



Diet & Lifestyle Consultation Form

Name	Shivani	Contact	99999509349
Email	Drsagupta1981@gmail.com	Age	44
Height	83.9	Weight	5.2

Blood Work

SL	Marker	Date	Date	Date
1	immunoglobulin	198.3		
2	ESR	18		
3	LDL	102		
4	VITAMIN D	15.75		
5	Iron	52		
6	Transferrin saturation	14.86		
7				
8				
9				
10				
11				
12				

Daily Routine

Section	Field	Details
Morning	Wakeup	6 am-6:15 am
	Activities	getting kid ready for school, swimming, strength training
	Breakfast	11 am-11:30 am - Eggs/Cheela/avocado toast
Afternoon	Activities	regular day to day work
	Lunch	2:30 pm - roti+ sabzi+ dal
	Activities	
Evening	Snack	Coffee with protein powder (milk coffee)
Night	Dinner	8-8:30 am - chicken or a sabzi
	Night Routine	
	Sleep	11:30 pm -12

Hormone Panel

LPD 23/4/26	Period Cycle	Bleeding Profile Very scanty			Nutritionist Analysis No pmsing issues but periods are very scanty, just 2-3 drops in 2 days..Uterine lining has become very thin
Condition	Location	Symptoms	Scans	Gut	

Current Medication

Asthama inhaler		

Do & Dont

Do	Dont

Diet Advice

Post Wakeup	
Breakfast	
Mid Meal	
Lunch	
Evening	
Dinner	
Post Dinner	

Supplements

Name	Dosage	Timing
Address		
Other Remarks		
Client Remark		
Nutritionist Remark	Dr Aman felt from stairs in October 2025, had lost around 5-7 kgs earlier Drink once in 2-3 months Taking protein powder 3 kg in a month-28th may, 2026 veggies- gajar, bhindi, beans, mushroom, peas,zucinni, baby corn, broccoli, baigan	