



Diet & Lifestyle Consultation Form

Name	Lata	Contact	9971539429
Email	lataravi69@gmail.com	Age	68
Height		Weight	62

Blood Work

SL	Marker	Date	Date	Date
1		29th nov 25		
2	HBA1C	6.6	6.2	
3	Creatinine	0.55	0.52	
4	A:G Ratio	2.02		
5	Sodium	139.90	134.30	
6	TSH	4.07	0.33	
7	HDL	53	46	
8	LDL	105	74	
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	<p>Client major concern is looking for a weight loss, having a thyroid and prediabetes , started weight 61.40 kg As discussed over video call, next plan she wants easy making recipes not too much fancy, gut heath is fine water intake 1.5 lt/ day, no bloating or gassy. on 24th nov 1 Dec took a video consultation for a second plan all doubts are cleared now weight is 60.15 kg, asks her to increase water intake ...</p> <p>8th Dec - Took video consultation session 59.3 kg weight currently, bit constipation and water is taking less, added 2 figs soaked at night, sunlight for 20 minutes 24th Dec - Current weight - 57.95 kg, Constipation sometime i have added harad water before sleep, empty stomach sugar 120, after food pp - 103, Brazil nut not started, added papaya with chia seeds, 1 tsp ghee in P4 - tuermeric+ black peppr water , 30th dec 2025 - current weight 57.45 kg, no constipation, water intake - 1.5 litre, no inflammation in the body</p>	

<p>Nutritionist Remark</p>	<p>Lata - Age 69, Weight - 61 kg , Height - 4'10 , vegetarian (Past history - Cystectomy 2005 Lab Reports - 29th oct 25 Hba1c - 6.8 Estimated average glucose - 148mg/dl Fasting - 88 mg/dl , PP - 114 mg/dl T3, 138 , T4, - 1250 TSH - 3.28 Anti - Thyroid TPO - 43 u/ml (<60) Kidney panel sodium- 139 meq/l (136 -146) Potassium - 4.46 (3.50 - 5.10) Chloride - 108 (101 - 109) LDL - 105 Vitamin D3 - 118 , Vitamin - B12 - 685 pg/ml Urine - Nitrite - positive Taking Thyronom - 5 days 75 mg , sat and sun 100 mg , Metformin - ender mate - 25 mg/ 500 mg, Statin - Torac ez 10 mg BP - NORMAL General routine - 8 am wake up Thyroid medicine - 7 am Coffee - 1 tsp sugar 9.30 am - poha, upma, idli and cheela 2 pm - roti, sabzi raita and dal nap, watch tv 5.30 pm - tea dinner - 8.30 - 9 pm -veg roti , daliya, khichdi Sleep is fine Motions are clear fruits after breakfast - 10-11 am Migraine and headache at night sometime D3 once a month takes milk at night</p> <p>lata consultation - 55.3 5th feb 26 late stomach getting clear, khichdi last night, belly fat is there now Dinner - cheela/ porridge/ khichdi/ cooked salad warm / taking medicines daily brazil nut taking water intake - 5 glasses / day Lata - 5 march weight 53 kg Gut health is better Sleep - better</p> <p>26th March Follow up call Current weight 52.8 kg Walk 20 minutes, yoga started Gut health better Sleep - added mustard oil few drops in the navel Dinner add quinoa or millet khichdi or daliya water intake 2l/day</p>
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