



















Full Name

Aman Sharma

Phone Number

+91 123 456 7890

Email Id

example@gmail.com

Gender



Address

Auto Detect Location

Building/House No.

Block & Street

City

Pin Code



Already have an account ? Log in

OR



Sign Up with Google





Full Name

Aman Sharma

Phone Number

+91 123 456 7890

Email Id





Sorry, we're not available in your location right now. We'll let you know as soon as we are!



Block & Street

City

Pin Code



Already have an account ? Log in





Sign Up with Google







Login

Enter your mobile number or Email

+91 123 456 7890



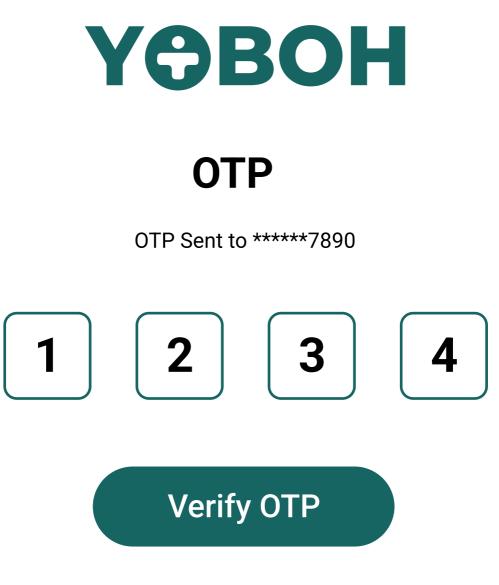
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OR



Sign Up with Google





Resend OTP

9:41



Hi Aman Noida, 201301



0

Your Health - Our Priority & Your Responsibility Take Charge of Your Health

Flat 0 Off On all diagnostic services

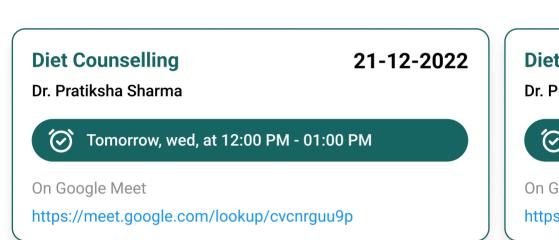
Book now

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My Appointments



Popular Diet Counsellor



Amrita Pandey Masters degree in Nutrition.

5 yrs of Experience **Clinical Dietitians**

 \star

Book an Appointment



Shefali Sharma Masters degree in Nutrition. 5 yrs of Experience **Clinical Dietitians** \star



Book an Appointment

Amit Pandey

Masters degree in Nutrition. 5 yrs of Experience **Clinical Dietitians**

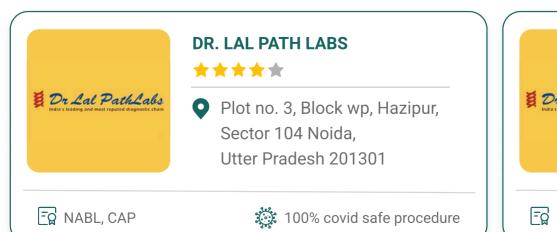


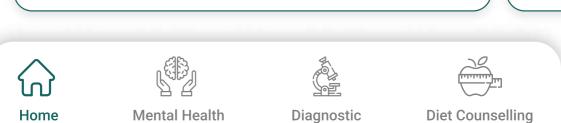
Book an Appointment

View All

Labs Near You

View All





Home

Mental Health



← Upload Prescription

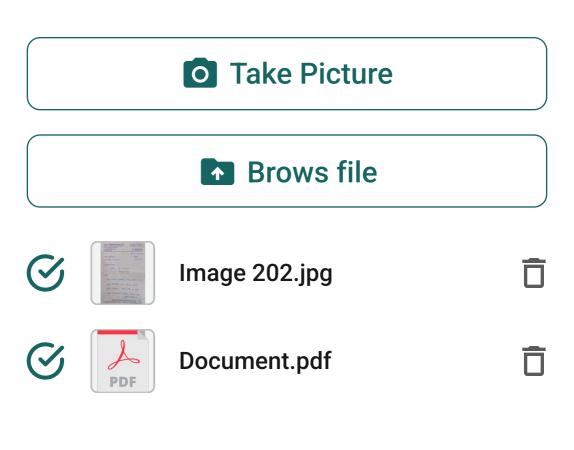


Upload Your Prescription

Lorem Ipsum is simply dummy text of the printing and typesetting industry.

Enter Title





Upload Prescription



← Upload Report

REPC	DRT	E.

Upload Your Report

Lorem Ipsum is simply dummy text of the printing and typesetting industry.

Enter Title

Brain MRI

		O Take Picture	
		Brows file	
\bigotimes		Image 202.jpg	Ō
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Upload Prescription







