



Diet & Lifestyle Consultation Form

Name	Manju Dalmia	Contact	
Email		Age	66
Height	5.4	Weight	68

Blood Work

SL	Marker	Date 2026-02-17	Date	Date
1	TSH	1.58		
2	vitamin b12	295		
3	vitamin D	69		
4	hdl	65 (>60)		
5	triglycerides	55		
6	LFT total protein	8.4 (6.6-8)		
7	hba1c	5.6		
8	hb	12.3		
9				
10				
11				
12				

Daily Routine

Section	Field	Details
Morning	Wakeup	5 am
	Activities	5 almonds, 2 walnuts, fig, Walk 2-3 kms, Black tea + makhana
	Breakfast	poha, idli, parantha, bread+ Milk tea
Afternoon	Activities	Mid Meal- papaya
	Lunch	2 rotis + sabzi
	Activities	
Evening	Snack	Tea+2 biscuits
Night	Dinner	2 rotis+ sabzi
	Night Routine	
	Sleep	

Hormone Panel

LPD	Period Cycle	Bleeding Profile			Nutritionist Analysis
Condition	Location	Symptoms	Scans	Gut	

Current Medication

Telmisartan 40 mg	Gemcal	RAzo 20

Do & Dont

Do	Dont
Drink 1.5-2 litres.	Restrict over drinking of water
Mix rock salt in drinks & sea salt in food	avoid raw food
use minimal amount of onion garlic	Avoid sour and spicy food
	Avoid lemon , tomatoes & tamarind

Diet Advice

Post Wakeup	Coriander seed +fennel seed mixed soaked overnight water (add pinch of rock salt) 3 soaked almonds+ soaked walnut 3+ 1 soaked fig Black tea+ 4-5 roasted almonds with little rock salt
Breakfast	Veg Poha with peas + 3-4 tbsp homemade chenna paneer Rice dosa with coconut chuntery Samak millet dalia with veggies Jowar methi thepla with mint dhaniya chutney Flax seed powder soaked water 1 cup
Mid Meal	papaya 1/2 cup steam pear 1/2 cup
Lunch	2 jowar rotis+ veggies+ steam carrot beetroot salad with coconut Steam rice + moong dal/green chilka moong dal (watery and light) 1/2 cup + veggies (mostly gourd veggies) Veggies -Lauki, tori, gajar, beans, matar, parwal, kadu, safed petha, kacha papita, beans, bhindi
Evening	1 small banana pan cooked in ghee (1/2 tsp ghee), cooked for 20-30 secs both sides, sprinkle elaichi powder + 1 small date Tea 1 cup +muri bhel/ sweet potato chaat
Dinner	2 jowar rotis+Veggies -Lauki, tori, gajar, beans, matar, parwal, kadu, safed petha, kacha papita, beans, bhindi 3-4 days homemade chenna paneer only 50 gm
Post Dinner	Hibiscus tea 1 cup

Supplements

Name	Dosage	Timing
Address		
Other Remarks		
Client Remark		

Nutritionist Remark	Patient was on setroids for 2 years.
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