



Diet & Lifestyle Consultation Form

Name	Pragya Singh	Contact	(617) 480-8864
Email	pragya2403@gmail.com	Age	36
Height	5	Weight	70

Blood Work

SL	Marker	Date	Date	Date
1	ast:ALt	1.42		
2	TSH	4.46 (slightly high)		
3	hba1c	5.5		
4	Hb	12		
5				
6				
7				
8				
9				
10				
11				
12				

Daily Routine

Section	Field	Details
Morning	Wakeup	6:30 am
	Activities	Work 9 am- 5pm
	Breakfast	8 am - fruit , eggs /poha/ cheela / toast + coffee
Afternoon	Activities	Office
	Lunch	roti/ rice dal sabzi cucumber salad USA - quinoa dal /sandwich/salad bowl
	Activities	Walks sometime/ Yoga
Evening	Snack	mangoes/ cookie
Night	Dinner	India - 8-8:30 pm - dal 8 pm-burger /biryani/ chicken grills
	Night Routine	TV
	Sleep	10-10:30 pm

Hormone Panel

LPD 1/6/2026	Period Cycle 29	Bleeding Profile normal-4 days			Nutritionist Analysis Cramps on 1st day. Ovulation -14-15 day, did not show in strip but doc did sonography
Condition	Location	Symptoms	Scans	Gut	
fibroid	Outer wall(anterior)	pain		bloating	

Current Medication

folate	5 mg - laxaprone (few years)	

Do & Dont

Do	Dont
10 minutes direct sun light exposure daily in the morning	Avoid dairy, wheat, sugar, soy
Strength train 2-3 times a week	Avoid too oily, too spicy and sugary foods.
Breathing exercise - Anoulam , vyolom and box breathing before sleeping for 5 mins.	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 heavy sour food like tamarind, raw mangoes
2-3 litres of water	Dont eat food which is heavily fermented
Warm cooked food preferably in all meals	Avoid raw food at night. Avoid rajma, cholein, urad dal, cauliflower, spinach , cabbage

Diet Advice

Post Wakeup	Coriander+ chasteberry seeds (1 tbsp mixed) soaked overnight, sieve and drink in the morning Luke warm 1 cup+ 5 soaked almonds +4 soaked walnuts 1 tbsp chia seed semi grined soaked in water overnight
Breakfast	1. One thin sliced sourdough toast + 1/2 avocado + 1 tsp roasted sesame seed sprinkle 2. 2 whole eggs (omelette/bhurjee) + veggies (broccoli, mushroom, zucchini, carrot) sautee in 1 tsp olive oil 3. non sugar granola/ or Oats granola mixed with dry berries 1/4th cup + Oat milk+ 2 tsp chia seeds 4. 1 thin slice sourdough toast + 1 whole egg +1 eggwhite 5. Veg poha 1 small bowl+ 1 small bowl sprouted steamed channa 6. Quinoa rice dosa 1 + 4 tsp coconut chutney + vegan milk coffee 1 cup (no sugar)
Mid Meal	Fruits 1/2 cup - Papaya / water melon/musk melon/guava/ mango/ apple
Lunch	Summer 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 1. jowar roti 2 + small bowl of dal+ veggies 2. 1/2 cup steam rice + dal 1 small bowl+ veggies 3. Warm quinoa bowl sautee with veggies 1/2 cup + 100 gm stir fry chicken 4. Chicken pulao 1/2 cup steam rice 100 gm chicken+ sautee veggies 5. 1/2 cup rice sautee with broccoli+ 150 gm steam fish 6. Barnyard millet veg moong dal khicdi 1 cup
Evening	Oatmilk berry 1/2 banana shake 1 small glass Chocolate oats soaked (add pecan nuts , some berries) 1 small bowl Millet cracker muri bhel chaat 1 small bowl (Add 2 tsp peanuts) Ghee roasted makhana 1/2 cup nuts,seeds date laddoo 2 small

Dinner	<ol style="list-style-type: none"> 1. Grilled chicken breast 1 + sautee veggies 2. Steam fish 150 gm + veggies 3. Jowar roti chicken tikka wrap 1 4. Asian rice noodles 1/3rd cup with 100 gm chicken (no soy sauce, only add tamari sauce & coconut aminos) 5. Chicken tikka homemade 100 gm + fish tikka homemade 150 gm+ veggies 6. Prawn 150 gm tossed in olive oil+ 1/2 cup veg millet pasta
Post Dinner	Hibiscus Tea 1 cup

Supplements

Name	Dosage	Timing
Address	USA- Boston	
Other Remarks		
Client Remark		
Nutritionist Remark	Occasionally drinks but not had for 6 months. will add supplements post blood test	