



Diet & Lifestyle Consultation Form

Name	Simmi khera	Contact	95605 05458
Email	simmi.khera14@gmail.com	Age	57
Height	159 cm	Weight	57 kg

Blood Work

SL	Marker	Date	Date	Date
1	Lymphocytes	47.10		
2	Fibro touch liver scan - Liver stiffness	LLiver stiffness - 10.5 , UAP - 293		
3	Liver kidney microsomes	2.66		
4	Hepatitis B	Non reactive		
5	Hepatitis C	Non reactive		
6	ANA - anti nuclear antibody	negative		
7	Vitamin B12	244		
8	Vitamin D	96		
9				
10				
11				
12				

Daily Routine

Section	Field	Details
Morning	Wakeup	early riser,
	Activities	walks
	Breakfast	parantha, poha
Afternoon	Activities	home based work
	Lunch	roti, sabzi, dal
	Activities	does not take nap during day
Evening	Snack	idli, dhokla
Night	Dinner	roti sabzi
	Night Routine	a glass of milk
	Sleep	11-11:30 pm

Hormone Panel

LPD Menopause-2 years back	Period Cycle	Bleeding Profile			Nutritionist Analysis
Condition	Location	Symptoms	Scans	Gut	

Current Medication

Thyrox 37.5 monday, wednesday, friday	Udivin 450	Throx 50 4 days
Evion	Betacap TR 40	bilysa
Pivasta 4		

Do & Dont

Do	Dont
Eat dinner by 7 pm	Strictly avoid dairy and sugar
Keep 14 hours of fasting after dinner	Avoid raw food
Use cold pressed oil, mustard oil for cooking	Avoid junk, outside food, fried, juices, biscuits, chips, namkeen etc
Add lot of fiber in each meal	Avoid starchy vegetables like potatoes, arbi

Diet Advice

Post Wakeup	Turmeric warm water (1/2 tsp turmeric with pinch pepper boiled in water, Add lemon from top)+ 4 soaked almonds+3 soaked walnuts
Breakfast	Flax seeds slur mixed in water 1 tsp flax seed Option 1 - 2 eggs + veggies-broccoli, carrot, zucchini, pepper, Option 2- 1 besan cheela mixed with spinach or methi+1 tsp roasted sesame seeds + har chutney Option 3- 2 idlis+ coconut chutney (add 1 tsp chia seeds in idlis)
Mid Meal	1/2 cup papaya or 1/2 cup Apple
Lunch	Bhumi amala 1/2 tsp with water 1/2 an hour before lunch Option 1- 2 small jowar rotis+ moong dal/chilka moong dal 1/2 cup + gourd veggies 1cup + steam beetroot carrot grated with curry leaves tadka 1/4th cup Option 2- 1/2 cup steam rice + channa dal/masoor dal /black channa curry 1/2 cup + veggies+ beetroot carrot tomato salad with lemon & curry leaves
Evening	- Dhokla 2 pieces or makhana bhel 1/2 cup or sweet potato chaat 1/2 cup
Dinner	1/2 tsp bhumi amala with warm water half an hour before dinner Option 1- 1 jowar roti+ non gmo soya 1 small bowl with veggies Option 2- Quinoa dosa 1 + lauki or ashgourd sabzi 1 small bowl Option 3- Veg tofu sautee 100 gm tofu + veg soup 1 small bowl (spinach/mushroom/carrot ginger)
Post Dinner	Hibiscus tea 1 cup

Supplements

Name	Dosage	Timing
Milk thistle	200 mg	After meal
Omega 3	500 mg	After dinner
Co enzyme 10	100 mg	After breakfast

Magnesium glycinate	200-300 mg	Before sleep
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Address	
Other Remarks	
Client Remark	
Nutritionist Remark	<p>Consultation with Ruhi-12/3/26</p> <p>BMI-22.5 , weight 057, height 159 cm</p> <p>10.5 kpa- f2-F3 mild moderate liver fibrosis (fibrosis stages 2-7 kpa F0-F1 normal/mild, 7-9.5 kpa F2 sigificant fibrosis, 9.5-12.4 kpa F3 advanced fibrosis, >= 17.5 kpa f4 cirrhosis, Fat in liver 293 dB/m-moderate fatty liver (Range - 240 normal, 240-269 mild, 269-296 moderate. 296-severe</p> <p>Autoimmune markers-ASMA Negative, No evidence of hepatitis type 1</p> <p>Anti LKM-1 Antibody -2.66 U/L ,&lt; 1.5 negative, No autoimmune hepatitis type 2</p> <p>AMA-Negative , No primary biliary cholangitis</p> <p>Caffiene leads to insomania</p> <p>typhoid 2 years back</p>