar	Contact	9810900481
Email	prerna.21nov@gmail.com	Age	39
Height	5.3	Weight	77

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	BPTP freedom park , sector 57 gurgaon	
Other Remarks		
Client Remark		

Nutritionist Remark	<p>Blood sugar 94 Cholesterol 175 triglyceride - 99 BP - 140 slightly elevated Vitamin D - 11.91 Vitamin B12 - 215 fatty liver grade 2 from ultrasound gut clear stomach well (no problem with acidity and bloating) Period cycle - 28-30 days flow is fine not very heavy TB - 2019 along with covid , gained weight, covid steroids for 1 or 2 weeks wakeup 5.30 am - water / tea with milk 8.30 am - omellete, bread, cheela or pranatha 9.30 am - coffee in office 11.30 am - fruits/ makhana lunch - 1 roti/ dal sabzi or salad Evening - tea bhel puri, corn or sandwich, 6 pm - back from office 6.30 pm - makhana, cookie, zumba (mon- thursday) 8 pm - sabzi or salad chicken breast Sugar craving - most of the day in daytime sleep - 10.30 pm - good sleep supplement - no supplement Vitamin D taken for two months anti inflammatory food, 4.30 pm add something , quinoa water intake - 2litredays</p>
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