



## Diet & Lifestyle Consultation Form

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Height	4.11	Weight	60

### Blood Work

SL	Marker	Date 2026-05-29	Date	Date
1	Vitamin D	58		
2	Vitamin B12	435		
3	Uric acid	4.33 (low)		
4	Globulin	3.67 (slightly above)		
5	A/G ratio	1.23 9Slightly below)		
6	Hba1c	5.4		
7	Hb	12.5		
8	Calcium	10		
9	TIBC	478 (high)		
10	UIBC	394(high)		
11	Iron serum	83		
12	Cholesterol	250, triglycerides 262, nonhdl-189, vldl-52		

### Daily Routine

Section	Field	Details
Morning	Wakeup	9-9:30 am
	Activities	Black tea -1 cup pooja
	Breakfast	takes almonds walnuts
Afternoon	Activities	
	Lunch	2:30 pm -3 pm parantha sabzi
	Activities	
Evening	Snack	black tea/ milk tea namkeen
Night	Dinner	11 am- dal rice , roti sabzzi
	Night Routine	1 am sleep time
	Sleep	

### Hormone Panel

LPD	Period Cycle 26	Bleeding Profile normal			Nutritionist Analysis  fibroids medicine, yeast infection recently in vagina
<b>Condition</b>	<b>Location</b>	<b>Symptoms</b>	<b>Scans</b>	<b>Gut</b>	

### Current Medication

Naxdom 500 (sos)	Pregabalin (Mexagalin 75)	Neurocap
Petril 0.25		

### Do & Dont

Do	Dont
10 minutes direct sun light exposure daily in the morning	No refined oil
Breathing exercise - anulom , vyolom and box breathing before sleeping	No biscuits, chips, namkeen, sugary drinks
14 hours of fasting till morning, Walk 30-45 mins daily	Avoid milk, wheat , sugar and soy
yoga 2-3 times in a week	Avoid raw food at night
Ghee and mustard oil to be used for cooking - 3/4 tsp	Avoid curd at night
Sleep 10pm -11 pm , Water 2-3 litres in a day	No late dinners. Dinners to be finished by 7-8 pm max

### Diet Advice

Post Wakeup	turmeric, pinch of pepper, dry ginger powder 1/2 tsp in total boiled in 2 cups of water to make 1 cup, add lemon from top and drink Soak chia 1 tsp + flax seed 1 tsp (semi grind powder at night ) and drink 1 glass of water 4 soaked almonds + 3 soaked walnuts
Breakfast	Option 1 - 1 moong dal cheela + hari chutney + roasted sesame seeds 1 tsp Option 2 - 1/4th cup rolled oats raw cooked as vegetable oats upma Option 3- 1 besan cheela+ hari mint chutney Option 4- Green moong sprouted steam chaat + 1/2 sweet potato steamed Option 5- Veg poha 1/2 cup + srouted steamed black channa 1/4th cup  + 1 cup tea
Mid Meal	Amla beetroot carrot steam juice 1 small glass
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 Jowar rotis+ 1 small bowl dal + veggies 2. 1/2 cup steam rice + 1 small bowl of dal + veggies 3. 1/2 cup steam rice + 1 small bowl black channa curry+ veggies  1 small glass of buttermilk with curry patta, ginger and hing everyday
Evening	1 cup tea + banana ghee roasted with elaichi powder+1 small chopped dates
Dinner	1. 1 moong dal cheela+ homemade veg chenna paneer 1 small bowl 2. Samak veg daliya 1 cup 3. jowar roti 1 + veggies 1 bowl 4. Veg samak moong dal khicdri 1 cup 5. 1 jowar roti+ veg chenna paneer
Post Dinner	

## Supplements

Name	Dosage	Timing
Address		
Other Remarks		
Client Remark		
Nutritionist Remark		