



Diet & Lifestyle Consultation Form

Name	Amita kapoor	Contact	9899727700
Email		Age	66
Height	5.2	Weight	53

Blood Work

SL	Marker	Date 2026-03-16	Date	Date
1	Hb	12.7		
2	Eosinophils	2		
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				

Daily Routine

Section	Field	Details
Morning	Wakeup	5:30-6 am
	Activities	Drink water workout ,Tea +pumpkin seed butter olive oil with rusk
	Breakfast	Oats rolled soaked with hemp seed milk+chia seeds +2 tbsp omega +apple+blueberries+1 date
Afternoon	Activities	mid meal- roasted makhana+murmure annar
	Lunch	Ragi/amaranth/Quinoa/veggies/rajma/ avocado
	Activities	
Evening	Snack	Tea murmure
Night	Dinner	Soup sautee
	Night Routine	
	Sleep	

Hormone Panel

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

Current Medication

Nexium 20	Bowel care	Vsl#3
Licorice	Calgrow plus	Butyra balance 500 mg
Brahmi	Bilanix	Wellbeing nutrition daily fiber
Vitamin D		

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		