Your diet consultation workbook

Madhavbaug Pimpri Morwadi | Educational preparation guide | 18 October 2026

Original clinic-resource draft. Clinical review pending. This is not an official Madhavbaug product manual, prescribed diet or guarantee of results.

1 / Understand the product name

Name	Discussion focus
Swasthyam Diet Kit Pro	Weight-management nutrition planning
Go BIPi Diet Box	Food choices alongside blood-pressure care
Prameha Diet Kit Pro	Nutrition planning for adults with type 2 diabetes
Reverse Diet Kit	Nutrition discussion alongside ongoing cardiac care

These descriptions summarize network product positioning. They do not confirm local stock, current contents, prices or suitability. Standard and Pro versions may differ. Ask to see the exact current label.

2 / Bring the information that matters

Bring your medicine and supplement list, relevant recent reports, food allergies, usual meal pattern and any specialist instructions. Mention pregnancy, breastfeeding, kidney disease, heart failure, low glucose episodes or an eating-disorder history before changing diet.

Do not copy 800 or 1000 kcal from a poster as your daily target. Intensive calorie restriction requires an appropriate clinical assessment and supervision. Do not stop medicines or restrict fluids on your own.

Check the label. Ask clear questions.

3 / Before buying or opening the kit

- Confirm the exact product and variant: standard or Pro.

- Read ingredients and allergens, nutrition per serving, preparation instructions and storage details.

- Check expiry, batch information and manufacturer details on the actual pack.

- Ask which foods are included and which fresh foods must be added.

- Ask about total cost, planned duration, review dates and a sustainable plan afterwards.

- With kidney disease, ask specifically about potassium, protein, salt substitutes and fluids.

4 / Agree the monitoring plan

Ask who will review glucose, BP, weight and symptoms, and when. If medicines could cause low glucose or low BP, ask the prescriber for a plan before a major diet change. Record the clinician contact below. This workbook does not give medicine doses.

My questions: _____

My agreed review date: _____

Clinical team contact: _____

New severe chest pain, severe breathlessness, fainting or stroke symptoms require urgent hospital care. Do not wait for a diet consultation.

A simple food diary for your visit

Record an ordinary day without changing your eating just to complete this sheet. Keep this information privately; do not send health details through public website comments.

Time / meal	Food, drink and approximate amount	Questions / symptoms
Morning		
Midday		
Afternoon		
Evening		
Other drinks / snacks		

Questions to discuss

What is practical for my household and budget? How will the plan fit work hours and activity? Do any ingredients interact with my current treatment? What should I do if I cannot tolerate a product?

Reading and evidence context

Product identities: Madhavbaug official product listings for Swasthyam Diet Kit Pro, Prameha Diet Kit Pro and Go BIPi, plus its diet-plan overview (checked 18 October 2026). These are product descriptions, not independent proof of benefit.

General reading: ICMR-NIN, Dietary Guidelines for Indians (2024), nin.res.in. NICE NG246, Physical activity and diet, nice.org.uk/guidance/ng246. NIDDK, Healthy Eating for Adults with Chronic Kidney Disease, niddk.nih.gov. General guidance is not a product endorsement.

Book: madhavbaugpimpri.setmore.com/book
Call: +91 7378443322
Dr. Shital More-Mhaisane, BAMS, MD (Ayurveda)
Row House No. 2, Sukhwani Residency, near Morjai Ganesh Mandir, Morwadi, Pimpri, Pune 411018