

NUTRITION & LIFESTYLE PROGRAM



- Sports Nutrition
- Therapy Nutrition
- Pregnancy & Lactation Nutrition
- Fat loss

PHILOSOPHY

Our Nutrition Program is based on the concepts of Nutrition Science and the right Nutrition your body needs.

- **We work beyond Numbers** - There is **“No Weighing Scale”**
- **Prevention or Reversal of Lifestyle Disorder** - Acidity, Gastric troubles, Constipation, Migraine, Seasonal cough and cold, High or Low BP, PCOD/PCOS, Thyroid Imbalance, Diabetes, Insulin Sensitivity, and many other major or minor disorders.

WHAT CAN YOU EXPECT?

Improvement in:

- Energy levels, Stamina, Endurance, Hair, and Skin
- Blood reports and many a times reversal of lifestyle disorder
- Eating and Eating patterns (cravings, bingeing, emotional eating)
- Sleep and sleep patterns
- Building Muscle mass and reducing fat mass
- Weight loss is a complimentary gift in the process of sustainable lifestyle

HOW WILL THIS WORK?

Prevention or Therapy Nutrition Program

Session-wise learning + implementation

- Review blood reports and the current lifestyle.
 - Meal plan and guidance on exercise is designed based on the disorder.
 - Changing habits and lifestyle
 - Monthly review of blood reports
 - Mental health sessions
 - Designing Sustainable lifestyle routine
 - Guidance for exercise, exercise pattern and plan to be followed at your gym.
- We will revise it every fortnight

Sports Nutrition

- This plan is for athletes and recreational athletes, trekkers, sportspersons.
- Meal plan is designed based on the sport, workout routine and lifestyle.
- Our meal plan is based on real and homemade food (No supplements)
- Mental health sessions
- Designing Sustainable lifestyle routine
- Guidance for exercise, exercise pattern apart from your specific sport will be addressed for better performance and recovery

PROGRAMS

13 Sessions Program		25 Sessions Program		45 Sessions Program
First Session - 1 hour + 12 Sessions (Weekly) - 30 Minutes	or	First Session - 1 hour + 24 Sessions (Weekly) - 30 Minutes each	or	First Session - 1 hour + 44 Sessions (Weekly) - 30 Minutes each

PROCESS

STEP 1: You are expected to fill up our Client Engagement form. This is the process that needs to be done at your end. We would like you to fill up details with utmost honesty about your current lifestyle.

STEP 2: Upon receiving your Client Engagement form we will schedule your one-to- one meeting with Namrata either at our office or Video Call based on your preference or geographical requirement. This meeting (First Meeting) will be for an hour (1 hour) to discuss your current health status, lifestyle changes based on circadian rhythm, understanding nutrition, exercise, and sleep science. We will take you through everything in detail.

STEP 3: You will be allocated day and time for weekly follow-up which will be for 30 minutes every week to understand your progress and changes that need to be done. For any queries in between you can always get in touch with us through phone, email or WhatsApp.

CONCLUDING

Either you extend the program as per your need or we conclude our Nutrition program with a discussion and a write-up on your learning and how will you take it forward from there, on your own. We believe in long lasting relationship and would be happy to assist you in future. At any point after concluding the program you may raise queries by e-mail: namrata@namratasheth.com.

Fees for the program

Sessions	Total Sessions	Fees
First Meeting + 12 Sessions	13	40000/-
First Meeting + 24 Sessions	25	70000/-
First Meeting + 48 Sessions	49	132000/-

**Rates are valid till 31-03-2025

OUR POLICY

- Fees to be paid in advance. First meeting is scheduled only after receiving the fees
- Nutrition program begins from the date of first consultation, Breaks or holidays do not extend the program once started. We shall extend your session if it a holiday from our side
- Fee is non-refundable and non-transferrable
- Any request for change in time for appointment shall not be entertained
- Any delay in your scheduled appointment shall not be entertained. You need to continue with previous week's meal plan or for new weekly plan inform us in advance

Thank you! I have read, understood, and accept the above.

Name: _____ Signature: _____