Mental Health Counselor

₹500/ Session



YOBOH +

Special Mental Health Counselor

₹1000/ Session









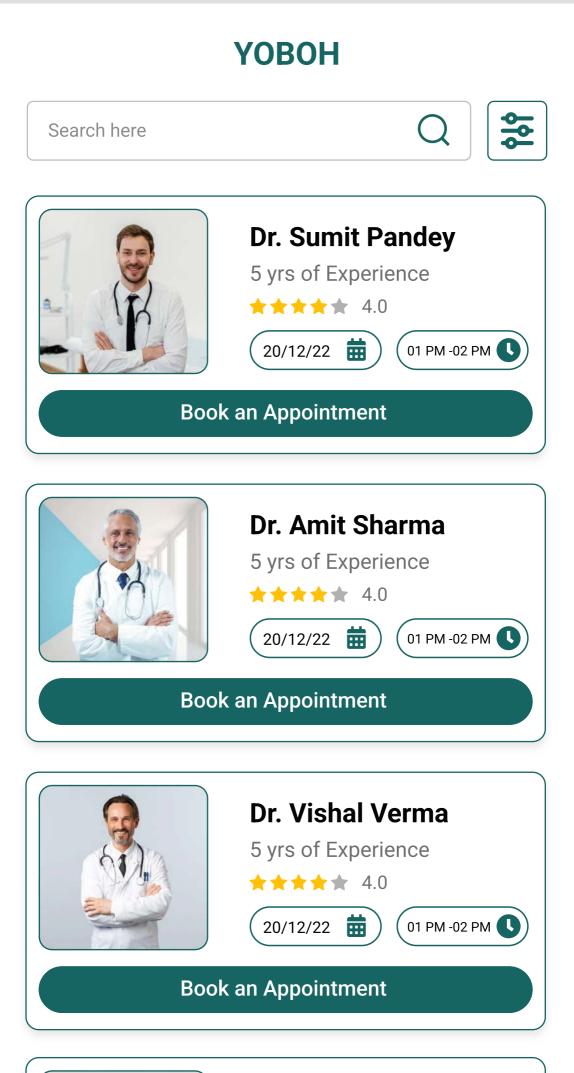


Diagnostic

Diet Counselling



\leftarrow Mental Health Counselor

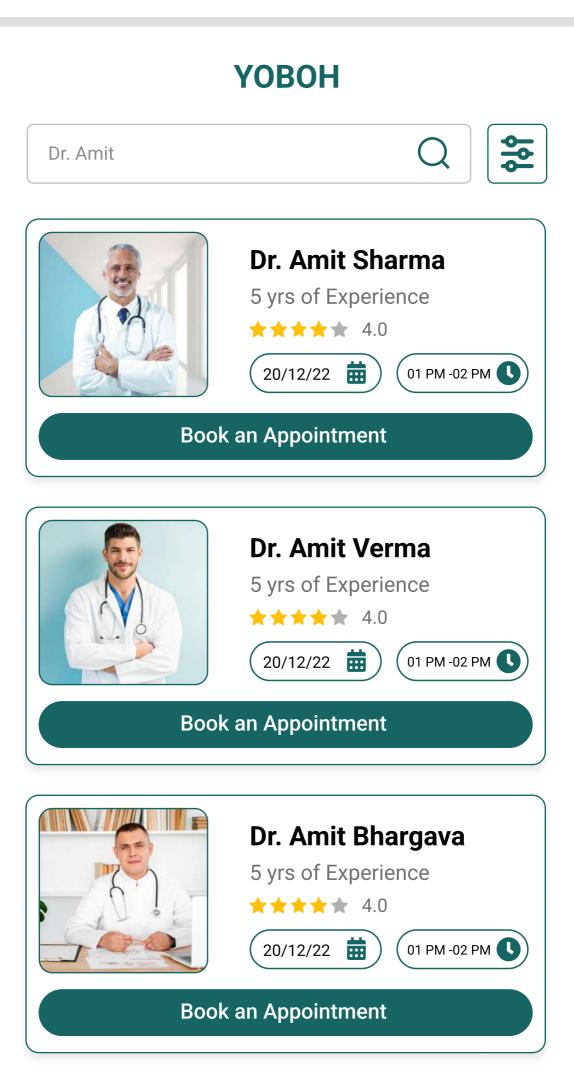


Dr Kanil Badal



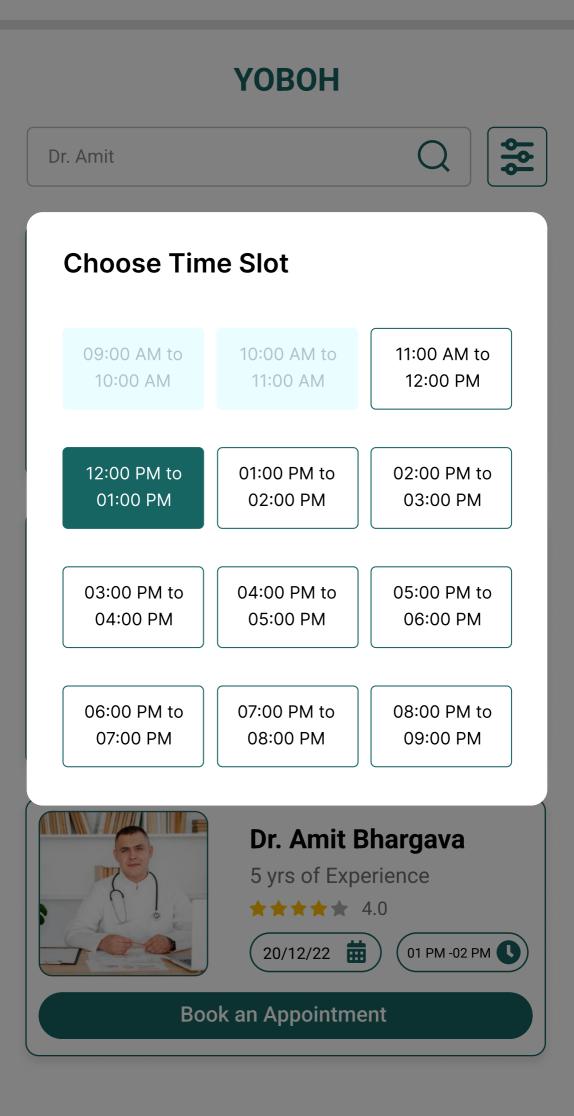


\leftarrow Mental Health Counselor





← Mental Health Counselor



← Book Your Appointment

Book for Self

Aman Kumar (Self)

Male, 30

Book for Others

Suresh Kumar (sibling)

Male, 33

Add Member

Submit





 \checkmark







Enter Name*

Enter Relation*

Date of Birth*



Male Female

Mombile Number*

Enter Email*

Enter Aadhaar Card No.

1234 5678 1223

Or

Upload Aadhaar Card*





← Add Member
Enter Name*
Enter Relation*
Date of Birth*
Male Female
Mombile Number*
Enter Email*
ΟΤΡ
OTP Sent to *****7890
1 2 3 4
Verify OTP

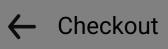
Resend OTP

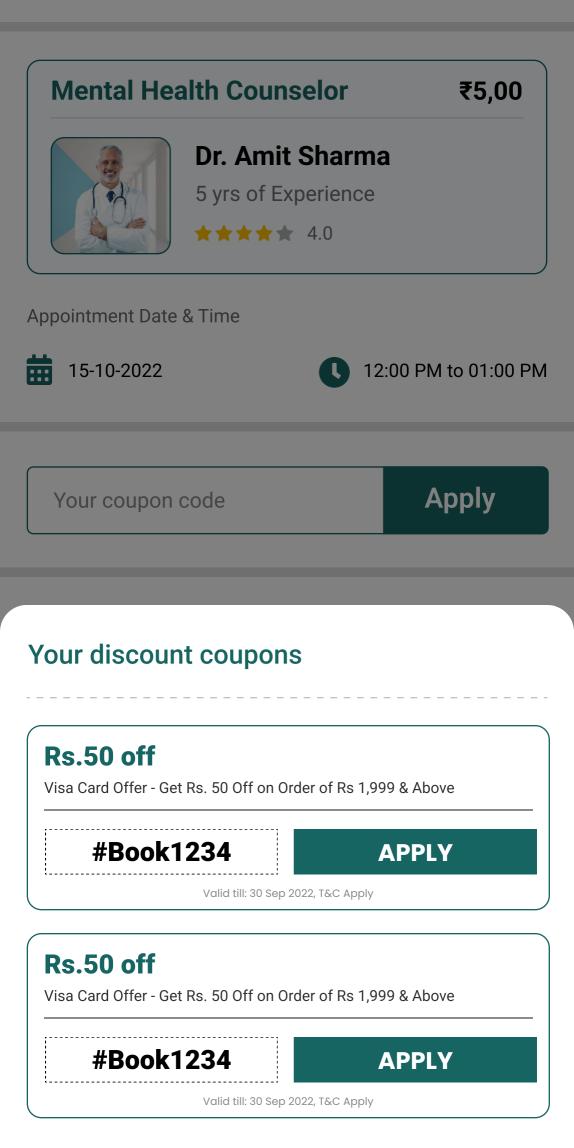
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Mental Heal	Ith Counselor	₹5,00
	Dr. Amit Sharma 5 yrs of Experience ★★★★★ 4.0	a
Appointment Date &	Time	
15-10-2022	C 12	2:00 PM to 01:00 PM
Your coupon c	ode	Apply
Billing Details		
Total Items		1
Price		₹ 500
Coupon Discount		₹50
Total Amount		₹ 450
Billing Address		🖍 EDIT
Plot no. 3, Block wp, Utter Pradesh 20130	Hazipur, Sector-104, No	bida









Mental Hea	alth Counselor	₹5,00
	Dr. Amit Sharma 5 yrs of Experience ★★★★★ 4.0	
Appointment Date	& Time	
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#Offer1234	×	Applied
You saved Rs. 50		
Billing Details		
Total Items		1
Price		₹ 500
Coupon Discoun	t	₹50
Total Amount		₹ 450
Billing Address		🖍 EDIT
Plot no. 3, Block wp Utter Pradesh 2013	o, Hazipur, Sector-104, Noi 01	ida







O PICK MY LOCATION

House No. / Flat / Building / Landmark*

45

Colony / Area / Sector*

Sector 58

Pincode*

201301

City, State

Noida Utter Pradesh

Mark this address default?



