



Diet & Lifestyle Consultation Form

Name	JAYA MITTAL	Contact	+6581628202
Email	jayamittal29@gmail.com	Age	48
Height	151	Weight	87

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		
Other Remarks		
Client Remark		
Nutritionist Remark	<p>Consultation with Ruhi, 14th Nov 25</p> <p>Excess weight, PCOS, Inflammation, Diabetic, puffiness, low ferretin, takes iron infusion every 9 months. Hba1c- 9, Started metformin but have stopped now, fatty liver , slightly elevated BP. Diet routine Wake up-7:30 am Chia seeds with water Breakfast- oats cheela, paniyaram, green moong sprouted, matra, tofu nutri nugget salad, bowl of salad- apple, green, berries, seeds, strawberries, argula, rocket greens Tea/coffee in skim milk Mid meal - bowl of fruit Lunch -3 pm, Mala bowl/ beans/diabetic rice/paneer, dahi, fish pomfret, chicken indonesian style Weekend mala hot pot in soup, chicken /fish later -tea/coffee- figs, dates,turkish dates, diet coke Workout- Walks Periods-28th days, 20th Oct urticaria in singapore mainly due to pollen</p>	

