



## Diet & Lifestyle Consultation Form

Name	Avik	Contact	9800021888
Email	aviksinhal07@gmail.com	Age	35
Height	5'8	Weight	70kg

### Blood Work

SL	Marker	Date 2026-02-19	Date 2026-05-28	Date
1	RBC	5.57	5.01	
2	PCV	51.2	42.8	
3	Lymphocytes	42.2	36	
4	Platelet count	12.9		
5	SGPT	65	30	
6	Globulin	3.7	2.73	
7	Colonoscopy	Abdominal distress pain		
8	Colonoscopy - Stomach	Hyperaemia noted in antrum		
9	Liver ultrasound	Grade 3 fatty liver		
10	ESR	29		
11	Hba1c	5.8		
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
Drink 3 litres of water	Avoid fried food, sugar, junk, processed food
Sleep hygiene-Bedtime by 11 pm max	Avoid Raw food & cold food
Use cold pressed oil for cooking	Avoid refined oils
Get 5-10 mins of direct sunlight in the morning	Avoid excess dairy products & high sodium rich food and oily and outside food
Do regular stretches in the morning	

### Diet Advice

Post Wakeup	Carom Seeds Water 1 cup - 15 days with 4 soaked almonds + 3 soaked walnuts CCF Tea 1 cup - Rest of the days with 4 soaked almonds + 3 soaked walnuts
Breakfast	Option 1- 1 medium Moong dal cheela with grated carrot (1/4 cup) with basil chutney 2 tbsp (anti inflammatory) Option 2- Missi oats sattu prantha 1 medium+ 50 gm greek yogurt with grated cucumber chia seeds Option 3- 1 Ragi/ sourdough bread paneer toastie ( add White sesame + kaloji) + or avocado toast Option 4 - Vegetable paneer Oats Cheela 1 + Hemp seeds chutney 2 tbsp (anti inflammatory)
Mid Meal	1 glass lauki buttermilk with ginger and jeera, or 1/2 cup fruit- papaya/ musk melon/ water melon/amrud / pear/ apple or Sauf water 1 glass with sabja seeds 1 tsp or Greek yogurt 1 small bowl with bhuna jeera with pinch of salt or Smoothie - Liver friendly - Cook 2 tbsp ragi flour with ¼ cup water for 3-4 minutes until it forms a smooth porridge, then allow it to cool completely. Transfer the cooled ragi to a blender and add 200 ml unsweetened almond milk , ½ small banana, 1 tsp chia seeds, ¼ tsp cardamom powder, and 1 small date. Blend until smooth and creamy and drink Bael water 1 glass with sabja seeds
Lunch	Option 1- Steamed rice 1small bowl with kundru yellow dal 1 small bowl with green chutney Option 2- 3-4 pcs Ragi idli/ 1-2 plain ragi dosa with 1 small bowl sambhar without tamarind and lemon with 2 tbsp coconut chutney Option 3- Qunioa rice 1 small bowl with kulfa dal with beans saute 1 smallest bowl with green chutney 2 tbsp Option 4- jowar roti 1-2 palm sized + moong dal/chilka moong dal 1/2 cup +seasonal gourd veggies 1cup + steam salad carrot grated with shredded dry coconut pinch of salt and acv ( apple cider) add ¼ tsp kalonji ¼ cup After lunch chew fennel seeds roasted with ajwain roasted with pinch of pink salt 1 tsp
Evening	Tea 1 cup 1.Ghee roasted makhana with salt & pepper 1 cup 2. Ghee roasted murmure bhel 1/2 cup (Add toasted coconuts) 3. Salted toasted coconuts 4. 1 sourdough toast with unsweetend almond butter 5. Ghee roasted chidwa+ 4-5 roasted cashews

Dinner	Option 1- 1-2 palm jowar roti + homemade paneer bhurjee with veggies 1 small bowl Option 2-Samak moong dal khicdri with tinda gravy Option 3- Veg millet noodles with grilled veggies + tofu 150 gm Option 4 -Vegetable jowar cheela with 1 small bowl soya nuggets
Post Dinner	Chamomile tea 1 cup

## Supplements

Name	Dosage	Timing
Address	Maishaa Furniture & Furnishings Metro heights building ( 2nd floor) - 734001 , Siliguri Next to Disha Eye Clinic Opposite Akshay Tara apartments , Sevoke road . 0353 - 2540531	
Other Remarks		
Client Remark		
Nutritionist Remark	<p>Hi Avik,</p> <p>4th june As discussed over the call, please get your ultrasound done and keep us updated. Kindly let us know when you are planning to schedule the test and update the group accordingly.</p> <p>Once the ultrasound report is available, we will review it and arrange a final follow-up call with Ms. Ruhi to discuss the findings and the next steps.</p> <p>16th march follow up gut cleansing done , added a travel guideline for bhutan bitter taste has gone 24th march follow up call with ruhi - make make it normal basic plan, better from earlier 15 april 26 - discussed the diet , liver diet he will start in may , rest acidic is better from earlier and plan should be easy not complicated 28th april discussed with harpreet - travelling to surat then coming back on saturday , then on 5th may travelling again come back on 11may plan following well 14th may discussed over call with harpreet - taste buds are better, no more bitter taste and feeling better - As your last plan is pending I will share it</p> <p>? Purnava has not been started yet ?kindly add Purnava in the morning as discussed. ? Breakfast: Smoothie with coconut water. Uttapam add ? Lunch Curd rice. ?Dinner options Dal khichdi, millet pulao, or quinoa pulao. ?Please get the Liver Enzyme Tests done (LFT panel as advised). ?Once the reports are available, we will schedule the final follow-up call and guide you further accordingly.</p>	