



Health Fitness Lifestyle

Take back Control Of Your Health

While breaking free from DIET mindset



We offer Customised Meal Plans for:

- Weight Loss
- Weight Gain
- Thyroid Management
- PCOD/PCOS Management
- Diabetes & Hypertension management
- General Wellness/Healthy Eating
- Fitness Nutrition



About Us:

Specialised In:

Weight Management
Weight Gain/Loss
Pcos/Pcos
Thyroid
Detoxification
Post Pregnancy Weight Loss
Hypertension
Diabetes
Pediatic Nutrition
Anemia Etc

Nutritionist Has 10 Yrs Experience

Doctor with 10+ years experience in this field, Serving thousands of individuals all over the world with proper personalised guidance and meal plans to achieve their fitness goal.

We believe in traditional way of eating, back to roots program. with out any products each one can achieve their weight management goals by following healthy meal plan and lifestyle.

Testimonials



It's been 2months and I have lost 5kg weight and reduced with inches too with your diet plan and exercises along with your guidance. I am really happy to lose weight despite having Thyroid. Cholesterol also reduced. The super food Moringas powder is really beneficial, i can make out the changes so well.

Madhumita
Student



I am glad that I took up my health journey. This 1-month diet plan was great as I reached my ultimate health goal. This diet has kept me full yet healthy at the same time. Also, my legs used to ache a lot but the pain is gone now. Really thankful for this!

Usha joshi
Senior process executive



Thank you for providing a great platform and great dietitian. Dietitian as I have lost 5kgs with no hunger pangs. Thank you for always adding those foods which I like and letting me know the concept of not giving up on food you always like. Fresh Moringa powder does a Magic in me with reduced inflammation.

Anchal
House wife



Thank You for providing me a healthy yet delicious diet plan. It has been a month and I have reduced 3 kgs. My health goal was just not weight loss but to stay healthy as well. I loved all her remedies. And the continuous monitoring from the team is super. My body feels lighter now and I have become more energetic.

Kushal kumar
Software Engineer