



Diet & Lifestyle Consultation Form

Name	Rajiv Kapoor	Contact	9810202096
Email	rajivkapur2@gmail.com	Age	67
Height	5.9	Weight	79.7

Blood Work

SL	Marker	Date 0026-03-27	Date	Date
1	Hba1c	6.6		
2	b12	656		
3	Vitamin D	47		
4	Total Cholesterol	175		
5	Triglycerides	117		
6	Iron	56		
7	Calcium	9.9		
8				
9				
10				
11				
12				

Daily Routine

Section	Field	Details
Morning	Wakeup	9-9:30 am
	Activities	methi dana paani,
	Breakfast	10 am toast egg+ apple blueberries peanut butter/oats almond milk smoothie bowl walnuts + protein powder+black coffee
Afternoon	Activities	Walk 10-15 mins, laptop,reading
	Lunch	3:30 pm - dal sabzi/ rice/chapati ..now salad + dal+paneer or feta cheese
	Activities	Walk 7 pm 30-45 mins
Evening	Snack	Chaas
Night	Dinner	tandoori chicken/salad - 9 pm
	Night Routine	TV, watch series
	Sleep	2 am

Hormone Panel

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

Current Medication

Telma m- morning evening	Rosavel F- 10 mg	Blavix-

Do & Dont

Do	Dont
Deep Breathing & pranayam morning & night for 10 mins	avoid raw food at night
Walk after every meal for 10-15 mins	Avoid cold food at night
Strength train 2-3 times a week	Avoid packaged , processed food, store bought dips,biscuits
Drink 2-2.5 litres of water	Avoid juices and sweetner based drink
14 hours of minimum IF recommended	
Maintain better sleep hygiene	

Diet Advice

Post Wakeup	Soaked Methi dana paani lukewarm 1 glass + 4 soaked almonds+ 3 soaked walnuts
Breakfast	1. 1 whole eggs+1 egg whites+1/2 cup veggies+ roasted mixed seeds 1 tbsp- pumpkin, flaxseed, watermelon, sesame 2. 1 whole egg+2 eggwhites with veggies+ 1/2 avocado+ roasted sesame seeds 1 tsp 3. Almond milk 1 cup + 2 tbsp oats+ 1 tbsp peanut butter+ 1 tbsp mixed seeds smoothie +1 black coffee
Mid Meal	1 scoop protein powder in 1 glass water + 1 whole seasonal fruit - 1/2 cup apple or 1/2 cup guava or 1/2 cup papaya
Lunch	1/2 cup salad with mother acv (will share recipes) (Add 50 gm paneer (3-4 cubes or 100 gm chicken 4-5 cubes) 1. 1/2 cup steam rice + 1 small bowl chilka moong dal+ seasonal veggies only 1/2 cup 2. 1or 2 millet rotis+ chilka masoor/kala channa curry 1 small bowl+ seasonal veggies 1/2 cup 3. Quinoa moong dal veg khicdri 1 cup + 1 tsp ghee from top + 1/2 cup seasonal veggies
Evening	Coconut water with black salt- 1 small glass 1 tsp peanut butter without sugar, almond milk 1 cup + 1 tsp chia seeds+ 1 small date smoothie +4 almonds+2 walnuts
Dinner	1.Grilled chicken 100 gm + sautee veggies in olive (broccoli, pepper, onion, mushroom, zuchinni) 1 cup 2. Steam Fish 150 gm (1 fillet)+ Sautee veggies 1 cup
Post Dinner	

Supplements

Name	Dosage	Timing
Address		
Other Remarks		

Client Remark	
Nutritionist Remark	No tinda, lauki Alcohol- 2-3 times whiskey - 2-3 30 ml