Save and Proceed



Home Address

Aman Sharma

+91 123 456 7890

Building No. 66, 78th Main Road, 100ft Road, Indiranagar, Banglore 123456

Home Address

Suresh Kumar

+91 123 456 7890

Building No. 66, 78th Main Road, 100ft Road, Indiranagar, Banglore 123456





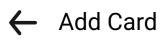


← Payment Options

**** 8295	
VISA **** 3704	
Net Banking	>
	>
Cash On Delivery	
+ Add card	>



...| 🗢 🔲



Card Holder Name

Aman Sharma

Card Number





Save card for future reference





Thank you! Your Booking Confirmed

.... 🗢 🗩

₹500

₹50

₹ 450

Orders I'D - #123456

AMAN KUMAR (Self)

Male, 30

Mental Health Cour	nselling
Dr. Amit Sharma 5 yrs of Experience ★★★★★ 4.0	
Appointment Date & Time	12:00 PM to 01:00 PM
Billing Details	
Total Items	1

Price
Coupon Discount

Total Amount

Billing Address

Plot no. 3, Block wp, Hazipur, Sector-104, Noida Utter Pradesh 201301



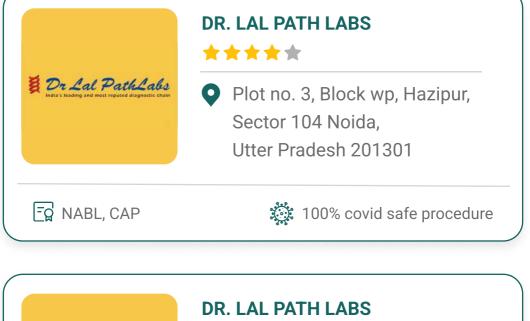


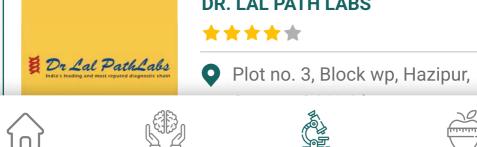
Features Labs

	DR. LAL PATH LABS	
Dr Lal PathLabs India's leading and most reputed diagnostic chain	 Plot no. 3, Block wp, Hazipur, Sector 104 Noida, Utter Pradesh 201301 	XXX
Eg NABL, CAP	🔅 100% covid safe procedure	

Labs Near You

	DR. LAL PATH LABS		
Dr Lal PathLabs India's leading and most reputed diagnostic chain	 Plot no. 3, Block wp, Hazipur, Sector 104 Noida, Utter Pradesh 201301 		
ିନ୍ଥ NABL, CAP	🏥 100% covid safe procedure		





Mental Health

Home

Diagnostic

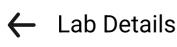
Diet Counselling

← Dr Lal Path Labs

Search here	Q
	MRI BRAIN SCAN ★★★★★
	 Plot no. 3, Block wp, Hazipur, Sector 104 Noida, Utter Pradesh 201301
ିଟ୍ର NABL, CAP	is 100% covid safe procedure
₹5,999	📜 Add to Cart
T	CT SCAN
	★★★★
	 Plot no. 3, Block wp, Hazipur, Sector 104 Noida, Utter Pradesh 201301
ିନ୍ଦୁ NABL, CAP	🎎 100% covid safe procedure
₹5,999	📜 Add to Cart
	DIGITAL X-RAY
	Plot no. 3, Block wp, Hazipur, Sector 104 Noida, Utter Pradesh 201301
ିଟ୍ର NABL, CAP	in 100% covid safe procedure
₹5,999	È Add to Cart
	ECHO TEST
E E	

104 Noida, Utter Pradesh 201301

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MRI BRAIN SCAN

₹5,999

DR. LAL PATH LABS

\star

Plot no. 3, Block wp, Hazipur, Sector 104 Noida, Utter Pradesh 201301

FO NABL, CAP

100% covid safe procedure

Pre-requisite of test

Please remember to bring any and all previous test reports to the lab on the day of the test.

5 Lakh+Patients Served so far

₹3000 saved

on every test

1 Lakh+ Scan Done so far

Covid Safety Assured

16-10-2022

12:00 PM to 01:00 PM

Upload Prescription







П

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Image 202.jpg







9:41

← Lab Details

MRI BRAIN SCAN

DR. LAL PATH LABS

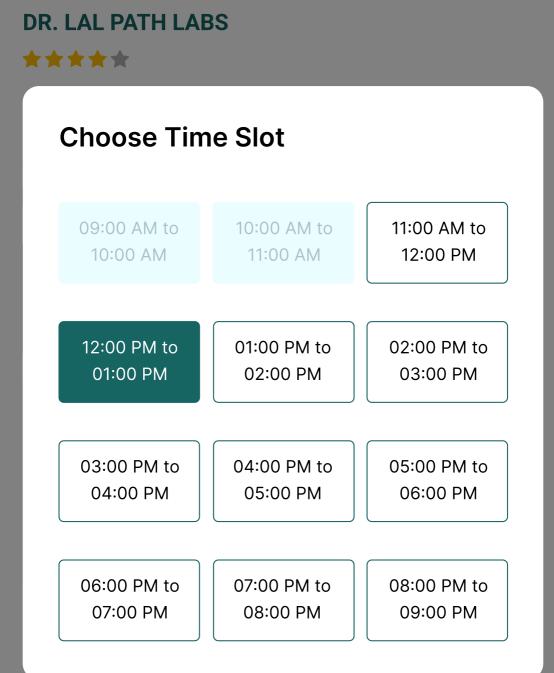
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23	24	25	26	27	28	29
30	31	1	2	3	4	5

₹5,999



← Lab Details

MRI BRAIN SCAN





₹5,999

← Book Your Appointment

Book for Self

Aman Kumar (Self)

Male, 30

Book for Others

Suresh Kumar (sibling)

Male, 33

Add Member

Submit

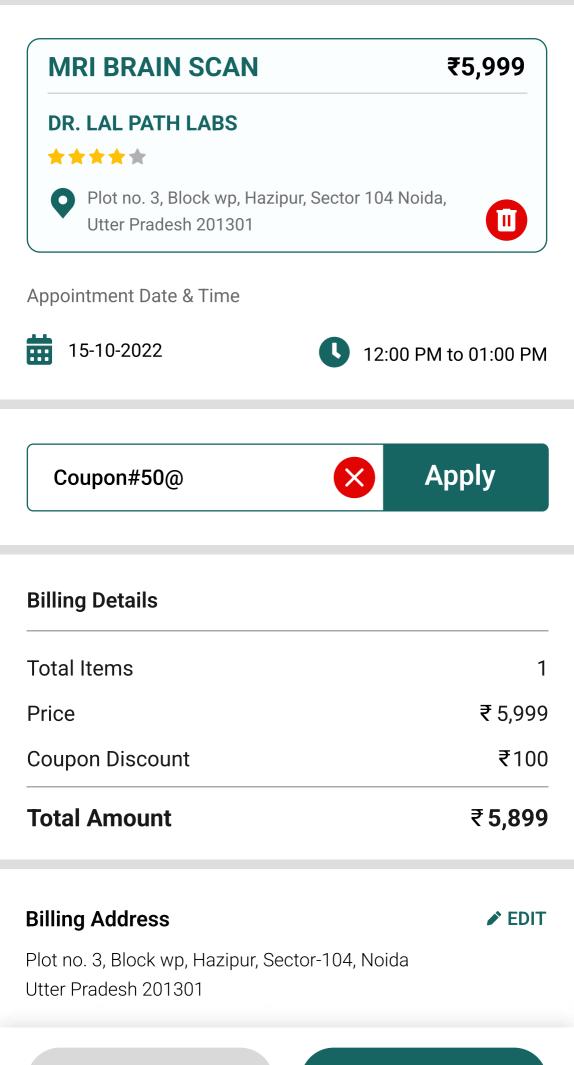




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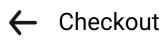


