



Diet & Lifestyle Consultation Form

Name	Alankriti	Contact	9910484725
Email		Age	38
Height	5	Weight	38

Blood Work

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

Daily Routine

Section	Field	Details
Morning	Wakeup	6 am
	Activities	8 am Chia sees soaked lemon, acv water , soaked almonds walnuts figs or brazil fruits, Workout
	Breakfast	11 am - cheela/ ragi pancake, avocado toast
Afternoon	Activities	Coconut water/mix veg juice
	Lunch	2 pm - dal roti sabzi (bhindi/ kunduru/aalo/gobhi matar gajar), ghiya
	Activities	
Evening	Snack	gond katira seed water
Night	Dinner	8 :30 pm-9 pm Gravy sabzi, palak paneer/ rice bowl /wraps
	Night Routine	kachi , haldi, cinnamon green tea
	Sleep	10:30 pm -11 pm

Hormone Panel

LPD 17-April-26	Period Cycle 28 days	Bleeding Profile normal bleeding			Nutritionist Analysis bloating
Condition	Location	Symptoms	Scans	Gut	

Current Medication

Magnesium	Omega 3	Wonderzyme
ganaton	Recita	

Do & Dont

Do	Dont
2-2.5 litres of water daily	Avoid dairy, wheat, dals, legumes, sugar
Add 2-3 varieties of seasonal vegetables in diet regularly	Avoid raw food
Eat dinner between 7 pm -8 pm	Avoid packaged food, bevarages, processed food
All food to be cooked in cold pressed oil, mustard oil and ghee	Citurs fruits, Excess mangoes, tamarind, sour food, excess onion garlic, raw tomatoes in excess, chillies, eggplant, fermented food, yeast, corn, bajra,brown rice

Diet Advice

Post Wakeup	Corriander, fennel, methi warm water + 1 tsp ghee Soaked 5 Almonds+ Soaked Walnuts 3 Pre workout - Oats(soakedovernight) cacao honey shake /Blueberry oats (soaked overnight) shake/almond butter with 1/2 tsp jaggery powder on a sourdough toast
Breakfast	1. 1 whole egg+ 1 eggwhite with veggies + 1/2 avocado 2. 1 whole egg+1 eggwhite with veggies+1 thin slice sourdough toast 3. Veg Moong dal Cheela 1 + Moringa coconut chutney 4. Oats date pancake 2-3+ fresh berries 5. Veg poha + steamed edamame 1/4th cup 6.Overnight soaked oats+1/2 cup oatmilk+ blueberries 1/4th cup+ 1 tsp chia seeds soaked 7. Veg Oats rice Uttapam + moringa coconut chuntney
Mid Meal	1. papaya 1/2 cup 2. Coconut water 3. Banana 1 4. Guava 1/2 cup 5 Musk melon 1/2 cup
Lunch	Vegetable options - lauki, tori, tinda, parwal, gajar, beans, raw papaya, ash gourd, pumpkin, bhindi, karela, cholain saag, kunduru, baby corn, mushroom, broccoli, zuchinni , spring onion Dal- Chila moong/moong/lal masoor 1. steam rice 1/2 cup+1 small bowl of moong dal+ veggies+ nourishing salad 2. Jowar rotis+ 2 veggies+nourishing salad 3. Jowar rotis+ 1 small bowl of chilka moong dal+veggies 4. Chicken pulao 1 cup + veggies
Evening	Ghee roasted makhana chaat Sweet potato chaat murmure bhel Nuts and date seed laddoos 2 Walnut choco chips date cookie . 1 sourdough toast+ avocado guacamole

