



## PLAN CHARGES

✂ Mass gain (Bulking) Nutrition plan : ~~799~~  
; *10 % Discount - Only Rs. 720/-*

✂ Muscle Gain(Lean) Nutrition Plan : ~~999~~  
; *20 % discount - Only Rs. 800/-*

✂ Fat loss (Low carb/Keto) Nutrition Plan : ~~1199~~  
; *20 % discount - Only Rs. 959/-*

✂ Special Population ( Diabetic , PCOS-PCOD, B.P,  
Thyroid , pregnancy etc ) Nutrition plan : ~~1499~~  
; *20% discount - Only Rs. 1200/-*

Nutrition & Diet Consultant: MR.SUHAS NALAWADE +91 91588 62392



NUTRITION /DIET

"FOOD IS AN IMPORTANT PART OF A  
BALANCED DIET."

