



Diet & Lifestyle Consultation Form

Name	Monica	Contact	9910644444
Email	monicaarora19@gmail.com	Age	55
Height	5.4	Weight	87

Blood Work

SL	Marker	Date	Date	Date
1	hba1c	7.0		
2	pp / fasting	154 / 102		
3	creatinine	0.58		
4	bun/ crea ratio	15.2		
5	phosphorus	4.6		
6	vitamin b12	158		
7	vitamin d	36.12		
8	crp	2.5		
9				
10				
11				
12				

Daily Routine

Section	Field	Details
Morning	Wakeup	8:45 am-9 am
	Activities	thyroid med, jamun, karela shot, 1/2 tsp acv in lemon
	Breakfast	fruit + 1 coffee
Afternoon	Activities	
	Lunch	Salad jowar/khapli+veggies
	Activities	
Evening	Snack	Tea+ monkfruit+ roasted makhana
Night	Dinner	8 pm -1 moong dal cheela/jowar roti -1-2 eggs or dal sabzi
	Night Routine	methi dana jeera corriander water , papaya
	Sleep	1:30-2 am

Hormone Panel

LPD menopause	Period Cycle	Bleeding Profile			Nutritionist Analysis Menopause in age 50.. hot flashes right now
Condition	Location	Symptoms	Scans	Gut	

Current Medication

thyronorm 112	Rosuava	b12
D3 shot	Guloochiadi kashaya	PX7 tablet
Amlycure	nexna	

Do & Dont

Do	Dont
Workout everyday for 1 hour	Avoid raw food at night
Walk 10 mins after every meal	Avoid gluten, dairy, sugar and soy
Walk for 45 mins	Avoid packaged food, biscuits, chips, processed food, aerated drinks, juices
Use cold pressed oil, ghee or mustard oil	Avoid refined oils
Drink 2 litres of water	
Breathing and pranayam to be done everyday morning and night	

Diet Advice

Post Wakeup	Coriander seed, methi dana and tulsi soaked water (overnight) 1 glass 15 mins later jamun, karela shot Soaked Almonds 3 +3 soaked walnuts+ 1 soaked brazil nut
Breakfast	1.Crisp veggie pancakes 2 small + hari chutney+ 1 tsp white sesame seeds 2. Green moong sprouted steam chaat 1 small bowl 3. Quinoa oats uttapam with moringa coconut chutney 4 tbsp 4. Veg oats cheela 1 + add 1 tsp chia seeds+ mint dhaniya basil chutney + Tea milk with 100 percent pure monk sugar (no additives)
Mid Meal	1. Papaya 1 cup 2. Musk Melon 1/2 cup 3. banana 1 small 4. Apple 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 1. 2 palm jowar rotis (add 1/2 tsp ghee)+ 1 small bowl of watery moong dal(Jeera tadka)+ veggies+nourishing salad 1 smallest bowl 2. Samak veg millet+ veggies 1 small bowl+ nourishing salad 3. Moong dal quinoa veg khicdri + basil mint chutney + veggies 1 small bowl
Evening	Tea milk with 100 percent pure monk sugar (no additives) 1 cup 1. Ghee makhana roast salted 1 cup 2. Murmure bhel with millet crackers 3. millet cracker + amaranth puff chaat 4. sweet potato 1/2 chaat
Dinner	1. moong dal lauki cheela 1 + veggies 1 bowl 2. Jowar methi thepla 1 + masoor dal with tori 1 small bowl 3. Jowar roti 1 + veggies 1 small bowl 4. Samak moong dal veg khicdri 1 small bowl

Post Dinner	methi, sauf , coriander seeds water 1 cup
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Supplements

Name	Dosage	Timing
Address		
Other Remarks	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	
Client Remark		
Nutritionist Remark	B12 injection taken rosuava for cholesterol thyromorm -112 mg non veg - but prefers veg , likes eggs	