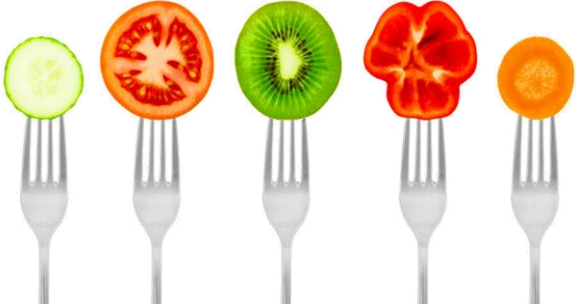


Nutrition Workshop & Talk Sessions



• *Benefits*

- *Learn the Basics of Nutrition*
- *Nutrition Value of Food groups*
- *Healthy Snacking*
- *Making Healthy Choices in Restaurant*
- *Nutrition for Exercising*
- *Budget Food Shopping*
- *Quick Healthy Meal Ideas*



Sleep Nutrition

(Stress Relief; Insomnia)

• Inclusions

- *Brain Boosters Diet*
- *Micronutrient Rich Diet*
- *Food Grocery List*
- *Healthy Breakfast Tips*
- *Lifestyle Change Counselling*
- *Regular Monitoring*
- *Expert Advice (365 days)*
- *Meditation Sessions*



Diet for sleep:
eat and exercise



Addiction Recovery Program

• Inclusions

- *Detoxification Diet*
- *Immuno-booster Diet*
- *Brain Booster Diet*
- *Balanced Diet Plan*
- *Liver Booster Diet*



Corporate Nutrition

- *Weight Management*
 - *Dedicated Counselling*
 - *Customised Diet Plans*
 - *Recipe Guidelines*
 - *Expert Advice (365 days)*

NUTRITION FROM THE GROUND UP

De-Stress Diet Program

- *Dedicated Counselling*
- *Customised Diet Plans*
- *Dietary Guidelines*
- *Recipe Guidelines*
- *Meditation Sessions*
- *Lifestyle Modification Session*



New Mother's Diet Plan

- *21 Days Exclusive Diet Plan*
- *Online Counseling*
- *Recipe Guidelines*
- *Benefits*
 - *Regain Body Shape*
 - *Regain Muscle Strength*
 - *Scientific Weight Management*
 - *No Weakness*

