

BESPOKE NUTRITION CONSULTING & DIET PLANS



- 🍏 Effective Weight Loss Programs which last !
- 🍏 Sports & Performance Nutrition Consulting Packages For Children, Aspiring & Established Athletes & Sportspersons
- 🍏 Healthy Eating Programs for Children, Teens & Young Adults
- 🍏 Specialized Diet Plans & Consulting For Diabetes, PCOS, Heart Ailments, Expectant Mothers etc.



**Its not a Diet
Its called Eating Healthy**

We provide individualized diet plans that are tailored to meet your unique goals. Our program covers scheduled follow-ups, diet accountability and progress monitoring. Combining the basics of our traditional knowledge along with proven modern science.

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BESPOKE NUTRITION CONSULTING & DIET PLANS



EFFECTIVE WEIGHT LOSS PROGRAMS

Our Diet Plans are based on individual metabolic rate which creates the foundation for healthy, rapid and lasting weight loss. Individual Diets based on personal preferences will help in improved digestion, increasing energy levels and help to control appetite.

Our aim is to ensure that weight loss goals are not only reached but can be maintained over time.

Our programs include daily, weekly and in many cases even monthly diet plans to take the pain away from planning !



SPORTS & PERFORMANCE NUTRITION CONSULTING

A solid sports nutrition plan supports training and improves performance. Your body needs the right balance of carbohydrates, protein, fat, vitamins, minerals and fluids to fuel your fitness. Scientific developments and new discoveries about how different food types work within the body mean that athletes can now tailor their diets to help them excel in their particular sport. Our aim is to help talented athletes achieve their athletic potential. Our comprehensive nutrition packages have been developed to cover every aspect of nutrition in order to optimise athletes' performance.



HEALTHY EATING PROGRAMS FOR CHILDREN, TEENS & YOUNG ADULTS

Café Nutrition firmly believes that "Good Nutrition" is the first line of defense against numerous childhood diseases. Our nutritious diet plans facilitate physical growth and development, visual and cognitive development, age-appropriate weight gain, healthy body functions and organ systems.

We have also developed specific programs to deal with new-age youth issues such as obesity, body image, juvenile diabetes, hypertension, anxiety etc.



SPECIALIZED DIET PLANS FOR DIABETES, PCOS, HEART AILMENTS, EXPECTANT MOTHERS ETC.

Our suite of specialized consulting packages help you deal with specific health conditions by ensuring focus on cutting fats, sugar and salt intake whilst retaining the key nutrients needed to build necessary immunity to battle these conditions. Our daily, weekly & monthly plans will help you take the pain away from planning! We also help facilitate weight loss for women with PCOS using proven diet plans.

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