



Diet & Lifestyle Consultation Form

Name	Isha	Contact	9818800911
Email	ishalodha@gmail.com	Age	40
Height		Weight	

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	
	Activities	
	Breakfast	
Afternoon	Activities	
	Lunch	
	Activities	
Evening	Snack	
Night	Dinner	
	Night Routine	
	Sleep	

Hormone Panel

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

Current Medication

Do & Dont

Do	Dont
Eat dinner by 7 pm	Excess caffeine, late night eating , over fasting
Add 1 tsp. ghee for digestion	Avoid raw food
Use cold pressed oil, mustard oil for cooking	Avoid junk, outside food, fried, juices, biscuits, chips, namkeen etc
Add protein and fiber in each meal	Avoid bitter food or herbs
Prefer sweet, sour, and salty tastes	Skipping meals or intense workout at late evening aggravate vata
Eat at regular timings (very important)	

Diet Advice

Post Wakeup	Drink CCF - Pinch of Cardamom + cinnamon and Fennel water with 5 soaked almonds+3 soaked walnuts 3 half of one OR Vata friendly herbal infused drink - https://www.instagram.com/reel/CnP_IkpPVv3/?igsh=MTZrZ2FnZnl0em9tNA==
Breakfast	Option 1 1 Ragi dosa with carrot hemp seeds coconut chutney Option 2 Missi oats sattu prantha 1 medium+ 50 gm greek yogurt with grated cucumber chia seeds Option 3 Veggie Moong dal cheela 1 + cooked sprouts 1 small bowl+ methi thecha Option 4 Ragi/ sourdough bread paneer toastie (add White sesame + kaloji) + or avocado toast Option 5 - Quinoa oats veg Uttampam 2 small + coconut chutneyOption 6- Veg red poha + 1 small bowl edamame chaat Option- 2 whole eggs veggie+ 1 sourdough toast + Tea 1 cup
Mid Meal	1. Half cup seasonal fruits (Avoid sour fruits) 2. skyr yogurt with 1 tsp roasted cumin seeds with 1 tsp methi dana soak overnight - 1 small bowl 3. Sauf sharbat 1 glass with sabja seeds 1 tsp

Lunch	<p>Half an before - Vata digestive powder ½ tsp with normal water</p> <p>Option 1 Palm sized Khapli rotis+ moong dal/chilka moong dal 1/2 cup +seasonal gourd veggies 1cup + steam salad carrot grated with shredded dry coconut pinch of salt and acv (apple cider) add ¼ tsp kalonji ¼ cup with carrot pickle 2 tbsps (recipe attach below) add 1 tsp ghee in dal</p> <p>Option 2- 1/2 cup steam rice + Kulthi dal/masoor dal 1/2 cup +veggies + Salad- steamed grated beetroot with lemon juice and pinch of salt Lauki chaaz with pinch of hing, salt and roasted cumin powder 1 glass ,(add 1 tsp ghee in dal)</p> <p>Option 3 - Quinoa dosa with no lentil veg rasam+ lauki chaaz 1 glass with pinch of hing and jeera powder and salt</p> <p>Option 4 - Amaranth/ khapli roti 2 palm sized+ lobiya/channa ghiya dal 1 small bowl+ 1 smallest bowl curd with pinch of hing, bhuna jeera and salt</p>
Evening	<p>Tea 1 cup</p> <ol style="list-style-type: none"> 1.Ghee roasted makhana with salt & pepper 1 cup 2. Ghee roasted murmure bhel 1/2 cup (Add toasted coconuts) 3. Salted toasted coconuts 4. 1 sourdough toast with unsweetend almond butter 5. Ghee roasted chidwa+ 4-5 roasted cashews
Dinner	<p>Option 1 -Herb grilled tofu 150 gm with garlic sautéed vegetables + 1/2 sweet potato grilled + mint coconut dressing</p> <p>Option 2- Mediterranean Paneer Bowl - Grilled paneer 100 gm with sautéed zucchini, bell peppers, beans and olives +1/4th cup herbed quinoa+ 1 tsp roasted sesame</p> <p>Option 3 - Veg rice noodles with grilled veggies + tofu 150 gm+ peanut lime dressing 2 tbsps</p> <p>Option 4- Veg moong dal cheela 1 or 2 small + veggies</p> <p>Option 5- 1 Jowar thepla paneer stuffed+ gourd veggies 1 small bowl</p>
Post Dinner	Chamomile tea 1 cup

Supplements

Name	Dosage	Timing
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<p>1. Ghee roasted makhana with salt & pepper 1 cup</p> <p>2. Ghee roasted murmure bhel 1/2 cup (Add toasted coconuts)</p> <p>3. Salted toasted coconuts</p> <p>4. 1 sourdough toast with unsweetend almond butter</p> <p>5. Ghee roasted chidwa+ 4-5 roasted cashews</p>		
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