



## Diet & Lifestyle Consultation Form

Name	Ekta	Contact	70455 58812
Email	m.ekta90@gmail.com	Age	35
Height	5.7	Weight	54

### Blood Work

SL	Marker	Date 2026-04-14	Date	Date
1	Serum Iron	16		
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				

### Daily Routine

Section	Field	Details
Morning	Wakeup	5:30-6 am
	Activities	shower, gym
	Breakfast	idli/ medu vada/ dosa/ misal pao/poha/kadak pao and butter/masala rice
Afternoon	Activities	sleep aafter breakfast, sits in cafe, free lancer
	Lunch	Dal rice/sabzi roti
	Activities	
Evening	Snack	cheese sandwhich, channa dal cheela, hot dog veg cheese sandwich
Night	Dinner	dal rice-8;20 pm
	Night Routine	game
	Sleep	1 am

### Hormone Panel

LPD	Period Cycle	Bleeding Profile 3-4 days very heavy bleeding			Nutritionist Analysis  Thick clotting, very painful periods, 2 =-3 medicines for pain, day of period, vomiting, nausea Pain stays even after 5th day
<b>Condition</b>	<b>Location</b>	<b>Symptoms</b>	<b>Scans</b>	<b>Gut</b>	
Endimetriosis					
Uterus is bulky					
posterior wall uterine fibroid					

### Current Medication

Sopradin		

### Do & Dont

Do	Dont
2-2.5 litres of water daily	Avoid dairy, wheat, sugar, soy
add 2-3 varieties of vegetables and 2 fruits in ur diet	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	Avoid eating too much bread on regular basis
Unwind and sleep by 11 pm max	Avoid heavy fermented food like idlis dosa. ferment idli batter very less
breathing exercises 15 mins before sleeping	Avoid sour, tamarind, citrus , raw mangoes

### Diet Advice

Post Wakeup	1 glass of normal water + Corriander, fennel, methi warm water 1 cup + 1 tsp ghee Soaked 5 Almonds+ Soaked Walnuts 3
Breakfast	1. channa dal cheela + coconut chutney 2. Veg poha+2 tbsp peanuts+ grated coconut+ green moong sprouted steam chaat 1 small bowl 3. veg Moong dal Cheela 2 + mint dhaniya chutney 4. 2 Whole eggs veg omelette+1 tsp sesame seeds+ 1 multigrain toast 5. 1 whole wheat pao+ 1 bowl of misal
Mid Meal	Sabja seeds soaked water 1 litre through out day 1. Coconut water 1 small glass, or 2. Mango small 1 3. Apple 1/2 cup 4. Pomegranate 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 - masoor dal/moong dal, chilka moong, chilka masoor, mixed, moth, arhar dal 1. Steam rice 1/2 cup+ dal+ veggies+ nourishing salad 2. Jowar rotis 2 + dal+veggies+ nourishing salad 3. Samak daliya 1 cup + veggies+ nourishing salad 4. Samak (Barnyard millet)+moong dal khicdri+ veggies + nourishing salad
Evening	Ghee roasted makhana chaat Sweet potato chaat murmure bhel Nuts and date seed laddoos 2 channa dal cheela 1

Dinner	<ol style="list-style-type: none"> <li>1. Steam rice + dal+ veggies</li> <li>2. Moong dal rice veg khicdri</li> <li>3. Jowar thepla + veggies</li> <li>4. Jowar thepla+2 egg bhurjee</li> <li>5. beetroot sweet potato tikkis + samak daliya veg</li> </ol>
Post Dinner	chamomile tea 1 cup

### Supplements

Name	Dosage	Timing
Carmaide forte probiotic morning empty stomach		
Chealted iron tablet 1 (one hour after breakfast)		
Amla capsule with iron tablet		
magnesium glycinate 1 tablet before bed		
Omega 3 500 before bed		
Vitamin D 60000 lu	once a week	
Vitamin B12	1 tablet	After breakfast

Address	
Other Remarks	Water intake is low Eats eggs/ eat chicken when u are only out of country
Client Remark	
Nutritionist Remark	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