Dinner	<ol style="list-style-type: none"> 1.. Steam fish fillet 1 + veggies sautee (broccoli, babycorn, zuchinni, carrot mushroom) 2. Chicken breast grilled 1 + veggies 3. Rice noodles(boiled 1 cup) sautee with veggies + 1/2 cup edamame (Add tamari sauce & Coconut aminos) 4. veggie Tempura + veg soup 5. Jowar wrap with edamame dip 6. Beetroot veg walnut kebab+ pumpkin soup 1 cup 7. Samak millet veg daliya 8. Jowar methi theplas 2 + veggies
Post Dinner	Hibiscus licorice tea 1 cup

Supplements

Name	Dosage	Timing
Address		

Other Remarks	<p>Recipe for nourishing salad Steam Grated beetroot+ carrot+ onion+ tomatoes+ shredded raw coconut with curry leaves mustard seeds tadka in ½ mustard or sesame oil cold pressed Makhana Gravy (No Cashew, No Dairy, Low Tomato) Ingredients (serves 2-3) 2 cups makhana (fox nuts) 1 tbsp oil (or ghee if you tolerate) For the gravy base 1 tbsp melon seeds (magaz) 1 tbsp pumpkin seeds 2 tbsp grated lauki (bottle gourd) 2 tbsp carrot (optional, for mild sweetness) 1 small tomato (optional, just for balance—not dominant) Few roasted makhanas 1 tsp ginger ½ tsp cumin seeds ½ tsp turmeric 1 tsp coriander powder Salt to taste Water as needed</p> <p>Method 1. Roast makhana Dry roast till crisp ? keep aside 2. Make creamy base Soak seeds & few makhanas in warm water for 10-15 mins Blend with lauki + carrot + small tomato + ginger ? smooth paste 3. Cook gravy Heat oil, add cumin seeds Add the blended paste Cook on low-medium flame for 6-8 mins till slightly thick and aromatic 4. Spice + simmer Add turmeric, coriander powder, salt Add water to adjust consistency Veg Jowar Wrap Ingredients (2 wraps) Jowar roti ½ cup jowar flour Warm water to knead Pinch of salt Filling ½ cup sautéed veggies (zucchini, carrot, beans, capsicum, onion) 1 tsp olive oil or ghee Salt, pepper Fresh coriander</p> <p>Method Make jowar roti Knead soft dough with warm water Roll gently (or pat by hand) Cook on hot tawa till light brown spots appear Prepare filling Sauté veggies lightly (keep crunch) Toss for 2-3 mins Assemble Place filling on roti Add dip (below) Roll into wrap</p> <p>? Mint-Edamame Hung Curd Dip Ingredients ½ cup hung curd (thick) ? cup boiled edamame Handful fresh mint 1 tbsp coriander 1 small green chilli (optional) ½ tsp roasted cumin powder Salt + pinch black pepper 1-2 tsp lemon juice</p> <p>Beetroot Veg Walnut Kebabs (4 pieces) Ingredients 1 medium beetroot (about 100-120 g, grated & lightly squeezed to remove excess water)</p> <p>½ medium carrot (grated)</p> <p>¼ cup coriander leaves (finely chopped)</p> <p>¼ small onion (finely chopped, optional)</p> <p>¼ cup walnuts (coarsely ground into a crumbly mix)</p> <p>2 tbsp oats powder / roasted besan (binder)</p> <p>½ green chilli (finely chopped, optional)</p> <p>½ tsp ginger-garlic paste</p> <p>½ tsp cumin powder</p> <p>½ tsp coriander powder</p> <p>Salt to taste</p> <p>1-2 tsp olive oil / ghee (for shallow pan cooking)</p> <p>Method Prep veggies – Grate beetroot + carrot, squeeze out extra water.</p> <p>Mix all ingredients in a bowl (veggies, walnuts, oats/besan, spices, herbs). Adjust consistency — it should hold shape.</p> <p>Shape into 4 round or oval kebabs.</p> <p>Cook on a hot nonstick pan with little oil. Shallow fry each side for 2-3 min until crisp and golden.</p> <p>Serve with mint chutney or yogurt dip.</p>
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Client Remark	
Nutritionist Remark	Veg at home Alcohol smoking very rarely