



Diet & Lifestyle Consultation Form

Name	Aneet	Contact	9810271649
Email	aneetkassal@yahoo.co.in	Age	53
Height		Weight	78

Blood Work

SL	Marker	Date	Date	Date
1	HB	15.9		
2	RBC	5.54		
3	PCV	47.1		
4	CREATITINE	0.45		
5	BUN/ CREA RATIO	28.89		
6	ALBUMIN	2.4		
7	ALT/ SGPT	38		
8	GGT	63		
9	CHOLESTEROL	225		
10	LDL	143		
11	NON HDL CHOLESTEROL	171		
12				

Daily Routine

Section	Field	Details
Morning	Wakeup	8:30 am-9 am
	Activities	
	Breakfast	coffee+ fruits
Afternoon	Activities	
	Lunch	Dal rice/roti+ sabzi, rajma/khadi
	Activities	Walks, have been doing lately past 20 days
Evening	Snack	jam toast, peanut butter toast
Night	Dinner	fish, chicken, veggies
	Night Routine	TV
	Sleep	11:30 pm-12

Hormone Panel

LPD	Period Cycle	Bleeding Profile			Nutritionist Analysis Hysterectomy surgery was done, but ovaries were not removed. Menopausal symptoms - hot flashes,
Condition	Location	Symptoms	Scans	Gut	

Current Medication

Rosulip - 10 mg	Vitamin D - weekly	ME 12 OD
Magnesium	Aristozyme gold	Well being nutrition fiber
Liquorice	well being omega 3	mulethi
Elaki		

Do & Dont

Do	Dont
Anti inflammatory diet for 15 days-avoid egg, chicken, fish and other mentioned before	Citrus fruits, Excess mangoes, tamarind, sour food, excess onion garlic, raw tomatoes in excess, chillies, eggplant, fermented food, yeast, corn, bajra, brown rice
Drink 2.5-3 litres of water	Avoid dairy, sugar wheat and soy
Use cold pressed oil, olive oil and ghee for cooking	Avoid starchy veggies and potatoes
Walks and slow yoga 3-4 times in a week	Avoid packaged food, canned juices, aerated drinks, diet coke pepsi
finish dinner by 7-7:30 pm	No soy sauce

Diet Advice

Post Wakeup	Coriander seed+fennel seed 1 tsp each soaked water/ -1 cup (Alt days) 4 soaked almonds +3 soaked walnuts Chia seed soaked water 1 glass
Breakfast	1.3 tbsp rolled oats soaked overnight with 1 tbsp chia seeds in oatmilk+ Add 5-6 blueberries & 4-5 raisins in the morning 2. One whole egg+ 1 eggwhite+ 1/2 avocado 3. 1 whole egg+1 eggwhite with veggies 4. Avocado toast 1 sprinkle with roasted sesame seeds 5. Veg Moong dal Cheela 1 + 4 tbsp Moringa coconut chutney 6. 1 Besan cheela with apple mint chutney 7. Quinoa rice dosa 1 + 4 tbsp coconut chutney
Mid Meal	Fruit options - papaya 1/2 cup/ guava-1/2 cup/water melon or musk melon-1/2 cup, annar-1/2, apple-1/2 cup/coconut water -1 glass
Lunch	Vegetable options - lauki, tori, tinda, parwal, gajar, beans, raw papaya, ash gourd, pumpkin, bhindi, karela, cholain saag, kunduru, baby corn, mushroom, broccoli, zucchini, spring onion 1. steam rice 1/2 cup+1 small bowl of dal+ veggies+ nourishing salad 2. Broccoli with Steam fish 150 gm+ Jasmine rice 1/3rd cup 3. 2 jowar rotis+ lauki sabzi + 1 smallest bowl steam channa salad 4. Chicken pulao (100 gm chicken + 1/3rd cup steam rice)+ kachumber salad 5. jowar rotis 2+ 1 small bowl dal + veggies 1 cup
Evening	1. Makhana phirni 1/2 cup 2. Murmure bhel chaat 1/2 cup with millet crackers 3. Ghee roast banana 1 with elaichi powder+ chopped dates 4. Sweet potato 1/2 chaat with little lemon 5. Cocoa nibs+ date+ Oat milk smoothie topped with 2 tbsp oats and few berries 6. Makhana chaat 1/2 cup 7. 1 sourdough toast +1 egg 8. 1 sourdough toast+ avocado guacamole

