



Transform Your  Health with

# Personalized AI Nutrition Coaching

Achieve your health goals with ease! Our AI-powered Nutrition Planner creates personalized meal plans tailored to your dietary preferences, health needs, and lifestyle. From weight management to fitness optimization, we've got you covered. Start your journey to better health today with intelligent, hassle-free nutrition coaching

[Get Starter Today](#)

[Contact Us](#)



430+ Happy Customers



Welcome to Lorem

No Account ?  
Sign up

# Sign in

Enter your username or email address


Enter your Password

[Forgot Password](#)

Sign in

OR

 Sign in with Google







Welcome to Lorem

# Register

Enter your username or email address

Username or email address

Enter your Password


Password

Confirm your Password

Password

Sign in

OR

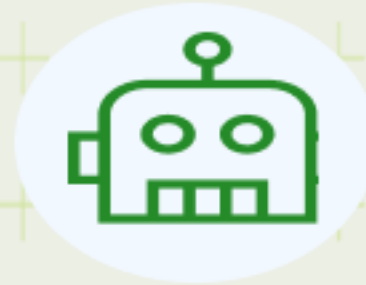
 Sign in with Google











FitBot

Always active



Wed 8:21 AM

Hi! I need a meal plan for weight loss.



Sure! Can you provide your age, weight, height, and activity level?

I'm 25, 70kg, 170cm, and moderately active.



Sure! Can you provide your age, weight, height, and activity level?

I prefer vegetarian and have a nut allergy.



Noted! Here's a sample meal plan for you:

- Breakfast: Oats with banana and chia seeds
- Lunch: Quinoa salad with veggies and tofu
- Snack: Greek yogurt with berries
- Dinner: Lentil soup with whole wheat bread

Would you like me to generate another option? 😊

Got it! How many meals do you prefer per day?



- ✓ 3 meals
- ✓ 3 meals + 1 snack
- ✓ 5 small meals

Type a message...






Gurpreet Singh Dhillon

## Purpose of the diet

 Muscle Gain

 Stay Toned

 Loss Weight

## Body information

kg

lbs

cm

feet

Height

5

feet

10

inch

Weight

40

lbs

## Goal weight

36

lbs

## Diet period

4

weeks

## Types of vegan diets

 Vegan


 Lacto-Vegetarian

 Ovo-Vegetarian

 Lacto-Ovo-Vegetarian

 Pescatarian

 Pollo-Vegetarian

 Anything

Please tell me all the foods you are allergic to

ex) Milk, Nuts, Eggs

Generate Meal Plan By AI



## Empowering Health Through Smart Nutrition




At NutriPick, we believe that healthy eating should be simple, personalized, and accessible to everyone. Our AI-powered Nutrition Planner helps you create customized meal plans tailored to your dietary preferences, health goals, and lifestyle.

## Our Mission




We aim to revolutionize nutrition by combining technology and science to provide intelligent, data-driven meal recommendations that support long-term health and wellness.



## How NutriPick Works

-  Personalized Assessments – Enter your dietary preferences, fitness goals, and restrictions.
-  AI-Generated Meal Plans – Receive customized meal plans based on your nutritional needs.
-  Smart Tracking & Adjustments – Monitor progress and get AI-powered recommendations for better results.

## Why Choose NutriPick?

-  AI-Powered Precision – Data-driven meal plans for optimized nutrition.
-  Customizable & Flexible – Adjust meals based on preferences and lifestyle.
-  Health-Focused – Designed by experts to support your wellness journey.







## Blog

Welcome to the Blog section of Nutripick, your trusted source for insightful articles, tips, and expert advice on nutrition and wellness. Here, we strive to provide you with engaging and informative content that will inspire and empower you to make informed decisions about your health. Explore our blog to discover a wealth of resources that cover a wide range of topics related to nutrition, fitness, and overall well-being.

All

Weight Loss Tips

Healthy Eating

Fitness and Exercise

Mindset and Motivation

Recipes and Meal Planning

### Weight Loss Tips



#### 10 Effective Strategies for Sustainable Weight Loss

Discover proven strategies for long-term weight loss success. Learn how to create healthy habits, set achievable goals, and make sustainable lifestyle changes.

[Read More](#)

### Weight Loss Tips



#### Understanding Emotional Eating and How to Overcome It

Explore the connection between emotions and eating habits. Get valuable insights on how to identify emotional triggers and develop healthier coping mechanisms.

[Read More](#)

### Weight Loss Tips



#### The Role of Portion Control in Weight Management

Learn how portion control can help you manage your weight effectively. Find practical tips for controlling portion sizes and avoiding overeating.

[Read More](#)

### Weight Loss Tips



#### How to Stay Motivated on Your Weight Loss Journey

Find effective strategies to stay motivated and overcome obstacles during your weight loss journey. Get tips on setting realistic goals, tracking progress, and celebrating achievements.

[Read More](#)





## Contact Us

We value your feedback, questions, and concerns at Nutritionist. Our dedicated team is here to assist you and provide the support you need on your nutritional journey. Please don't hesitate to reach out to us using any of the following contact methods



support@nutripick.com



+91 95123 63057



Adalaj, Gandhinagar

Full Name

Enter your Name

Email

Enter your Email

Phone Number

Enter your Number

Message

Enter your Message

Max 250 Chars

Send Message

