



## Diet & Lifestyle Consultation Form

Name	Shaily	Contact	9434428405
Email	shaily.bhattacherya@gmail.com	Age	45
Height	5'2	Weight	94.5

### Blood Work

SL	Marker	Date 2026-04-27	Date	Date
1	Total Leucocyte count	12900		
2	ESR	44		
3	Plasma glucose fasting	138		
4	Thyroid TSH	5.23		
5				
6				
7				
8				
9				
10				
11				
12				

### Daily Routine

Section	Field	Details
Morning	Wakeup	7. 30 am - tea with biscuits without sugar black tea - marie 2
	Activities	25 min of exercises stretching
	Breakfast	9.30 am - milk with museli 4-5 seeds toned milk warm
Afternoon	Activities	10- am - apple in between
	Lunch	2 chapati wurg curd and sabzi, dal veggies, cucumber , small amount of rice
	Activities	
Evening	Snack	5 pm - black coffee biscuit or not
Night	Dinner	9.30 pm - roti with rice with sabzi seasonal
	Night Routine	
	Sleep	it takes time , 11.30 pm -sleep is fine

### Hormone Panel

LPD	Period Cycle	Bleeding Profile			Nutritionist Analysis
<b>Condition</b>	<b>Location</b>	<b>Symptoms</b>	<b>Scans</b>	<b>Gut</b>	
Periods - irregular perimenopause					

**Current Medication**

medication1	medication2	medication3

**Do & Dont**

Do	Dont
Drink 3 litres of water	Avoid fried food, sugar, junk, processed food

**Diet Advice**

Post Wakeup	
Breakfast	
Mid Meal	
Lunch	
Evening	
Dinner	
Post Dinner	

**Supplements**

Name	Dosage	Timing
Probiotic	1 capsule	empty stomach

Address	SILIGURI
Other Remarks	no remark
Client Remark	no remark
Nutritionist Remark	Started a plan by 5 may 26 , weight is 96 kg Discussed over call 12 may follow up call reduce 1.5 kg great going and following a strict plan 2 june - Discussed over call yesterday feeling lighter, no bloating, current weight 93 kg 10 june - Current weight is 2 kg, started omega 3 and following the diet properly