



Diet & Lifestyle Consultation Form

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|--------|-------|---------|----|
| Name | Sonal | Contact | |
| Email | | Age | 40 |
| Height | 5.1 | Weight | 57 |

Blood Work

| SL | Marker | Date | Date | Date |
|----|--------|------|------|------|
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
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| 10 | | | | |
| 11 | | | | |
| 12 | | | | |

Daily Routine

| Section | Field | Details |
|-----------|---------------|--|
| Morning | Wakeup | 5 am |
| | Activities | thyroid medication 75 mg |
| | Breakfast | 10 AM tea+marie gold biscuit 2, 11:30 breakfast egg bread, cheela, avocado toast, ham chicken sandwich |
| Afternoon | Activities | Fruits in mid meal, nimbu paani, regular day, tv |
| | Lunch | dal chawal sabzi, rajma rice |
| | Activities | pickle ball, tuesday thursday gym 7:30 pm eveningg |
| Evening | Snack | Tea murmure namkeen , makhana |
| Night | Dinner | Chicken , paneer, sabzi roti |
| | Night Routine | Tv, kids |
| | Sleep | 10 pm |

Hormone Panel

| | | | | | |
|------------------|----------------------------|---|--------------|------------|--|
| LPD 27/2/26 | Period Cycle 26-28 days | Bleeding Profile 2 days bleeding, spotting | | | Nutritionist Analysis 2 days beeding, no pms, post bleeding spotting 3-4 days , bloating, breast tender before 1 week |
| Condition | Location | Symptoms | Scans | Gut | |
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Current Medication

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|-----------------|--|--|
| Thyronorm 75 mg | | |
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Do & Dont

| Do | Dont |
|---|--|
| Drink 3 litres of water | Avoid dairy, sugar, gluten limited |
| Only walks after 6 pm. Avoid heavy workouts | Avoid raw food at night |
| Sip sabja seeds water through out the day | No processed meat- ham, sausage |
| Use cold pressed oil or mustard oil for cooking | keep broccoli, cauliflower, cabbage, soy restricted |
| Use iodised salt | Avoid heavy fermented and sour food,lemon,tamarind, restrict apple |
| | |

Diet Advice

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|-------------|---|
| Post Wakeup | Coriander fennel warm water 1 cup in the morning+ 4 soaked almonds+4 soaked walnuts +1 soaked brazil nut(days when u have acidity soaked raisins and the water) (add 1 tsp ghee) |
| Breakfast | 2 eggs + sourdough bread+veggies 1/2 cup Cheela avo toast 2 eggs+ veggies+1/2 avocado 1 dosa with coconut chutney 4 tbsp Tea with vegan milk+monkfruit |
| Mid Meal | coconut water papaya baked banana with dates 1+sprinkle ealichi |
| Lunch | steam rice 1/2 cup +dal/rajma/ cholein 1 small bowl 9150 gm) +sabzi 1 smallest bowl+salad grille chicken 100 gm+1/4th cup rice+salad Steam rice 1/2 cup+ chicken 100 gm/ fish 150 gm+ veggies 1 cup |
| Evening | Tea with vegan milk +monkfruit muri bhel 1/2 cup or makhana 1/2 cup or nuts & dates laddoo 1 or 2 small sweet potato 1/2 avo with thin sourdough toast 1 |
| Dinner | Chicken Bone broth soup 1 cup daily Chicken 100 gm with sautee veggies Fish 150 gm with sautee veggies Millet moong dal khicdri 1 cup Beetroot veg tikkis 2-3+ veg soup Jowar sattu roti 1+ veggies 1 bowl |
| Post Dinner | chasteberry seeds /Hibiscus tea at night, 1/2 tsp avipatty churan with warm water for 1 month |

Supplements

| Name | Dosage | Timing |
|---------------------|----------|--------------------------|
| Protein powder | 1 scoop | daily |
| Collagen | 1 scoop | daily |
| Co enzyme | 1 tablet | After breakfast |
| Zince Chelated | 1 tablet | After lunch |
| Magnesium glycinate | 1 tablet | At night |
| Omega 3 500 | 1 tablet | At night |
| Selenium 40 mg | 1 tablet | After breakfast |
| kachnar guggulu | 1 tablet | 15 mins before breakfast |

| | |
|---------------------|-------------------------------------|
| Address | |
| Other Remarks | smoking once a day, once in 10 days |
| Client Remark | |
| Nutritionist Remark | |