



Diet & Lifestyle Consultation Form

Name	Zara Kassal	Contact	9810259665
Email	zarakassal@gmail.com	Age	20
Height	5.3	Weight	77.4

Blood Work

SL	Marker	Date	Date	Date
1	RBC count	4.93 High		
2	MCV	81.3 Low		
3	MCH	26.0 Low		
4	Fasting Blood Sugar	103 High		
5	Creatinine	0.49 Low		
6	Uric Acid	7.6 High		
7	Albumin/Globulin ratio	2.2 High		
8	GGT	67 High		
9	Lactate Dehydrogenase	133.0 Low		
10	Cholesterol, total	222 High		
11	Triglycerides	176 High		
12	Cholesterol LDL, Non HDL	143 High, 178 High		

Daily Routine

Section	Field	Details
Morning	Wakeup	
	Activities	
	Breakfast	Oats
Afternoon	Activities	
	Lunch	dal rice/ roti sabzi
	Activities	
Evening	Snack	
Night	Dinner	
	Night Routine	
	Sleep	

Hormone Panel

LPD 7th June	Period Cycle	Bleeding Profile			Nutritionist Analysis Irregular periods sometime,
Condition	Location	Symptoms	Scans	Gut	

Current Medication

Veritem innositol	Nexna or canthex	

Do & Dont

Do	Dont
Drink 3 litres of water	Avoid dairy, sugar, wheat
Sleep between 10 pm-11 pm	Avoid sugary drinks, biscuits, junk, processed food
Walk 45 mins to be done everyday	
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	
Breathing exercise - Anoulam , vyolom and box breathing before sleeping for 5 mins. Padabhyanga (massage soles of feet with lukewarm coconut oil)	
10 minutes direct sun light exposure daily in the morning	

Diet Advice

Post Wakeup	Turmeric 1/2 tsp+ pinch of pepper+ methi+corriander seed mixed warm water 1 cup 5 soaked almonds+4 soaked walnuts + 1 soaked brazil but 1 tsp chia + 1 tsp flax seed semi grinded slur water 1 glass
Breakfast	1. 3 tbsp rolled oats soaked overnight with 1 tbsp chia seeds in oatmilk+ Add 5-6 blueberries & 4-5 raisins 2. Vegetable (Lauki grated) Oats cheela + Moringa mint sesame chutney 3. 1 dosa or 2 idlis + coconut chutney 4. Avocado thin slice toast 1 sprinkle with roasted sesame seeds 5. Veg besan cheela 1 + Moringa mint sesame chutney
Mid Meal	Fruit options - papaya 1/2 cup/ guava-1/2 cup/water melon or musk melon-1/2 cup, annar-1/2, apple-1/2 cup/coconut water -1 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 of dal + veggies + salad 2. 1/2 cup steam rice + 1 small bowl of dal+ veggies+ salad 3. veg jeera pulao 1/2 cup+ kala channa/lobiya curry + veggies + salad 4. 1/2 cup veg pulao + rajma/cholein 1 small bowl + salad 5. Jasmine rice 1/3rd cup + veg cococnut thai curry
Evening	Chocolate oats soaked (add pecan nuts , some berries) 1 small bowl Nuts date seeds laddoo 2 small Ghee roast banana 1 with elaichi powder+ chopped dates ghee roasted makhana 1/2 cup sweet potato chaat with half sweet potato muri bhel with millet crackers 1/2 cup

Dinner	<ol style="list-style-type: none"> 1. Edamame veg kebabs 3-4 small + 1 jowar methi thepla 2. Rice noodles(boiled 1 cup) sautee with veggies + 1/2 cup edamame (Add tamari sauce & Coconut aminos) 3. Jowar veg wrap with edamame dip 4. rice noodles veg khowsuey 1 small bowl 5. Veg Quinoa pulao 1/2 cup 6. Veg Millet pasta + pan grilled tofu 150 gm
Post Dinner	Hibiscus tea 1 cup

Supplements

Name	Dosage	Timing
Address		
Other Remarks		
Client Remark		
Nutritionist Remark	Anti inflammatory diet for liver enzymes to improve . Hence non veg to be avoided . Gut cleanse required Can start non veg after 15 days	