



Diet & Lifestyle Consultation Form

Name	Veena	Contact	98117 40944
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Height	4.11	Weight	63.7

Blood Work

SL	Marker	Date	Date	Date
1	HBA1C	9.1		
2	ESR	37		
3	Sugar Fasting	198		
4	Blood sugar PP	372		
5	SGPT	39		
6	Lipid Profile	232		
7	Total cholesterol ratio	4.94		
8				
9				
10				
11				
12				

Daily Routine

Section	Field	Details
Morning	Wakeup	7 am
	Activities	1 glass water, tea sugar milk
	Breakfast	10 am breakfast - bread+ chai bread
Afternoon	Activities	fruit sometime
	Lunch	2 roti + sabzi
	Activities	
Evening	Snack	chai + biscuit
Night	Dinner	roti sabzi dal / paneer
	Night Routine	
	Sleep	insomania

Hormone Panel

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

Current Medication

Detamaxc sugar	telma 40 ct	Sleeping- alperex 0.25

Do & Dont

Do	Dont
Only Warm cooked food	Avoid raw food completely
Breathing exercises daily	Avoid karela
walk 5-10 mins after each meal	Avoid biscuits, chips, bread, namkeens
	Avoid sour, citrus food and fruits

Diet Advice

Post Wakeup	Ajwain+ sauf + dhaniya seeds warm water 1 cup + 4 soaked almonds + 3 soaked walnut Black tea 1 cup / Green tea 1 cup
Breakfast	1. Green moong sprouts steam chaat 1 small bowl/ sprouts cheela 2. 1/2 cup poha +Black channa sprouted steam chaat 1 small bowl 4. Moong dal cheela 1 + hari chutney 5. Besan veg Cheela+ hari chutney
Mid Meal	Steam apple or pear 1/2 cup Boiled karela+ ginger+ giloy+ turmeric 1/2 tsp+ pepper pinch juice 1/2 small glass
Lunch	veggies - gourds veggies lauki, tori, tinda, parwal, bhindi, mushroom, karela,broccoli, mushrrom, carrot , beans, zuchinni, pumpkin, Multigrain atta rotis 2 + sabzi 1 cup+ 1 small bowl dal Millet daliya (samak) 1 cup + veggies millet moong dal khicdri + veggies
Evening	Tea 1 cup (less milk + jaggery powder)+ muri bhel 1 small bowl/ roasted chidwa 1 small bowl/ makhana 1/2 cup / date nuts seeds laddoo
Dinner	2 multigrain rotis + soya sabzi 2 multigrain rotis+ sabzi millet moong dal veg khicdri
Post Dinner	Warm ajwain water / warm chamomile tea

Supplements

Name	Dosage	Timing
Address	Lajpat nagar delhi	
Other Remarks		
Client Remark		

Nutritionist Remark

Recipes

Nuts & Seeds Ladoo

Ingredients

- * Almonds - 4 pcs
- * Walnuts - 2 pcs
- * Pumpkin seeds - 1 tsp
- * Flax seeds - 1 tsp
- * Sesame seeds (til) - 1 tsp
- * Jaggery powder - 1.5 tsp(or 1 small piece)*
- * Ghee - ½ tsp

Method

- * Lightly dry roast almonds, walnuts, pumpkin, flax & sesame seeds for 2-3 minutes on low flame.
- * Let them cool slightly.
- * Add to a mixer jar or mortar-pestle and crush coarsely (do not powder fully).
- * Warm ghee + jaggery in the pan for 10-15 seconds till it melts slightly.
- * Add the crushed mix, switch off flame, combine well.
- * While warm, shape into 1 ladoo

Date Walnut Cookie

<https://www.instagram.com/reel/C3AP90hSEeD/?igsh=MWRiYWpidmxncDQ4Zw==>