

Create your account

+91▼

Enter your mobile number

By signing up, I agree to the Terms of service
and Privacy policy

Agree and continue

Or connect with

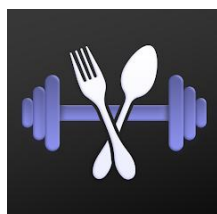
Already have an Account ?

Sign up

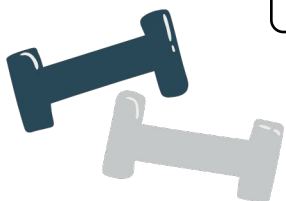
How can i assist you?



**Calorie Counter
and Calculator**



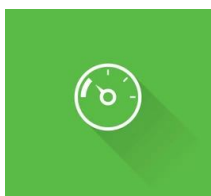
Coach Guidance



**Workouts and
Muscle gain**



Diet Plan



**Intermittent
Fasting**



Healthy Foods

Proceed



SKIP

What's your age?

Age determines the amount of food a
person can consume



20

Type your age in years

Next



SKIP

What's your height?

Height helps us to calculate important
body stats



157



Type your height in cm

Back

Next



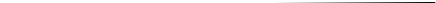
SKIP

What's your weight?

Weight helps us to calculate important
body stats



50



Type your weight in kg

Back

Next



SKIP

What's your target weight?

Lose 5 kgs



45

Type your weight in kg

Back

Next



SKIP

Any medical conditions we should consider?

☐ None

☐ Diabetes

☐ Pre-Diabetes

☐ Cholesterol

☐ Hypertension

☐ Thyroid

☐ PCOS

☐ Depression

☐ Physical injury

☐ Sleep issues

☐ Anger issues

☐ Loneliness

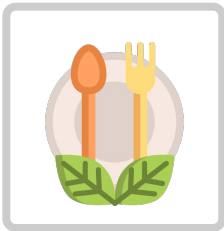
☐ Relationship stress

Back

Next

Today

⚡ 0 Days



Eat upto 1200 cal



Create your diet and workout plan



Weight: 50 kgs
Goal: 45 kgs



Get a personalized dietician for you



Track others:



Burn atleast 200 cal



Track your footsteps
Connect now



Drink atleast 6 glasses
of water

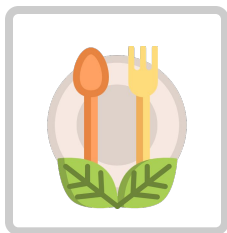
View others



⚡ 0 Days



Create your diet and workout plan



Eat upto 1200 cal



Breakfast

0/350 +

Morning Snack

0/175 +

Lunch

0/250 +

Evening Snack

0/175 +

Dinner

0/250 +



Frequently ordered/tracked

Boiled Egg +

Brown Bread +

Banana Ripe +

Dosa +



Dosa

Pick the quantity

80g-140 cal



1

medium

Macronutrients breakdown

Proteins



10.7 g

Carbs



67.9 g

Fats



14.2 g

Fibers



3.8 g

Micronutrients breakdown



GANGA SWEETS



View More



Dosa

KAL DOSA

Rs.180

★ 4.6 (188)



+ 1 -

Recommendations for you :

50.0g-58 cal

Rs.40

[500-700g]

ADD



2 slice-148 cal

Rs.45

400g

ADD



50.0g-77 cal

Rs.46

6 pieces

ADD

@Ganga sweets

50.0g-73 cal

Rs.90

3 pieces

ADD



150.0g-88 cal

Rs.200

[300-400g]

+ 2 -

50.0g-180 cal

Rs.180

1 kg

ADD

@Copper kitchen



35.0g-85 cal

Rs.30

2 pieces

ADD

@Juices and Bowls

250 ml-81 cal

Rs.100

200 ml

ADD

ADD MORE +

View Cart



← Your Cart

Review items

Clear cart 



KAL DOSA
JUNIOR KUPPANA

+ 1 -

Rs.180



Apple
500g

+ 2 -

Rs.400

ADD MORE +

45 mins to home

Choose delivery address

+ Add Location

 **Your home:** 31 abc apartmen....

₹ 580.0

₹ 40.0

Add tip

₹ 10.0

₹ 50.0

₹ 680

Review your order and address details to avoid cancellations

Note: If you cancel within 60 seconds of placing your order, a 100% refund will be issued. No refund for cancellations made after 60 seconds.

Avoid cancellations as it leads to food wastage.

[READ CANCELLATION POLICY](#)

Pay 

← Payment options

Preferred Payment



Google Pay

PAY VIA GOOGLEPAY

Pay by any UPI App



PhonePe UPI

Up to ₹100 cashback on Rupay CC on UPI transactions above ₹300 ☐



Add New UPI ID

You need to have a registered UPI ID

Credit & Debit Cards



Add New Card

More payment options:



Wallets



Netbanking



Pay later



Cash on Delivery



CRED pay