← Cart



Proceed

Cancel



MRI BRAIN SCAN	₹5,999
DR. LAL PATH LABS	
Plot no. 3, Block wp, Hazipur, Sector 104 Utter Pradesh 201301	Noida,
Appointment Date & Time	
15-10-2022 () 12:0	0 PM to 01:00 P
Coupon#50@	Apply
Billing Details	
Total Items	
Price	₹ 5,99
Coupon Discount	₹10
Total Amount	₹ 5,89
Billing Address	
J	

₹**5,899**

Pay Now



← Payment Options

**** 8295	
VISA **** 3704	
Net Banking	>
	>
Cash	
Add card	>





Thank you! Your Booking Confirmed

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Orders I'D - #123456

AMAN KUMAR (Self)

Male, 30

MRI BRAIN SCAN	₹5,999
DR. LAL PATH LABS	

Plot no. 3, Block wp, Hazipur, Secto Utter Pradesh 201301	or 104 Noida,
Appointment Date & Time	
15-10-2022	12:00 PM to 01:00 PM
Billing Details	
Total Items	1
Price	₹ 5,999
Coupon Discount	₹100
Total Amount	₹ 5,899

Billing Address

Plot no. 3, Block wp, Hazipur, Sector-104, Noida Utter Pradesh 201301



← Diet Counselling

Search Diet Plan





Amrita Pandey

Masters degree in Nutrition. 5 yrs of Experience Clinical Dietitians

★ ★ ★ ★ 4.0

Book an Appointment



Shefali Sharma

Masters degree in Nutrition. 5 yrs of Experience Clinical Dietitians

Book an Appointment



Amit Pandey

★★★★ 4.0

Masters degree in Nutrition. 5 yrs of Experience Clinical Dietitians ★★★★★ 4.0

Book an Appointment



Saurav Verma

Masters degree in Nutrition. 5 yrs of Experience Clinical Dietitians



Book an Appointment









Diagnostic

← Book your diet counselling



Amrita Pandey

Masters degree in Nutrition. 5 yrs of Experience **Clinical Dietitians**



1 Months Plan

- 4 Sessions
- Include Diet Chart
- Regular Follow Up

Book an Appointment







← Book Your Appointment

Book for Self

Aman Kumar (Self)

Male, 30

Book for Others

Suresh Kumar (sibling)

Male, 33

Add Member

Submit



 \checkmark







Diet Counselling		₹1,499
	Amrita Pandey 5 yrs of Experience Clinical Dietitians ★★★★★ 4.0	
Coupon#100	@	Applied
You saved Rs. 100)	
Billing Details		
Total Items		1
Price		₹1,499
Coupon Discount		₹100
Total Amount		₹1,399

Billing Address

Plot no. 3, Block wp, Hazipur, Sector-104, Noida Utter Pradesh 201301



Pay Now

EDIT

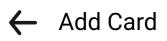


← Payment Options

**** 8295	
VISA **** 3704	
Net Banking	>
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Cash On Delivery	
+ Add card	>



...| 🗢 🔲



Card Holder Name

Aman Sharma

Card Number





Save card for future reference







Thank you! Your Booking Confirmed

Orders I'D - #123456

AMAN KUMAR (Self)

Male, 30

Mental Health Counselling

Amrita Pandey 5 yrs of Experience

Clinical Dietitians

★ ★ ★ ★ ★ 4.0

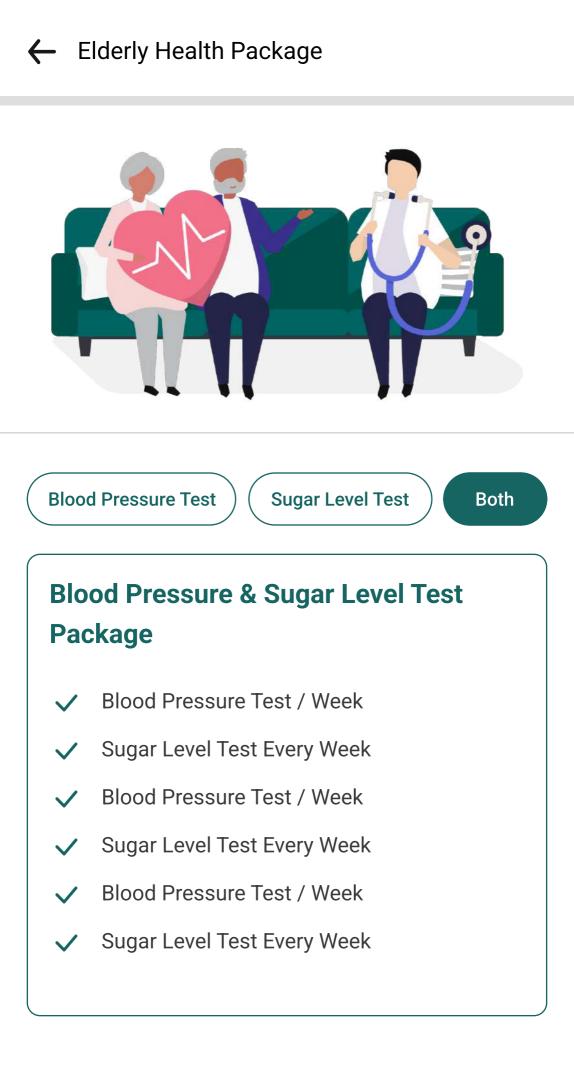
Billing Details

₹1,399
₹100
₹1,499
1

Billing Address

Plot no. 3, Block wp, Hazipur, Sector-104, Noida Utter Pradesh 201301

Go to Home



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Buy Now

9:41

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Switch User

 \leftarrow Aman Kumar (Self) 2 Members added Home My Profile ÷-My Bookings **Family Members** 8 **Payment Receipts Your Sessions** **Elderly Health Reports** My Reports & Prescription **E**h **Blogs & Articles** Notification Query ?



FAQs



Share the App

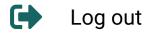


Rate The Application



- ? Why Yoboh?
- Refund Policy







Aman Kumar (Self) Current User	٠
Suresh Kumar (Sibling) Switch User	
Rahul Dubey (Sibling) Switch User	

...| 🗢 🔲



← Profile

My Profile

Name

Aman Sharma

L Mobile Number

+91 123 456 7890



example@gmail.com



Building No. 66, 78th Main Road, 100ft Road, Indiranagar, Banglore 123456

Aadhaar Card No.

1234 5678 1223

Aadhaar Card

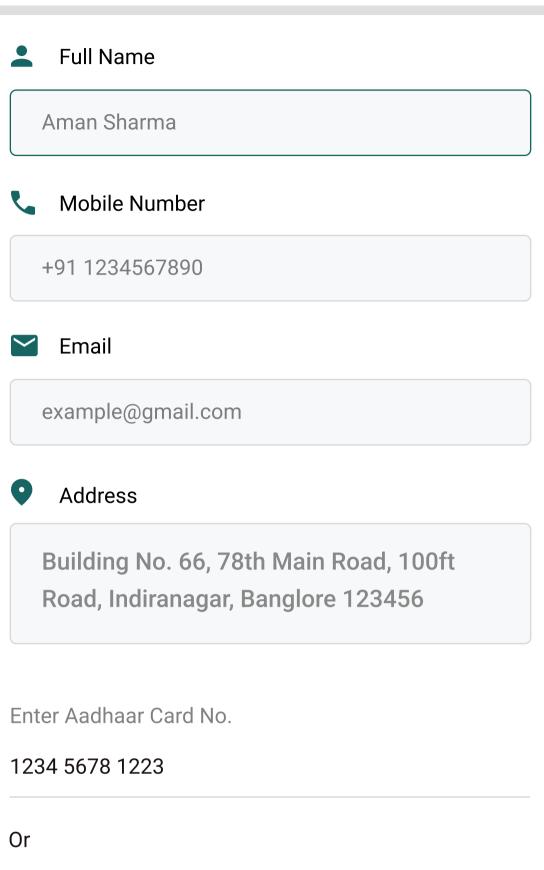


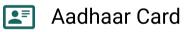
















भारत सरकार GOVERNMENT OF INDIA

Update Profile

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My Bookings

All	_
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Completed	
All	
Brain MRI	
15-10-2022 / 12:00 PM - 01:00 PM	
₹5,999	Pay Now
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Order Booked	10 oct 202
Orders I'D	#12345
Diet Counselling (1 Month)	
Amrita Pandey (Dietitian)	
15-10-2022 / 12:00 PM - 01:00 PM	
₹1,399	Pai
Re-Booking	
Order Booked	10 oct 202
Orders l'D	#12345

