



Diet & Lifestyle Consultation Form

Name	Krishan	Contact	9641455501
Email	krishan@dalmiagoldtea.com	Age	30
Height	5.6	Weight	64.5

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	7:30 am
	Activities	Get ready and go to work, 9 am
	Breakfast	Chapati, parantha, upma, poha, sandwich , idli sambar, bread pulao, cheela+ No tea takes buttermilk
Afternoon	Activities	office, a bit stressful
	Lunch	vegetables, 1 roti, rice , dal , dahi (dont like karela, bhindi, lauki) ..likes toru, parwal
	Activities	Work
Evening	Snack	1 cup tea (choice)
Night	Dinner	8 pm 2 rotis + sabzi (paneer)
	Night Routine	Watching shows
	Sleep	12-12:30 pm

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
None		
Telma 20		
mebiz cx		

Address	
Other Remarks	
Client Remark	
Nutritionist Remark	As a kid use to fall ill, low immunity 4th may, 2026 supplements,