



## Diet & Lifestyle Consultation Form

Name	Aisha	Contact	+447377226307
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Height	5.4	Weight	66.4

### 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	8:30 am -9 am
	Activities	
	Breakfast	Eggs & avocado toast/ chia seeds+ coffee with almond milk coconut sugar (college granola - flavoured yogurt, almond milk)/ wheatabix)
Afternoon	Activities	
	Lunch	In college - chicken soya sauce garlic /tofu butter rice.. At home -rajma rice/ roti veggies/ chicken (mutton )
	Activities	
Evening	Snack	5 pm - fruits/makhana/ savoury crisp snacks/ cakes/icecream /milk shakes
Night	Dinner	In college- pasta/ rajma with greek yogurt/tofu/broccoli/ sautee veggies/pizza/ pad thai noodles. In dinner at home - biryani/ chicken/egg toast/ roast chicken/khow suey- 8pm
	Night Routine	
	Sleep	12:30 -2 am

### Hormone Panel

LPD 23rd may, 2026	Period Cycle 2-3 days heavy bleeding	Bleeding Profile 7 days			Nutritionist Analysis  Periods keeps coming after twice a month.. bloating .. hot flushes during period. Nausea during periods.. clotting, pain, emotionally feel overwhelm
<b>Condition</b>	<b>Location</b>	<b>Symptoms</b>	<b>Scans</b>	<b>Gut</b>	

### Current Medication


### Do & Dont

Do	Dont
Try to sleep early as possible.	Avoid heavy workout during periods.
10 minutes direct sun light exposure daily in the morning	Avoid too oily, too spicy and sugary foods.
Breathing exercise - Anoulam , vyolom and box breathing before sleeping for 5 mins. Padabhyanga (massage soles of feet with lukewarm coconut oil	Avoid excess of caffeine.
Seed cycle: 1-15 days of period cycle add 1 tsp flaxseeds+ 1 tsp pumpkin seeds, 16th till periods add 1 tsp sesame seeds + 1 tsp sunflower seeds	Avoid dairy, soy, fennel, methi dana, sugar. Add wheat minimally
2-3 litres of water	Avoid heavy sour food like tamarind, raw mangoes
Strength train 2-3 times a week regularly	Dont eat food which is heavily fermented

### Diet Advice

Post Wakeup	Corriander+ chasteberry seeds (1 tbsp mixed) soaked overnight, sieve and drink in the morning Luke warm 1 cup+ 5 soaked almonds +4 soaked walnuts
Breakfast	<ol style="list-style-type: none"> <li>1. One thin sliced sourdough toast + 1/2 avocado + 1 tsp roasted sesame seed sprinkle</li> <li>2. 2 whole eggs (omelette/bhurjee) + veggies (broccoli, mushroom, zucchini, carrot) sautee in 1 tsp olive oil</li> <li>3. non sugar granola/ or Oats granola mixed with dry berries 1/4th cup + Oat milk+ 2 tbsp chia seeds</li> <li>4. 1 thin slice sourdough toast + 1 whole egg</li> <li>5. Veg poha 1 small bowl</li> <li>7. Quinoa rice dosa 1 + 4 tbsp coconut chutney</li> </ol>
Mid Meal	Strictly add Fruits 1/2 cup - Papaya / water melon/musk melon/guava/ mango/ apple
Lunch	<p>Vegetable options - lauki, tori, tinda, parwal, gajar, beans, raw papaya, ash gourd, pumpkin, bhindi, karela, cholain saag, kunduru, baby corn, mushroom, broccoli, zucchini , spring onion</p> <ol style="list-style-type: none"> <li>1. 2 jowar rotis + 1 small bowl of dal +veggies 1/2 cup+ mixed salad (Add kale, Romanian lettuce )</li> <li>2. 1/2 cup rice+ dal 1 small bowl + veggies + mixed kachumber salad</li> <li>3. 1/3rd cup rice+ low spice chicken curry (100 gm)+ kachumber salad</li> <li>4. Jowar methi thepla 1 + kala channa /lobiya curry 1 small bowl+ mixed salad</li> <li>5. Steam rice 1/2 cup + rajma or cholein 1 small bowl+ veggies 1 small bowl</li> <li>6. Chicken biryani 1 cup</li> </ol>
Evening	<p>Oatmilk berry 1/2 banana shake 1 small glass  Chocolate oats soaked ( add pecan nuts , some berries ) 1 small bowl  rose 1 anjeer oatmilk shake  Millet cracker muri bhel chaat 1 small bowl (Add 2 tbsp peanuts)  Ghee roasted makhana 1/2 cup</p>

Dinner	<p>Eat dinner strictly 6:30-7 pm</p> <ol style="list-style-type: none"> <li>1. Grilled chicken 100 gm + sautee veggies 1 cup</li> <li>2. Sourdough toast 1 + bhaji 1 small bowl</li> <li>3. Steam fish 150 gm + veggies</li> <li>4. rice noodles veg khowsuey 1 small bowl</li> <li>5. Jowar roti chicken tikka wrap 1 .</li> <li>6. Cold soba noodles 1/4th cup, 100 gm chicken+ veggies 1/2 cup</li> <li>7. Chicken tikka homemade 100 gm + fish tikka homemade 150 gm+ veggies</li> </ol>
Post Dinner	<p>2 soaked prunes warm with 1 tsp ghee  pathimugum 1 small stick boiled water 1 cup</p>

### Supplements

Name	Dosage	Timing
will add after blood test		

Address	
Other Remarks	<p>Relax and rest as much as possible during periods. Eat warm, light and unctuous food. (Think Khichdi with ghee)</p> <p>Do Self-Abhyanga (full body oil massage) regularly to avoid menstrual cramps.</p> <p>Avoid too dry, too cold, too many of raw foods to avoid constipation. Can take warm water with 1-2tbsp ghee to aid bowel movements.</p>
Client Remark	
Nutritionist Remark	Advise - Get an ultrasound done for uterus ovaries