



Diet & Lifestyle Consultation Form

Name	Priyanka Manot	Contact	+6592381648
Email	priyanka.manot@gmail.com	Age	48
Height	167	Weight	87.5

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	04-07, block 9, 9 Rhu cross Singapore 437436	
Other Remarks		
Client Remark	NA	

Nutritionist Remark	<p>Consultation with Ruhi - 12th Nov, 25 Client is focusing on weight lost and holistic lifestyle to maintain during perimenopause Periods was last nov 2024, menopause Had issues with hot flashes but now it has reduced. Priyanka was detected with Hpylori 2 years back, treatment was done. However she still feels bloated and mostly has two meals a day. Her diet incorporates water based veggies, south indian meals, pomegranate beetroot juice, coffee biscuits, jowar rotis veggies, buttermilk, bhel, chaats etc 7-8 pm at night- Soup+ bread/ fruits Blood work- 30/10/2025 Hba1c-5.5 Fasting sugar-89 CRP-8.3 (high >5) had viral Total cholesterol-209 SerumHDL- 62 (40-60) Serum LdL-128 (>100) Iron-105 (60-180) Zinc- 64 (46-150) Esr-23 high (viral) Folic acid-3.54 (>5.38 (low) Vitamin D-37 Vitamin B12-288 CA 19.9 - Pancreatic marker are slightly high 59 (<37) but not critical or any other symptoms.</p> <p>review 30/12/25</p> <p>86 kg</p>
---------------------	---