Amrita Pandey (Dietitian)

15-10-2022 / 12:00 PM - 01:00 PM

₹1,399

Paid

Re-Booking

...| 🗢 🔲

My Bookings

Completed	▼
Order Booked	10 oct 2022
Orders I'D	#123456
Diet Counselling (1 Month)	
Amrita Pandey (Dietitian)	
15-10-2022 / 12:00 PM - 01:00 PN	Λ
₹1,399	Paid
Rating & Feedback	Re-Booking
Order Booked	10 oct 2022
Orders I'D	#123456
Brain MRI	
Dr. Lal path lab	
15-10-2022 / 12:00 PM - 01:00 PM	N
₹5,999	Paid

Order Booked

10 oct 2022

Orders I'D

#123456

CT Scan

Dr. Lal path lab

15-10-2022 / 12:00 PM - 01:00 PM

₹5,999

Paid

Rating & Feedback

Re-Booking

← Book your diet counselling



Amrita Pandey

Masters degree in Nutrition. 5 yrs of Experience **Clinical Dietitians**



1 Months Plan

- 4 Sessions
- Include Diet Chart
- Regular Follow Up

Book an Appointment



₹1,499





Diet Counselling		₹1,499
	Amrita Pandey 5 yrs of Experience Clinical Dietitians ★★★★★ 4.0	
Coupon#100	@	Applied
You saved Rs. 100)	
Billing Details		
Total Items		1
Price		₹1,499
Coupon Discount		₹100
Total Amount		₹1,399

Billing Address

Plot no. 3, Block wp, Hazipur, Sector-104, Noida Utter Pradesh 201301



Pay Now

EDIT



← Payment Options

**** 8295	
VISA **** 3704	
Met Banking	>
	>
Cash On Delivery	
Add card	>







Thank you! Your Booking Confirmed

Orders I'D - #123456

AMAN KUMAR (Self)

Male, 30

Mental Health Counselling

Amrita Pandey 5 yrs of Experience

Clinical Dietitians

★ ★ ★ ★ ★ 4.0

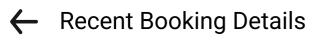
Billing Details

₹1,399
₹100
₹1,499
1

Billing Address

Plot no. 3, Block wp, Hazipur, Sector-104, Noida Utter Pradesh 201301

Go to Home



Booking I'D - **#123456** Patients - **1** Suresh Kumar (Sibling), Male, 33

Brain MRI

₹5,999

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Dr. Lal Path Labs, Noida

Plot no. 3, Block wp, Hazipur, Sector-104, Noida Utter Pradesh 201301

Track Your Booking

Order Booked
 Pickup Scheduled
 Sample Collected
 Sample Received at lab
 Report Generated
 Report Available

Billing Address

Plot no. 3, Block wp, Hazipur, Sector-104, Noida Utter Pradesh 201301





← Recent Booking Details

Choose The Reason For Cancel Order

\checkmark	Reason 1
\checkmark	Reason 2
\checkmark	Reason 3
	Reason 4
	Reason 5

or

Write Your Reason For Cancel Order

Give your reason		

Terms and Conditions apply.*







← Recent Booking Details

Choose The Reason For Cancel Order

\checkmark	Reason 1
\checkmark	Reason 2
\checkmark	Reason 3
	Reason 4
	Reason 5

or

Write Your Reason For Cancel Order

Give your reason

X

Order Cancelled

Your booking with order id **#123456** has been cancelled successfully.



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Booking I'D - **#123456** Patients - **1** Suresh Kumar (Sibling), Male, 33

Brain MRI

₹5,999

Dr. Lal Path Labs, Noida

Plot no. 3, Block wp, Hazipur, Sector-104, Noida Utter Pradesh 201301

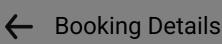
Track Your Booking

Order Booked
 Pickup Scheduled
 Sample Collected
 Sample Received at lab
 Report Generated
 Report Available

Billing Address

Plot no. 3, Block wp, Hazipur, Sector-104, Noida Utter Pradesh 201301





Booking I'D - **#123456** Patients - **1**

Suresh Kumar (Sibling), Male, 33

Brain MRI

₹5,999

Dr. Lal Path Labs, Noida

Plot no. 3, Block wp, Hazipur, Sector-104, Noida Utter Pradesh 201301

Track Your Booking

Order Booked

Share your experience



Type your feedback

Submit

F

← Family Members

EDIT

EDIT

Aman Kumar (Self)

Male, 30

Suresh Kumar (Sibling)

Male, 33







Enter Name*

Enter Relation*

Date of Birth*



Male

Female

Mombile Number*

Enter Email*

Enter Aadhaar Card No.

1234 5678 1223

Or

Upload Aadhaar Card*





Cancel

Save Member

← Add Member
Enter Name*
Enter Relation*
Date of Birth*
Male Female
Mombile Number*
Enter Email*
ΟΤΡ
OTP Sent to *****7890
1 2 3 4
Verify OTP

Resend OTP

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...| 🔶 🔲

← Payment Receipts

Invoice no. #78965	10 oct 2022
Orders I'D - # 123456	
Diet Counselling (1 Month)	
1 Months Plan	
15-10-2022 / 12:00 PM - 01:00 PM	
Total Amount	1,399
Total Amount Invoice no. #78965	1,399 10 oct 2022
Invoice no. #78965	
Invoice no. #78965 Orders I'D - #123456	

Total Amount

Invoice no. **#78965**

10 oct 2022

1,399

Orders I'D - #123456

Diet Counselling (1 Month)

1 Months Plan

15-10-2022 / 12:00 PM - 01:00 PM

Total Amount



← Payment Receipt

Invoice no. #78965	10 oct 2022
Orders I'D - #123456 Diet Counselling (1 Month) 1 Months Plan 15-10-2022 / 12:00 PM - 01:00 PM	
Suresh Kumar (Sibling), Male, 33 Plot no. 3, Block wp, Hazipur, Sector-104, No Utter Pradesh 201301	oida
Payment Details	

₹1,399
₹100
₹1,499
1

Download Receipt





Ongoing Sessions



Diet Counselling Amrita Pandey

Masters degree in Nutrition.
5 yrs of Experience
Clinical Dietitians
★ ★ ★ ★ ★ 4.0



← Diet Counselling



Diet Counselling Amrita Pandey

Masters degree in Nutrition. 5 yrs of Experience Clinical Dietitians



Diet Sessions

- ✓ Last Session : 12 Dec. 2022
- ⊘ Next Session : 19 Dec. 2022









7-day Indian diet plan for weight loss in one month pdf veg. Example (1100 calories):

Here is the meal combo for breakfast, lunch, evening snacks, and dinner for approx 1100 calories weekly basis.