Dinner	<ol style="list-style-type: none"> 1. Eggs whole 2 + veggies 2. Chicken keema kebabs 2 + sautee veggies 1/2 cup 3. rice noodles veg khowsuey (1/2 cup boiled noodles, 1/4th cup coconut milk mixed with water + veggies) 4. Steam fish fillet 1 + veggies sautee (broccoli, babycorn, zucchini, carrot mushroom) 5. Chicken breast grilled 1 + veggies 6. 2 eggs veg bhurjee + 1 toast 4. Edamame veg kebabs 3-4 small + pumpkin soup 1 cup 5. Vegan Pesto risotto 1/2 cup 6. Rice noodles(boiled 1 cup) sautee with veggies + 1/2 cup edamame (Add tamari sauce & Coconut aminos) 7. Jowar veg wrap with edamame dip 8. Light veggie tempura + Veg soup 1 small bowl 9. Veggie kebabs 2-3+ veg clear soup
Post Dinner	chasteberry seeds water 1 cup/ Pathimughum 1 small stick boiled water 1 cup/burdock/peppermint/bluepea flower 1 cup

Supplements

Name	Dosage	Timing
Address		
Other Remarks	Rice kanji recipe Take 3 tbsp cooked rice, soak it in water, cover and leave it in the kitchen counter overnight.. Add tadka- Simple Tempering (Optional) 1 tsp ghee, cumin, ginger, curry leaves	
Client Remark		

<p>Nutritionist Remark</p>	<p>3/06/26 Weight dropped 3 kgs - 75.5</p> <p>dry mouth- Have date , pomegranate, beetroot, lemon, mousami. You can add little pomegranate mousambi juice Use humidifier For stomach upset - Have entrogermina</p> <p>Travel guide- 26th June - 12th july (scotland - 27th june-2nd july) Travel food guide</p> <p>Carry - coriander, fennel, ajwain Nuts Roasted makhanas Protein powder</p> <p>Morning - warm water (u can soak corriander / fennel) and also have Breakfast - eggs + salad No sugar granola almond milk some berries Chia oats bowl Eggs + 1 mutigrain or sourdough toast</p> <p>Lunch - soup + 1 chicken sandwich Mix salad with chicken, fish or tofu Rice + asian veggies with chicken Hot bowl with rice chicken/fish veggies 2 slices pizza + 1 bowl of salad Indian - missi roti plus chicken tikka 1 small bowl biryani with yogurt 1 dosa with sambar plus chutney</p> <p>Evening - coffee with nuts and seeds/ roasterd makhanas</p> <p>Dinner - Grilled chicken / fish with veggies Soup Sushis ooTravel food guide</p> <p>Carry - coriander, fennel, ajwain Nuts Roasted makhanas Protein powder</p> <p>Morning - warm water (u can soak corriander / fennel) and also have Breakfast - eggs + salad No sugar granola almond milk some berries Chia oats bowl Eggs + 1 mutigrain or sourdough toast</p> <p>Lunch - soup + 1 chicken sandwich Mix salad with chicken, fish or tofu Rice + asian veggies with chicken Hot bowl with rice chicken/fish veggies 2 slices pizza + 1 bowl of salad Indian - missi roti plus chicken tikka 1 small bowl biryani with yogurt 1 dosa with sambar plus chutney</p> <p>Evening - coffee with nuts and seeds/ roasterd makhanas</p> <p>Dinner - Grilled chicken / fish with veggies Soup Sushis</p> <p>5th may, 2026 Weight - 76 kg Corriander Oats musk melon Jowar rois/tori</p>
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