<https://www.shilpaarorand.com/nutritionist-in-gurgaon.html>

**ABOUT & BMI CALCULATOR**

**About Muskan Bansal**

Nutritionist & Diabetes Educator

# **One Of The Best Dietitian In Delhi**

Muskan Bansal is a young & aspiring dietitian, nutritionist and Diabetes Educator from Delhi, India. She is enthusiastically working in the field of weight management and therapeutic nutrition. She believes in a natural way of achieving a healthy lifestyle & don’t recommend artificial methods like pills and supplement.

She founded Balanced Bites in 2019, located in Rohini, Delhi. She deals with individuals who are obese or suffering from lifestyle disorders and serving personalized diet plan to the clients.

She doesn’t believe in **“give up on your favourite food”** instead of this she encourages a healthy eating lifestyle by eating all your favourite food in balance with other meals. Her plan is based on balanced diet and you will get homemade and traditional food. She encourages use of food as medicine with a holistic approach.

Clients can also have free consultation and doubt handling sessions, you can get your own personalized diet plan by contacting us online with no clinic visit.

## <http://www.holisticnutrition.in/weight-loss-gain>

## Why choose Balanced Bites?

Balanced Bites assures to offer you a lot of health benefits including complete guidance to your lifestyle plan that is supposed to base on your everyday life and diet. We educate you about the food and how small changes can result in long – term health benefits. We focus on nutrition as a sustainable lifestyle change, not just calorie counting. Our mission is to bring whole foods to your plate and nourishment to your soul by providing you with the right tools and knowledge to lead a healthy and happy life.

* **Customized diet plans according to your lifestyle**
* **No external machines, pills, or supplements required**
* **Programs where you don’t feel like being on a ‘diet’**
* **Flexible schedules & diet plans when you travel.**