



Diet & Lifestyle Consultation Form

Name	Aarti	Contact	99907 90589
Email	Aarti.v2929@gmail.com	Age	45
Height	5.5	Weight	95

Blood Work

SL	Marker	Date 2025-12-31	Date	Date
1	Bun creatinine ratio / Urea creatinine ratio	10.01 / 21.43		
2	Total cholesterol	202		
3	LDL Cholesterol	129		
4	Vitamin B12	162		
5	cancer ovarian marker	41.6		
6	RDW CV	14.2		
7	RDW - SD	34.7		
8	P - LCR	58.7		
9	PDW	26.1		
10	CRP	9.6		
11				
12				

Daily Routine

Section	Field	Details
Morning	Wakeup	6:30 am
	Activities	Jeera pani , 1glass water
	Breakfast	9 am black coffee, almonds, walnuts, herbal life,
Afternoon	Activities	gym workout
	Lunch	roti, veg , lassi
	Activities	5 pm
Evening	Snack	5 pm black coffee
Night	Dinner	Shake
	Night Routine	green tea
	Sleep	11:30 am -12

Hormone Panel

LPD 5/5/26	Period Cycle 28 days	Bleeding Profile 4 days , not heavy bleeding			Nutritionist Analysis
Condition	Location	Symptoms	Scans	Gut	

Current Medication

Omega 3 - 2	Vitamin B12	

Do & Dont

Do	Dont
Protein powder- plant based cosmix	Avoid dairy, sugar, wheat
2-2.5 litres of water	avoid packaged food, biscuits, chips, namkeen, aerated drinks, juices
Oil- mustard oil , cold pressed oil,ghee	Avoid raw food at night
Sleep -11 pm	

Diet Advice

Post Wakeup	jeera dhaniya mixed water 1 glass+ 1 tsp ghee mixed in warm water + 5 soaked almonds+ 3 soaked walnuts
Breakfast	Breakfast - 1 moong dal (lauki, gajar, onion)+ har mint chutney + Black coffee
Mid Meal	Post workout - coconut water 1 small glass with salt Protein powder- whey protein 1/2 cup papaya
Lunch	2 palm size jowar rotis + 1 small bowl chilka moong dal + veggies+ salad 1/2 cup rice (100-150 gm) +masoor dal + veggies+ salad 1/2 an hour gap - 1/2 glass chach+ pinch elaichi powder+dalchini powder
Evening	1 black coffee+1 date+ 1/2 cup makhana roasted
Dinner	Veg samak daliya 1/2 cup + 1 small bowl moong sprout steam 1 jowar roti+ veggies 1 cup + 1 small bowl moong sprout steam
Post Dinner	

Supplements

Name	Dosage	Timing
Address		
Other Remarks		
Client Remark		
Nutritionist Remark		