7-day Indian diet chart veg meal plan: 1. Day 1 veg diet chart:

Meal Hour	Diet Meal (Size)	Approx Calories
Break- fast	Flatten-rice mix veg poha (150 g) + One fruit	200 cal
Lunch	2 roti (70g) + Tur dal (150g) + Kheera raita (150g) + Mix veg salad (150g)	400 cal
Evening Snack	Vegetable Suji upma (130g) + Mix Veg Soup (150g)	200 cal
Dinner	2 roti (70g) + Gobi Sabji (100g) + Mix Veg Salad (150 g)	300 cal

g = gram

2. Day 2 veg diet chart:

Meal Hour	Dict Meal (Size)	Approx Calories
Break- fast	Oats veggie upma (150g) + One fruit	200 cal
Lunch	Brown Rice (150g) + Moong dal (150g) + Lauki raita (150g) + Mix veg salad (150g)	400 cal
Evening Snack	Flatten-rice mix veg poha (150g)	200 cal
Dinner	2 roti (70g) + Bhindi Sabji (100g) + Mix Veg Salad (150 g)	300 cal

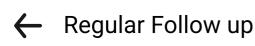
g = gram

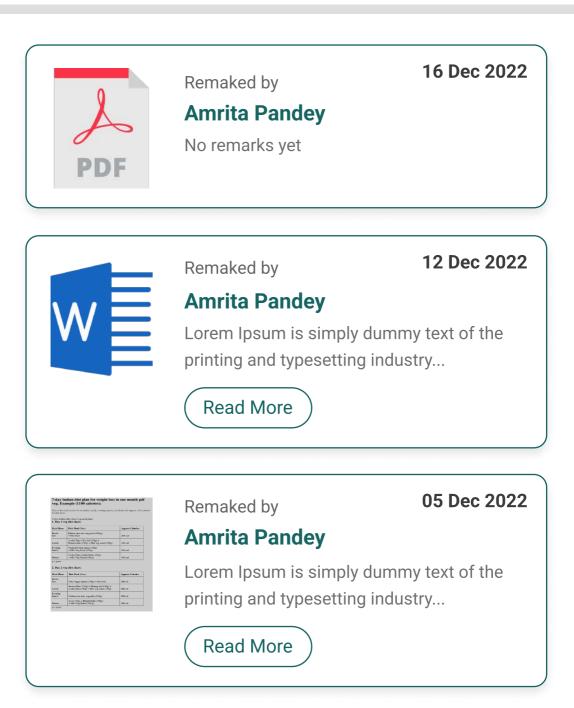
3. Day 3 veg diet chart:

Meal Hour	Diet Meal (Size)	Approx Calories
Break- fast	Millet Upma (150g) + One fruit	200 cal
Lunch	2 roti (70g) + Moong dal (150g) + Mix veg raita (150g) + Mix veg salad (150g)	400 cal
Evening Snack	Moong dal Chilla (1pc) + Peanut Chutney (1 tbsp)	200 cal

Download Diet Chart

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Upload New Diet Journal

← Regular Follow up

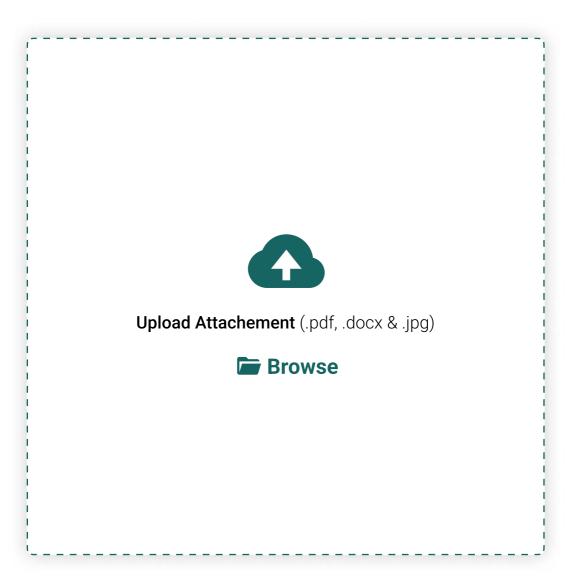


Heading

Lorem Ipsum is simply dummy text of the printing and typesetting industry. Lorem Ipsum has been the industry's standard dummy text ever since the 1500s, when an unknown printer took a galley of type and scrambled it to make a type specimen book. It has survived not only five centuries, but also the leap into electronic typesetting, remaining essentially unchanged. It was popularised in the 1960s with the release of Letraset sheets containing Lorem Ipsum passages, and more recently with desktop publishing software like Aldus PageMaker including versions of Lorem Ipsum.



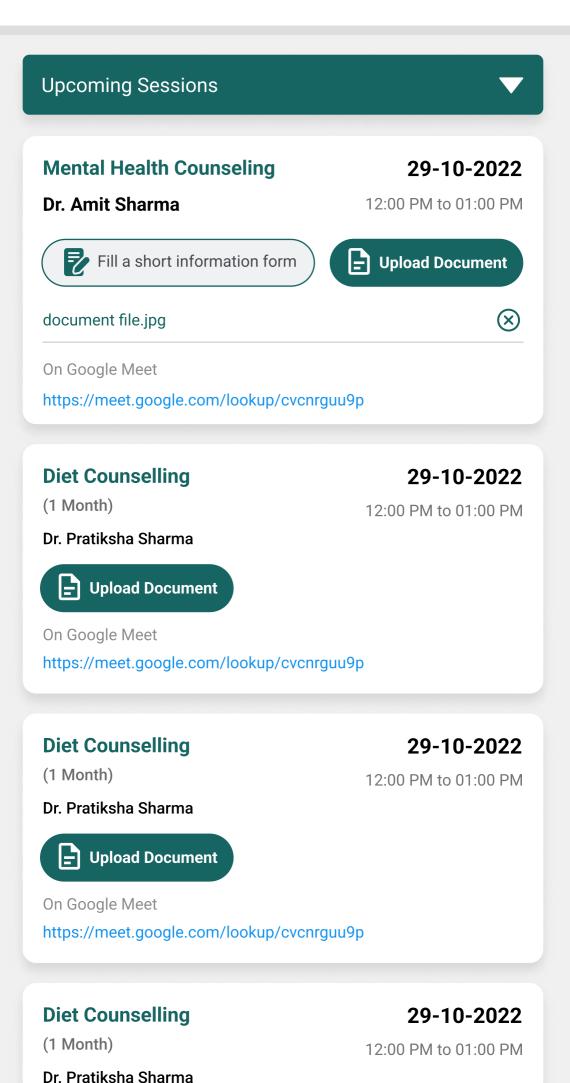
← Upload New Diet journal



Upload Diet Journal

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← Mental health information form

Area of Treatment

Select area of treatment

Frequency

Frequency

Duration

Select Duration

Intensity

Select Intensity



← Your Sessions

Previous Sessions

Diet Counselling

(1 Month)

Dr. Pratiksha Sharma

On Google Meet

https://meet.google.com/lookup/cvcnrguu9p

Rating & Feedback

Mental Health Counseling

Dr. Amit Sharma

On Google Meet https://meet.google.com/lookup/cvcnrguu9p

Rating & Feedback

Diet Counselling

(1 Month)

Dr. Pratiksha Sharma

On Google Meet

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Rating & Feedback

Diet Counselling

(1 Month)

Book Next Session

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Book Next Session

29-10-2022

12:00 PM to 01:00 PM

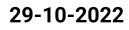


29-10-2022

12:00 PM to 01:00 PM

12:00 PM to 01:00 PM

30-10-2022



12:00 PM to 01:00 PM



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Dr. Pratiksha Sharma

Masters degree in Nutrition. 5 yrs of Experience Clinical Dietitians

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Dr. Amit Sharma

5 yrs of Experience

★★★★★ 4.0

15-01-2023

12:00 PM to 01:00 PM

Book Your Session



Mental Hea	alth Counselor	₹5,00
	Dr. Amit Sharma 5 yrs of Experience ★★★★★ 4.0	l
Appointment Date	& Time	
iii 15-01-2023	L 12:	00 PM to 01:00 PM
#Offer1234	×	Applied
You saved Rs. 50		
Billing Details		
Total Items		1
Price		₹ 500
Coupon Discoun	t	₹50
Total Amount		₹ 450
Billing Address		🖍 EDIT
Plot no. 3, Block wp Utter Pradesh 2013	o, Hazipur, Sector-104, Noi :01	da

