



Diet & Lifestyle Consultation Form

Name	Pusha kedia	Contact	9416402058
Email	rinalkedia@gmail.com	Age	57
Height	5.4	Weight	110

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	6:30 am
	Activities	thyroid medicine, jeera, ajwain sauf, methi paani warm water
	Breakfast	makhana + Green Tea 11 am - 1-2 roti + sabzi
Afternoon	Activities	dahi lassi/ fruit
	Lunch	Sprouts /month salad
	Activities	
Evening	Snack	chai + rusk + bhujia
Night	Dinner	khicdri daliya, roti, sabzi
	Night Routine	
	Sleep	

Hormone Panel

LPD	Period Cycle	Bleeding Profile			Nutritionist Analysis Menopause -2 years back
Condition	Location	Symptoms	Scans	Gut	

Current Medication

thyronorm-62 .5 mg	CTD M	fludon
pragabid d		

Do & Dont

Do	Dont
Drink 2.5-3 litres water	Avoid raw food at night
Fiber rich food - veggies in all 3 meals	Avoid milk, sugar, wheat
veggies - gourds veggies lauki, tori, tinda, parwal, bhindi, mushroom, karela, broccoli, mushroom, carrot, beans, zucchini, pumpkin,	Avoid biscuits, chips, sugar drinks
Musatard oil, cold pressed oil, ghee, olive oil	Avoid fried food
Walk - 30 mins, direct sunlight, yoga -30 mins	

Diet Advice

Post Wakeup	After waking up, clearing, stomach and drinking normal water- Morning - haldi, sauth, methi, pinch of pepper warm water + 1/2 tsp ghee add in water/ jeera, ajwain sauf, methi paan 4 soaked almonds + 3 soaked walnuts 2 chia seeds soaked in water and drink 1 glass
Breakfast	1.5 hours -2 hours after waking up 1. Green moong sprouts steam chaat 1 small bowl 2. Black channa sprouted steam chaat 1 small bowl 3. Veg Oats Cheela 1 + hari chutney 4. Moong dal cheela 1 + hari chutney 5. 1 jowar roti + sabzi 1 small bowl (no potatoes)
Mid Meal	11 am -1 pm 1 glass buttermilk with ginger and jeera, or 1/2 cup fruit- papaya/ musk melon/ water melon/amrud / pear/ apple/ mango 1/2
Lunch	Before 2 pm 1. 1-2 jowar roti + 1 small bowl dal+ sabzi+ mix salad 2. 1/2 cup steam rice + 1 small bowl of dal + sabzi + salad
Evening	4 pm-5 pm Tea+ chidwa / makhana/ muri / date / anjeer
Dinner	Dinner- Between 6 :30 pm-7:30 pm 1 jowar roti + homemade paneer bhurjee with veggies 1 small bowl 1 moong dal /besan cheela + veggies Samak moong dal khicdri 1 jowar roti + soya sabzi
Post Dinner	9 pm fennel jeera warm water 1 cup+ 1 anjeer

Supplements

Name	Dosage	Timing
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Address	Hissar, haryana
Other Remarks	Water intake - 3 litre
Client Remark	
Nutritionist Remark	