



Diet & Lifestyle Consultation Form

Name	Nikita Dalmia	Contact	
Email		Age	31
Height	5.2	Weight	48

Blood Work

SL	Marker	Date 2025-12-17	Date	Date
1	Hb	13.4		
2	Serum iron	91		
3	High Prolactin			
4				
5				
6				
7				
8				
9				
10				
11				
12				

Daily Routine

Section	Field	Details
Morning	Wakeup	7:30 am
	Activities	get ready, pooja
	Breakfast	5 soaked almonds, 5 raisins, amla bhurraba, cheena , 2 walnuts, idli samabar, toast, parantha, cheela, poha
Afternoon	Activities	2 fruits in the mid meal
	Lunch	rice dal, sabzi, 2 bowls of sabzi curd
	Activities	5-6 pm yoga
Evening	Snack	soup & sweet potato
Night	Dinner	8-8:30 pm - roti sabzi
	Night Routine	tv, family time, tv in bedroom
	Sleep	12 sleep

Hormone Panel

LPD 2nd March	Period Cycle 26-28 days	Bleeding Profile 2-3 days			Nutritionist Analysis starts with dark brown, light brown , and a bit reddish PMS upper thigh pain, back pain , breast get heavy during periods, no acne sometimes get early period like in 22 days
Condition	Location	Symptoms	Scans	Gut	
High prolactin					

Current Medication

folic acid-fole	Uprise d3 -1	Cremafin 5-7 ml

Do & Dont

Do	Dont

Diet Advice

Post Wakeup	
Breakfast	
Mid Meal	
Lunch	
Evening	
Dinner	
Post Dinner	

Supplements

Name	Dosage	Timing
Address		
Other Remarks	Avoiding alcohol since planning baby	
Client Remark		
Nutritionist Remark	Weight -47 protein powder b6 myoinositol ajwain methi options - jowar thepla/millet cheela/ soaked oats moong dal veg pancake 4th may 2026 start avipathy churan gained one kg but lost again due to fissure	