



## Diet & Lifestyle Consultation Form

Name		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	
	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		
Other Remarks		
Client Remark	<p>Important note - Fasting on Mondays and in Nov-Dec am working out of house all weekends from 7am-7pm so would need a plan to support this schedule please  Also please send me ingredients list beforehand along with Ayurvedic herbs and supplements so I can order and arrange them</p> <p>13/1/26 - Discussed over call with Ms ruhi - Avoid dal, millets, quinoa, dairy, sugar, gluten, legumes.. veggies - Spinach, kale, lettuce, raw veggies, cabbage, cauliflower..</p>	

Nutritionist Remark	<p>Neha 28 oct 25 consultation took by harpreet - Current weight 83 kg, height - 5'5 , age 45 Reason for choosing programme - To regulate health and hormones qnd do early preventative care via diet of hormones &amp; fertility , bones muscles qnd joints and cardiovascular and blood pressure regulation - so not just weight loss but overall health including hair and skin revitalization Present Health issues - High BP, high uric acid, stiffness in bones and joints, uterine health (fibroid prevention and care) loss of hair, hyperflexion Any other details Some issues with flatulence qnd under arm odour. Also struggle with discipline focus qnd motivation - seeking purpose but it's proving elusive. Past Surgeries - fibroid removal Lab report - s-ostradiol -17 beta -0.45, S-urinsyre - 386, s-LH- &lt;1, Progesteron - 39 Medication - Breathing sometime Gut - fine Pain - Pain in backache Sleep - good but sometime wake up Periods - days are reduced and sometime black clots (23-24 days) 5 days - but it varies Hair - thinning hair Headache - No Water intake - Appropriate Cold and cough - No Family history - cardiovascular family history Routine - Dinner : 26 Oct: Multigrain roti with sprouts, spring onion, avocado, 2 slices of cheese Dinner 25 Oct: Pan fried Salmon, broccoli and rice (no sauce) Lunch 25: 2 eggs with oat and spelt sourdough bread Dinner 24: 12 pcs sushi Lunch 24: 2 slices toasted bread with butter avocado snd sprouts Bfast 24: Muesli- sugarfree with nuts and milk - laktosefri 3rd Feb - consultation - probiotic food and weight is bit stuck and last time she had outside food lentil thursday 29th jan</p>
---------------------	---