



## Diet & Lifestyle Consultation Form

Name	Sushmita	Contact	
Email		Age	51
Height	5	Weight	53

### Blood Work

SL	Marker	Date 2026-05-15	Date	Date
1	Hb	12.5		
2	hba1c	5.5		
3	fasting sugar	87		
4	Uric acid	6.6		
5	SGPT	36		
6	cholesterol	196		
7	troglycerides	108		
8	Iron	82		
9	Cortisol	22 (4.82-19.50)		
10				
11				
12				

### Daily Routine

Section	Field	Details
Morning	Wakeup	6 am- thyronorm
	Activities	some yoga, ginger haldi and amla warm water with pepper/jeera dhaniya water
	Breakfast	2 walnuts + 4 almonds+ oats seeds chia seeds almond milk/banana 4 days omelette veg + sourdough / poha on sunday + coffee milk
Afternoon	Activities	Office - ors/coconut water
	Lunch	jowar roti dal sabzi salad fried rice
	Activities	
Evening	Snack	
Night	Dinner	7 pm Dinner - rice + dal /grilled chicken with veggies/ weekend fish curry tenga (dark chocolate
	Night Routine	
	Sleep	11 pm

### Hormone Panel

LPD	Period Cycle	Bleeding Profile			Nutritionist Analysis
<b>Condition</b>	<b>Location</b>	<b>Symptoms</b>	<b>Scans</b>	<b>Gut</b>	

**Current Medication**

thyronorm 12.5 mg		

**Do & Dont**

Do	Dont
Drink 2-2.5 litres of water	
Walk -30-40 mins	
3	
20-30 gm protein all meals	
fiber in each meal	
cold pressed oil, mustard oil, ghee	

**Diet Advice**

Post Wakeup	ginger turmeric amla pepper/ gond katira+ chia seed slur/flax seed slur+ ghee 1 tsp 5 soaked almonds + 4 soaked walnuts + 1 Brazil nut soaked (Alternate days)
Breakfast	1. Soaked oats with chia seed in almond milk + berries ( 1/2 banana ) 2. 1 sourdough + avocado + 1 egg 3. 1 egg+2 eggwhites with veggies 4. 1 sordough + 1 egg +1 eggwhite sesame (black and white)/ flax/sunflower/ pumpkin 5. 1 dosa/ 2 idlis + chutney + sambar (with lemon) 6. 1 Quinoa moong dal cheela + coconut chutney
Mid Meal	1 coconut water 1/2 cup sesaonal fruit
Lunch	2 jowar rotis/amaranth roti + seasonal veggies+ 1 small dal + sprouted channa/green moong / homemade paneer 50 gm / chicken 100 gm rice 1/2 cup + seasonal veggies + dalsprouted channa/green moong / homemade paneer 50 gm / chicken 100 gm Barnyard millet chicken pulao
Evening	date nut seeds laddoo 2 small soaked oats+ 1/2 banana+ nuts raisins Muri bhel + sweet potato 1/2 cup Roasted makhana + bhuna channa with jaggery Amaranth puff nakeen/Amaranth jaggery laddoos or patti
Dinner	1/3rd cup (3-4 tbsp)+ Grilled chicken/fish + veggies 1 jowar roti+ chicken /paneer 100 gm (4 days try not add any carbs during dinner )
Post Dinner	Chasterberry seeds / burdock tea

**Supplements**

Name	Dosage	Timing
Omega 3 500/1000		After dinner

Magnesium glycinate	1	At night
Vitamin B6	1	morning before breakfast
Address		
Other Remarks	Pilates on weekend, travel once a month	
Client Remark		
Nutritionist Remark		