



Diet & Lifestyle Consultation Form

Name	Priya Luthra	Contact	+6598560090
Email	priya.luthra@gmail.com	Age	50
Height	5.4	Weight	82

Blood Work

SL	Marker	Date	Date	Date
1	Insulin	10		
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				

Daily Routine

Section	Field	Details
Morning	Wakeup	9:30 am
	Activities	Coffee+ milk+stevia+ Banana pre workout
	Breakfast	Isopure berries+1/2 banana
Afternoon	Activities	daily household activities
	Lunch	Chicken /fish/veggies/rice or millet roti
	Activities	
Evening	Snack	Coffee
Night	Dinner	6:30-7 pm- Chicken/fish/veggies/salad +roti/soudough/rice
	Night Routine	post dinner walk
	Sleep	11 ish in bed

Hormone Panel

LPD 7-04-26	Period Cycle 27 days	Bleeding Profile 2-4 days regular bleeding			Nutritionist Analysis stomach pain, pms, meftalpas, scans were all okay from last year
Condition	Location	Symptoms	Scans	Gut	
			last year, all good	bloating	

Current Medication

Anti anxiety, dexapro -0.5 mg	magnesium glycinate	

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	Alcohol- once a month bad constipation during keto diet, had bled also.. but now its is normal does meditation and deep breathing	