

NUTRI VICTUALS

Nurture With ANAMIKA



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ABOUT

Are you feeling bombarded with information about what new eating trend to try or what must-have ingredient to include on your grocery list? **IGNORE THAT!!**



Good nutrition is really about having a well-rounded diet, and it is much easier to do than you may think. With **NUTRI VIRTUALS** living a nutritious lifestyle can be both easy and fun.

A healthy lifestyle can be attained by maintaining a balanced diet and keeping into consideration to meet all the essential nutrients required by the body.

Good nutrition, physical activity, and healthy body weight are essential parts of a person's overall health and well-being.



A proper meal plan helps to attain ideal body weight and reduce the risk of chronic diseases.

Eating a healthy diet is all about feeling great, having more energy, improving your health, and boosting your mood.



EXPERIENCE

We at **NUTRI VIRTUALS** provide advanced Nutrition-based solutions to treat and manage your health and other lifestyle conditions. Our nutritional therapy is based on a unique, scientific process that works with the natural body cycle.

What is in box for you



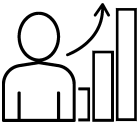
One on One consult



Personalized food plans



Visible and measurable results



Improved health parameters and enhance performance



On call support



Different plans to choose from*

** Plans in detail on next pages*

01

Weight loss management with Indian food plan

A basic easy to follow program focused on maintaining
Overall basic health

RECOMMENDED

- People with tight schedules or hectic work life
- Students/hostelites with less available facilities
- Those who can't compromise & wish to stick to Indian thali

INCLUDES

- Personalized diet with exchange lists to allow unlimited food combinations
- No fancy ingredients, no extra cooking needed
- Festival based food plans



Transformation Program

Focused on achieving weight reduction goals with

Scientific and Natural way

RECOMMENDED

- are dealing with obesity issues or excess weight
- are looking for weight/inch correction
- want to maintain their ideal weight with easy-to-follow plan

INCLUDES

- Weight/fat loss along with maintained physical performance
- Diet and workout plans designed for overall physical and mental fitness as well as glowing skin & better hair



Focused on people for improving lifestyle disorders with
health conditions

RECOMMENDED

- People who prefer disease oriented personalized options

INCLUDES

- Immunity booster plans
- Skin and hair improvement
- Digestion management
- Diabetes management
- Pcod/Pcos management
- Blood pressure management
- Menopause management



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