₹450

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Cash On Delivery	
Add card	>





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Orders I'D - #123456

AMAN KUMAR (Self)

Male, 30

Mental Health Counselling	
Dr. Amit Sharma	
5 yrs of Experience	
\star	

Appointment Date & Time

Total Amount	₹ 450
Coupon Discount	₹50
Price	₹ 500
Total Items	1
Billing Details	
15-01-2023	12:00 PM to 01:00 PM

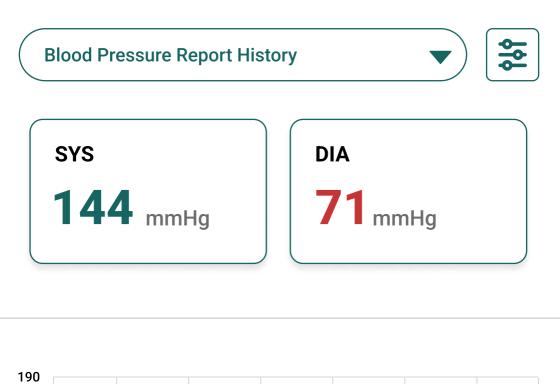
Billing Address

Plot no. 3, Block wp, Hazipur, Sector-104, Noida Utter Pradesh 201301

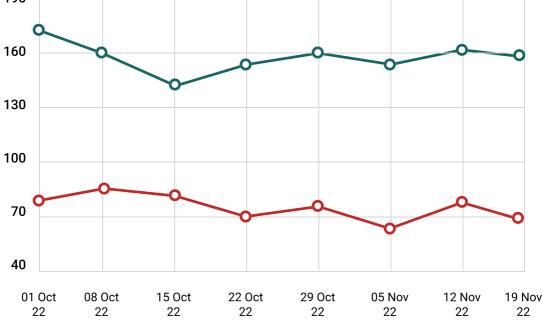


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← Elderly Health Report History



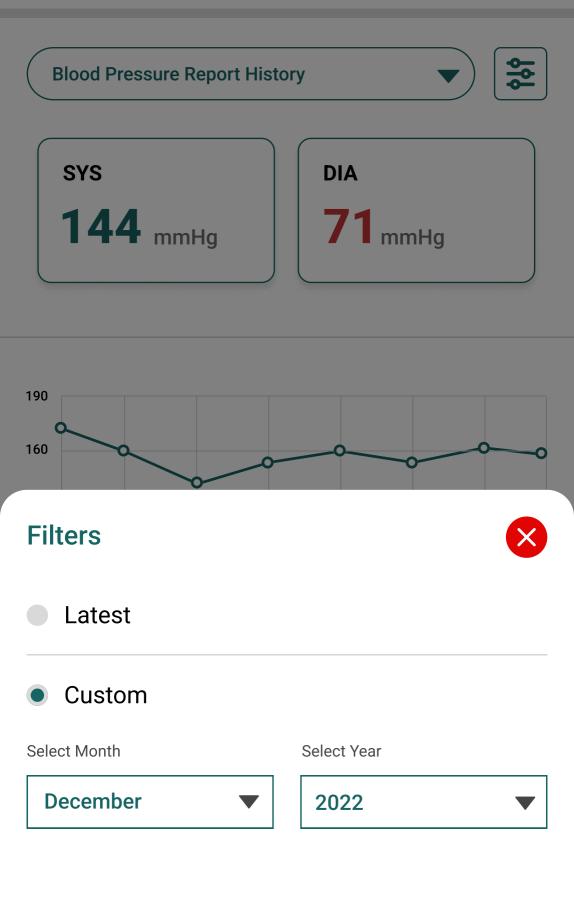
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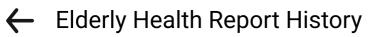
← Elderly Health Report History

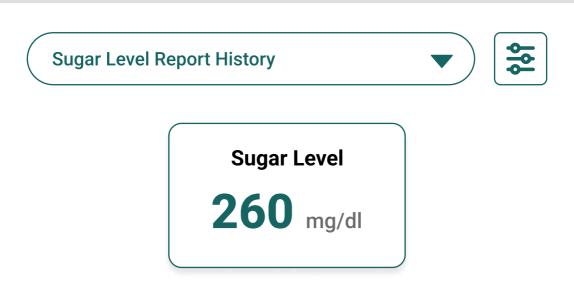
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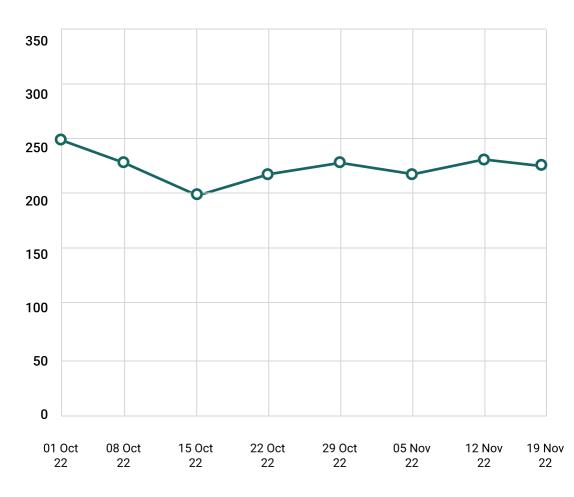












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← My Reports & Prescription

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My Reports	Yoboh Report	Prescription
Brain 15-10-		View
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Brain	MRI	View



← Brain MRI Report

Brain MRI

15-10-2022



7-day Indian diet plan for weight loss in one month pdf veg. Example (1100 calories):

Here is the meal combo for breakfast, lunch, evening snacks, and dinner for approx 1100 calories weekly basis.

7-day Indian diet chart veg meal plan: 1. Day 1 veg diet chart:

Meal Hour	Diet Meal (Size)	Approx Calories
Break- fast	Flatten-rice mix veg poha (150 g) + One fruit	200 cal
Lunch	2 roti (70g) + Tur dal (150g) + Kheera raita (150g) + Mix veg salad (150g)	400 cal
Evening Snack	Vegetable Suji upma (130g) + Mix Veg Soup (150g)	200 cal
Dinner	2 roti (70g) + Gobi Sabji (100g) + Mix Veg Salad (150 g)	300 cal

g = gram

2. Day 2 veg diet chart:

Meal Hour	Diet Meal (Size)	Approx Calories
Break- fast	Oats veggie upma (150g) + One fruit	200 cal
Lunch	Brown Rice (150g) + Moong dal (150g) + Lauki raita (150g) + Mix veg salad (150g)	400 cal
Evening Snack	Flatten-rice mix veg poha (150g)	200 cal
Dinner	2 roti (70g) + Bhindi Sabji (100g) + Mix Veg Salad (150 g)	300 cal

1/5

7-day Indian diet plan for weight loss in one month pdf veg. Example (1100 calories):

Here is the meal combo for breakfast, lunch, evening snacks, and dinner for approx 1100 calories weekly basis.

