



## Diet & Lifestyle Consultation Form

Name	Soveet	Contact	9853857930
Email	soveet.gupta@gmail.com	Age	33
Height	5.6	Weight	47

### Blood Work

SL	Marker	Date 2026-04-16	Date	Date
1	Iron	84		
2	AST	1.33		
3	Globulin	3.55		
4	b12	329		
5	Vitamin D	57		
6	TSH	7.9		
7	Cholesterol	208		
8	LDL	165		
9	Zinc	113		
10				
11				
12				

### Daily Routine

Section	Field	Details
Morning	Wakeup	7:30 am
	Activities	Clear stomach, Yoga -15 mins
	Breakfast	8:30 pm - Green tea/black tea- soaked nuts 5-6 almonds, 1 walnut, munaka 3-4 pieces, 1 anjeer, muri, biscuit , Breakfast- 10:30 am-idli, dhokla, parantha, poha, cheela, sandwiches
Afternoon	Activities	fruits- seasonal fruit/ in office (tea - black/green )
	Lunch	2:30-3 pm - chawal dal sabzi, salad/ sometimes buttermilk and little salad
	Activities	
Evening	Snack	5 pm tea+2 biscuits/muri
Night	Dinner	8 pm - 3 rotis+ sabzi/dal/khadi
	Night Routine	9:30 pm - with kid then TV
	Sleep	11 pm

### Hormone Panel

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

### Current Medication

no		

### Do & Dont

Do	Dont
Drink 2.5-3 litres of water	Avoid raw food completely
Eat only warm cooked meals	Avoid Allergen food in red-dairy, eggwhite, spirulina, cranberry, corn, aloe vera, orange barley, flaxseed, oat, rye, wheat
Strenght train 3 times a week	Avoid packaged food, biscuits, chips, beverages, processed food
Deep breathing exercises every morning for 10-15 minutes	Avoid cold food
Oil massage with bal aswagandhi oil & kapur oil	Avoid cabbage, cauliflower, broccoli, soy, spinach
Start swimming	

### Diet Advice

Post Wakeup	Corriander, fennel, ajwain warm water (1 tsp each boiled) in 2 glasses of water to make 1 glass +1 tsp ghee 6 soaked almonds+4 soaked walnuts+ 2 soaked anjeer
Breakfast	1. Veg poha + green moong sprouted steamed chaat 2. Veg Ragi cheela + coconut chutney 3. Warm buckwheat millet cooked in ghee + add dates and pinch of nutmeg powder 4. Quinoa rice dosa + sambar with lemon (no tamarind)+ coconut chutney + Black tea
Mid Meal	Papaya 1 cup Steam apple Steam pear
Lunch	Steam rice+ dal (moong, masoor, chilka moong, chilka masoor, arhar ) 1 small bowl+ seasonal veggies+ steam grated beetroot, carrot , little tomato salad with sesame seeds Barnyard Millet pulao or daliya+ black channa/lobiya curry+ veggies Jowar rotis 2-3 + dal+veggies Add salads
Evening	Black tea/coffee sweet potato chaat muri bhel steam sprouts chaat Sattu date sheera 1/2 cup
Dinner	1. Millet moong dal khicdri 2. Green chilka moong rice khicdri 3. Jowar rotis/theplas in ghee + veggies
Post Dinner	Chamomile tea 1 cup

### Supplements

Name	Dosage	Timing
Brahmi tablet	1	Morning
Amla tablet	1	Morning
Vitamin D	60000 IU	Once a week
Magnesium glycinate	1 tablet	At night
Omega 3 500	1 tablet	At night

Address	
Other Remarks	
Client Remark	
Nutritionist Remark	15/5/23- scan - early degenerative cervical spondylosis Water -2 litres Drink - once a week , 3 pegs 30 ml whiskey dry mouth while talking