



Diet & Lifestyle Consultation Form

Name	Vijaya	Contact	
Email		Age	57
Height	159 cm	Weight	81

Blood Work

SL	Marker	Date	Date	Date
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				

Daily Routine

Section	Field	Details
Morning	Wakeup	6 am
	Activities	haldi sauth warm water/ corriander Black tea + 3 almonds + 3 walnuts+ channa jaggery
	Breakfast	suji, besan cheela, sandwhich dalia
Afternoon	Activities	
	Lunch	rice / roti + veggies 3 days fish 3 days veg
	Activities	classes
Evening	Snack	tea + dinner
Night	Dinner	eggs + veggies/1 roti + paneer + veggies
	Night Routine	
	Sleep	10:30 pm

Hormone Panel

LPD	Period Cycle	Bleeding Profile			Nutritionist Analysis menopuase in 49
Condition	Location	Symptoms	Scans	Gut	

Current Medication

Temla at night	Uprise d3	Arvital H 40 (since 20 years)
Omega 3		

Do & Dont

Do	Dont
Drink 2.5-3 litres water	Avoid raw food at night
Fiber rich food - veggies in all 3 meals	Avoid dairy, wheat, sugar
veggies - gourds veggies lauki, tori, tinda, parwal, bhindi, mushroom, karela, broccoli, mushroom, carrot, beans, zucchini, pumpkin,	Sour food- sambar, citrus
Musatard oil, cold pressed oil, ghee, olive oil	fermented food -idli, dosa
Garlic dipped in olive oil	Avoid biscuits, chips, sugar drinks
	Avoid fried food

Diet Advice

Post Wakeup	haldi, sauth, methi, pinch of pepper warm water + 1/2 tsp ghee add in water 4 soaked almonds + 3 soaked walnuts Flax seed/ chia seed/ sabja semi grind and soaked in water -1 glass
Breakfast	1. 1 egg+ 1 eggwhite + sautee veggies 1 bowl + 1 tsp roasted sesame seeds 2. 1 moong dal veg cheela + mint chutney 3. Steamed Channa sprouted chaat 1 small bowl (100 gm) 4. Veg poha 1/2 cup+ 1 small bowl of green moong sprouted steam chaat 5. green moong sprouted cheela 1 or 2-3 small tikkis + coconut chutney 4 tbsp
Mid Meal	1 Fruit seasonal - 1/2 cup
Lunch	2 palm size roti (ragi, jowar, amaranth) + 1 cup veggies + 1 small bowl of dal (7-8 hours soaked at night)(chilka moong, chilka masoor, yellow moong, channa dal, arhar) + steam salad (steam carrot, beetroot, shredded coconut, curry leaves tadka) 1 roti + fish (100-150 gm) + veggies 1 cup + salad 1/2 cup rice (80-100 gm) in place of roti, or quinoa 1/2 cup or samak millet half cup (add veggies)
Evening	1 black tea 1/2 cup muri bhel + seeds, or 1/2 cup ghee roasted makhana (less salt), or roasted chidwa half cup add dry channa, dry channa with jaggery 3-4 tbsp, roasted nuts 6-7 date nuts seeds mix laddoo 2 small
Dinner	1. 1 egg whole +1 eggwhite + sautee veggies 2. 1 roti + soya with veggies (100 gms) 3. Fish 100 steam + veggies 4. Chicken grilled 100 gm + veggies 5. moong samak veg khicdi + veggies
Post Dinner	Ajwain water warm 1 cup

Supplements

Name	Dosage	Timing
Address		
Other Remarks		
Client Remark		
Nutritionist Remark	Weekly 1 drink -1 glass wine / sometimes one whiskey	