



## Diet & Lifestyle Consultation Form

Name	Nida	Contact	9479807786
Email	nidazaidi19253@gmail.com	Age	27
Height	5'3	Weight	70

### Blood Work

SL	Marker	Date 2025-12-25	Date	Date
1	CRP	5.99		
2	ABG	88		
3	LIVER PROFILE SGPT	48.3		
4	PHOSPHATE	34		
5	SGOT	33		
6	VITAMIN D	22		
7	VITAMIN B12	174		
8	HB	12		
9				
10				
11				
12				

### Daily Routine

Section	Field	Details
Morning	Wakeup	
	Activities	
	Breakfast	Eggs
Afternoon	Activities	
	Lunch	rice + dal + biryani chicken
	Activities	nap 1 hour
Evening	Snack	
Night	Dinner	3 roti + 1 katori sabzi
	Night Routine	
	Sleep	erratic

### Hormone Panel

LPD 2nd March	Period Cycle	Bleeding Profile			Nutritionist Analysis
<b>Condition</b>	<b>Location</b>	<b>Symptoms</b>	<b>Scans</b>	<b>Gut</b>	

### Current Medication

Olianse plus alternate days anxiety		

### Do & Dont

Do	Dont
Drink 3 litres of water	Avoid raw food
Walk 2 times madatory for 30 mins	Avoid rajma cholein heavy meals at night
Use ghee, cold pressed oil, mustard ol for cooking	Add 20-30 khadi leaves in diet daily
Rice kanji empty stomach in the morning	Avoid biscuits, packaged food, process food

### Diet Advice

Post Wakeup	Cumin+corriander+bishopweed 1 tsp mixed warm water 1cup+4 soaked almonds+3 soaked walnuts+4 soaked raisns + 1 cup tea
Breakfast	Rice kanji/ carrot beetroot kanji Red rice veg poha (1/2 cup poha+1/2 cup veggies+2 tbsp peanuts+10 curry leaves) Cold oats (soaked oats 3 tbsp in yogurt, chia seeds 1 tbsp, pomegranate 1/4th cup, 1 date) Multigrain toast sandwich with paneer and veggies 2 toast Sprinkle from top 1 tbsp kalonji seeds
Mid Meal	Any seasonal fruit/ buttermilk 1 glass
Lunch	da/ black channa 1/2 cup+rice 1/2 cup+ sesaonal veggies 1 cup Rajma / cholein/lobiya to be eaten only once in a week during lunch time Sprinkle from top 1 tbsp kalonji seeds
Evening	Fruit 1 or 1/2 cup ghee roasted makhana 1/2 cup sweet potato
Dinner	1 or 2 small Ragi+ wheat rotis+ veggies (sesaonal- lauki, parwal, kadu, kacha papita, bhindi) + 50 gm paneer or soya 100 gm. 1 or 2 small Ragi rotis+ 1 small bowl dal+ veggies
Post Dinner	

### Supplements

Name	Dosage	Timing
Vitamin B12 for 2 months	1 tablet	After breakfast
Co enzyme 10	1 tablet	After breakfast 1 month
Chelated Iron	1 tablet	After lunch
Magnesium glycinate	1 tablet	After dinner
Omega 3	1 tablet	After dinner
Vitamin D	60000 IU	once a week

Address	
Other Remarks	
Client Remark	Walk is mandatory 2 times 30 mins each
Nutritionist Remark	