

welcome to
Nutryfit

Your Health, Personalized



Why Nutryfit?



Your Health, Personalized

We don't believe in one-size-fits-all diets. Our qualified dietitians craft a customized meal plan tailored to your unique needs, lifestyle and goals.



Deep Understanding of Local Food habits

Our plans are designed for the local lifestyle. We incorporate the foods you love, making your health journey enjoyable and sustainable.



Purely Science-Backed Approach

We focus on evidence-based nutrition, so your plan is effective, safe and free from trendy gimmicks.



24/7 Dietitian Support

You're never alone. Our team provides daily follow-ups and is always available to support you.

Our Mainstream Nutrition Programs

We offer a range of personalized diet plans to cater to your unique needs and goals. Whether you're looking to shed weight, nourish your body during pregnancy, manage specific health conditions, or build healthy muscle, we have a plan for you.



Weight Management

Sustainable weight loss or gain with balanced meals.



Student & Couple Plans

Budget-friendly and shared plans for specific needs.



Therapeutic Diet Plan

Expert dietary management for specific health conditions like PCOD, Diabetes and Thyroid issues.



Pregnancy Diet Plan

Specialized nutrition for a healthy journey through every stage of motherhood.



Start Your Journey for FREE

Use our powerful online tools to get instant health insights before you even sign up.

Energy Calculator

Find your exact daily calorie goal.



www.nutryfit.in/energy



Scan to check

BMI Calculator

Know your healthy weight range.



www.nutryfit.in/bmi



Scan to check

Hydration Calculator

Get your personalized water target.



www.nutryfit.in/hydration



Scan to check

Client Results

102.3 KG
89.4 KG
12.9 KG
In 1 Month

84 KG
75 KG
9 KG
In 2 Month

75 KG
64 KG
11 KG
In 1 Month

99.4 KG
90.8 KG
8.6 KG
In 2 Month

75 KG
68.7 KG
6.3 KG
In 1 Month

80 KG
75.85 KG
4.2 KG
In 1 Month

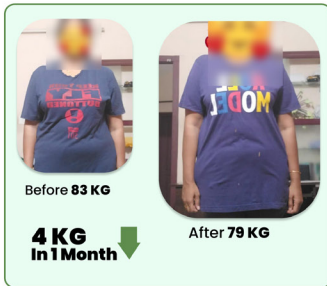
90 KG
84.9 KG
5.1 KG
In 1 Month

63 KG
58.9 KG
4.2 KG
In 2 Month

87 KG
79.3 KG
7.7 KG
In 2 Month

More results and testimonials are available on our social media pages.

Client Results



More results and testimonials are available on our social media pages.

Your Journey with Nutryfit

1



Step 1: Enquiry Received

Reach out to us via WhatsApp or our website.

2



Step 2: Subscription & Payment

Choose the plan that fits your goals and complete the payment.

3



Step 3: Initial Consultation

Have a detailed call with your personal dietitian to discuss your health history, preferences, and goals.

4



Step 4: Personalized Plan

Get your custom diet chart and meal plan delivered directly to you.

5



Step 5: Daily Follow-Up & Support

Your dietitian checks in daily to track progress, answer questions, and keep you motivated.

Things You Might Be Wondering



Do I have to stop eating rice?

Not at all! We believe in Balance, not Ban. We adjust the portions of your favorite staple foods to fit your health goals.



Do I need expensive ingredients?

No. Our plans are practical and based on everyday ingredients found in your kitchen, whether you are in Kerala or abroad.



Do I need supplements?

We focus on natural, home-cooked food. We do not promote unnecessary supplements or pills.



How do I stay motivated?

You are never alone. Your personal dietitian provides daily follow-ups and support to keep you on track.

Start Your Personalized Health
Journey Today



www.nutryfit.in

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