



Diet & Lifestyle Consultation Form

Name	Amay Hattangadi	Contact	+6596515184
Email	amay.hattangadi@gmail.com	Age	52
Height	5 ft 11 inches	Weight	73

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	132 Tg Rhu, 14-10, Singapore 436919	
Other Remarks		
Client Remark		

Nutritionist Remark	<p>Review with Ruhi, 17/12/25</p> <p>Travelling time zones 20 days in a month Weight -72-75 kg Bloating on and off Workouts -travelling 2 days, Otherwise in singapore 3 workouts, walks Food Breakfast- 2 eggs, salmon, coffee Lunch - fish / chicken/rice & dal/ salad / grilled chicken fish, chicken rice Dinner - Fish/Chicken/dal rice vegetables Almonds for snacking</p> <p>Coffee with milk/Chocolates 5 mg melatonin taken Supplements - Magnesium glycinate, vitamin D3, Omega 3 Sugar and milk. creates bloating Water intake -2-3 litres in a day Gut health- Clears stomach after movement and coffee</p> <p>Blood work June 2025- Cholesterol 243, cho/HDL ratio- 4.8 high, Glucose- 86.</p> <p>2nd Feb 2026,</p> <p>haldi paani with nuts, spirulina, ajwain paani at night , Food - salmon rice, sugar, wheat, dairy to be avoided completely. Workout 1-2 days weight training. India, london, rice dal Travelling</p> <p>post workout in the evenings</p>
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