7-day Indian diet chart veg meal plan:

1. Day 1 veg diet chart:

Meal Hour	Diet Meal (Size)	Approx Calories
Break- fast	Flatten-rice mix veg poha (150 g) + One fruit	200 cal
Lunch	2 roti (70g) + Tur dal (150g) + Kheera raita (150g) + Mix veg salad (150g)	400 cal
Evening Snack	Vegetable Suji upma (130g) + Mix Veg Soup (150g)	200 cal
Dinner	2 roti (70g) + Gobi Sabji (100g) + Mix Veg Salad (150 g)	300 cal
g = gram		

← My Reports & Prescription

My Reports	Yoboh Report	Prescription
Brain MRI 15-10-2022		View
Dr. Lal Path Labs, Noic Plot no. 3, Block wp, Hazip Utter Pradesh 201301		€
Brain MRI 15-10-2022		View
Dr. Lal Path Labs, Noic Plot no. 3, Block wp, Hazip Utter Pradesh 201301		٠
Brain MRI 15-10-2022		View
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Brain MRI 15-10-2022		View
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← Brain MRI Report

Brain MRI

15-10-2022

Dr. Lal Path Labs, Noida

Plot no. 3, Block wp, Hazipur, Sector-104, Noida Utter Pradesh 201301

icobrain ms



SAMPLE

Please visit www.icometrix.com or contact info@icometrix.com for more information. icobrain mr 5.x.x Manufactured by icometrix NV, Kolonel Begaultlaan 1b/ 12, 3012 Leuven, Belgium.

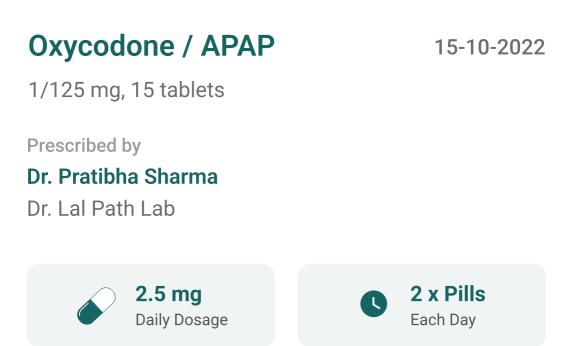
← My Reports & Prescription

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My Reports	Yoboh Report	Prescription
Oxycodone / A 1/125 mg, 15 tablets	PAP	15-10-2022
Prescribed by Dr. Pratibha Sharma Dr. Lal Path Lab		View
Oxycodone / A 1/125 mg, 15 tablets	PAP	15-10-2022
Prescribed by Dr. Pratibha Sharma Dr. Lal Path Lab		View
Oxycodone / A 1/125 mg, 15 tablets	PAP	15-10-2022
Prescribed by Dr. Pratibha Sharma Dr. Lal Path Lab		View
Oxycodone / A 1/125 mg, 15 tablets	PAP	15-10-2022
Prescribed by Dr. Pratibha Sharma Dr. Lal Path Lab		View
Oxycodone / A	PAP	15-10-2022
Prescribed by Dr. Pratibha Sharma Dr. Lal Path Lab		View

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Prescription Details



About Drug

Lorem Ipsum is simply dummy text of the printing and typesetting industry. Lorem Ipsum has been the industry's standard dummy text ever since the 1500s.

when an unknown printer took a galley of type and scrambled it to make a type specimen book. It has survived not only five centuries, but also the leap into electronic typesetting, remaining essentially unchanged.

Precautions

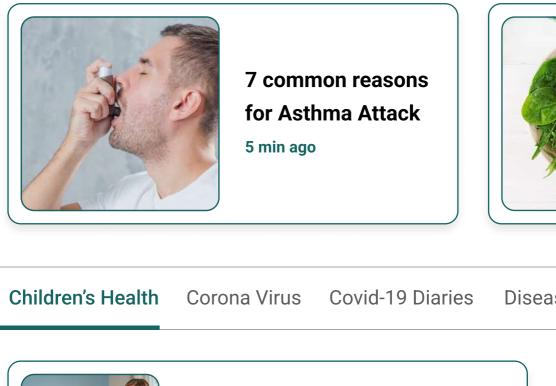
Allergies Morphine ER, Food.

Instructions / Diagnosis Asthma, breathing problems

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Top Articles









Topic Name

Introduction to children's health

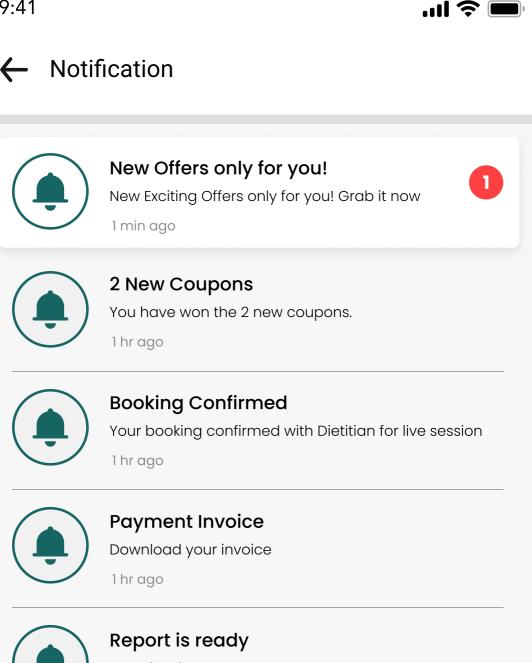
Children's health, or pediatrics, focuses on the well-being of children from conception through adolescence. It is vitally concerned with all aspects of children's growth and development and with the unique opportunity that each child has to achieve their full potential as a healthy adult.

Children's health was once a subset of adult medicine. In the 19th and early 20th century, people recognized pediatrics as a medical specialty because of the gradual awareness that the health problems of children are different from those of adults. It was also recognized that a child's response to illness, medications, and the environment depends upon the age of the child.

There are many aspects to children's health. Any organization of these aspects of child health is necessarily arbitrary. For example, the topics could be presented in alphabetical order. However, it seems most logical to start with the factors that determine a child's healthy growth and development.

What to expect for children's growth and development?

A healthy child's development actually begins before conception with the parents' health and their genetic legacy. It continues on to conception and through the prenatal period. During this time, there is naturally considerable overlap between pediatric concerns for the fetus and obstetrical concerns for the mother.



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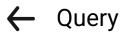


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Raise your concern!

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01:15 PM

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Lorem Ipsum is simply dummy text of the printing and typesetting industry

01:15 PM



← FAQs

What is Lorem Ipsum?

Lore Issue is simply dummy text of the printing and typesetting industry. Lore Issue has been the industry's standard dummy text ever since the 1500s, when an unknown printer took a galley of type and scrambled it to make a type specimen book.

What is Lorem Ipsum?	\checkmark
What is Lorem Ipsum?	\checkmark







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YOBOH

Mission

Lore Issue is simply dummy text of the printing and typesetting industry. Lore Issue has been the industry's standard dummy text ever since the 1500s, when an unknown printer took a galley of type and scrambled it to make a type specimen book. It has survived not only five centuries, but also the leap into electronic typesetting, remaining essentially unchanged. It was popularized in the 1960s with the release of Least sheets containing Lore Issue passages, and more recently with desktop publishing software like ALUs Pacemaker including versions of Lore Issue.

Vision

Lore Issue is simply dummy text of the printing and typesetting industry. Lore Issue has been the industry's standard dummy text ever since the 1500s, when an unknown printer took a galley of type and scrambled it to make a type specimen book. It has survived not only five centuries, but also the leap into electronic typesetting, remaining essentially unchanged. It was popularized in the 1960s with the release of Least sheets containing Lore Issue passages, and more recently with desktop publishing software like ALUs Pacemaker including versions of Lore Issue.

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Why YOBOH (I)

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Why YOBOH (II)

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← Refund Policy

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Name

Arun Sharma

Email

example@gmail.com

Message

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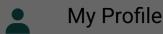


Aman Kumar (Self)

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- Elderly Health Reports



My Reports

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