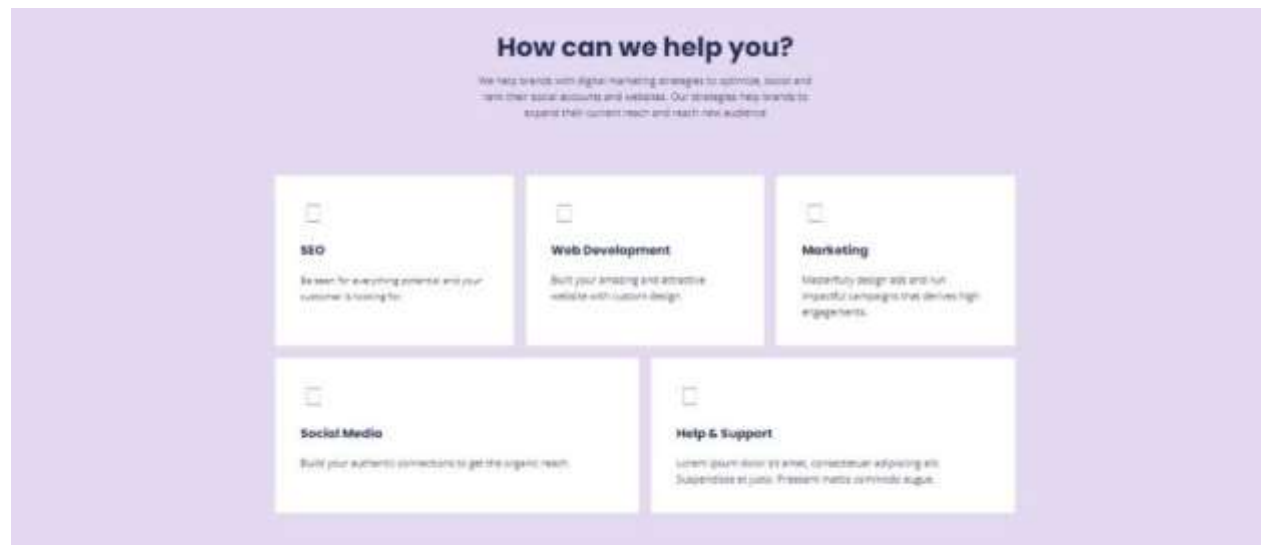
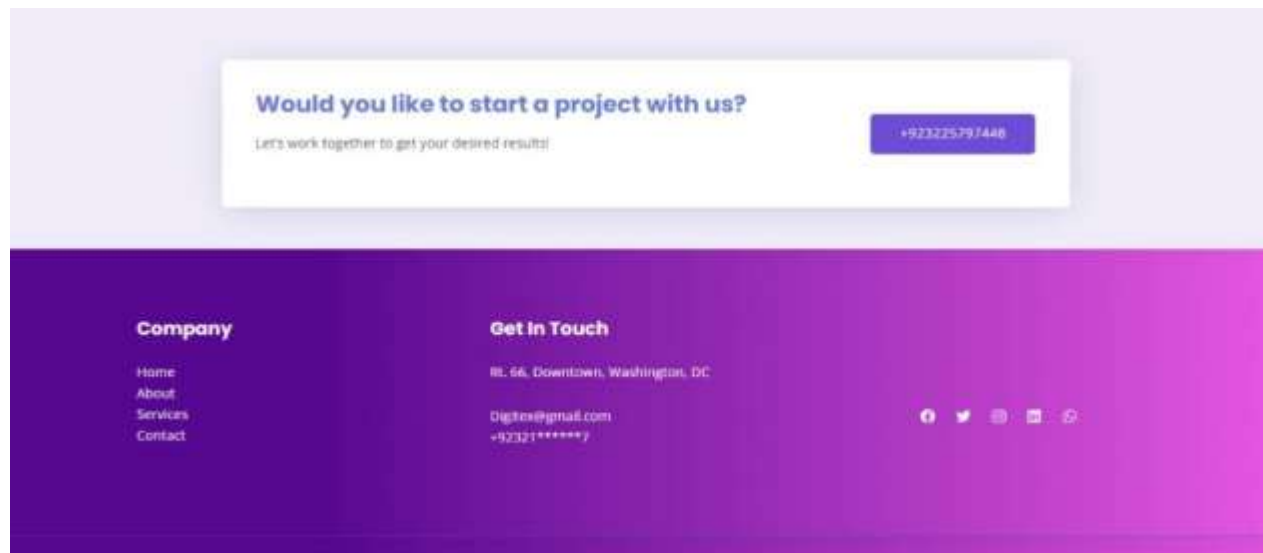
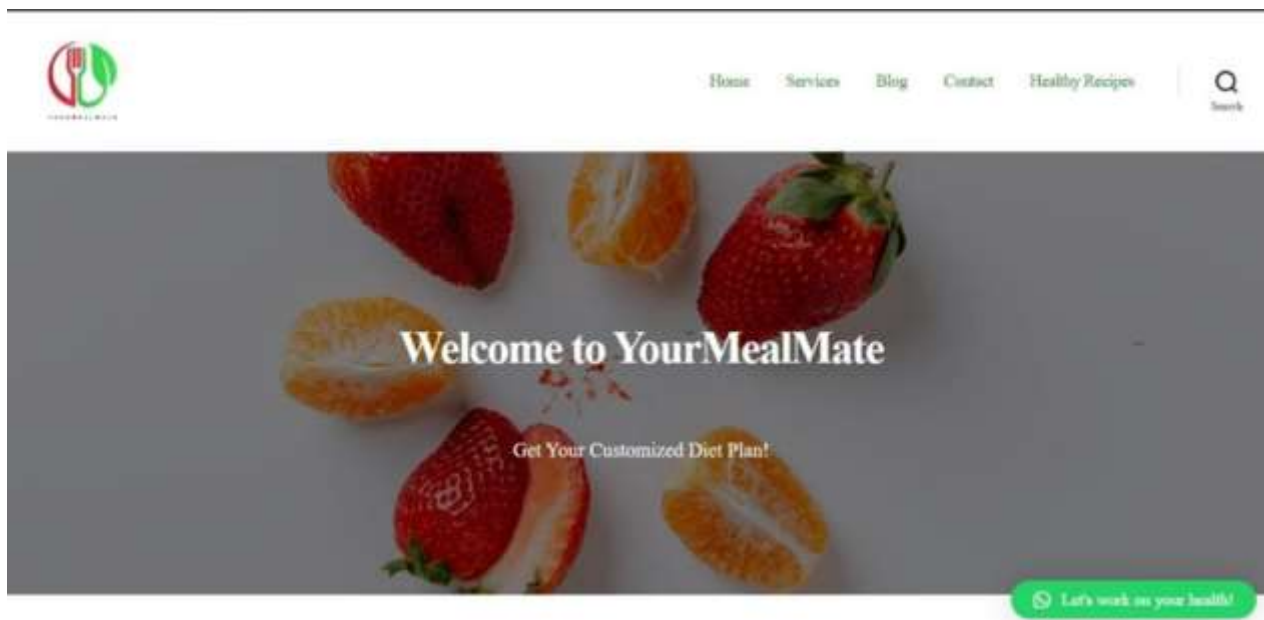


Digital marketing and SEO agency (E-commerce functionally):





Nutrition site(E-commerce functionally):



Our Services



One/Two/Three Month Basic Plan

Basic weight gain or weight loss
Fat loss

TIME DURATION

ONE TWO THREE months (as per choice)

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Diseases & their MNT

Disease related medical
nutrition therapies

TIME DURATION

ONE TWO THREE months (as per choice)

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PCOS & Wellness

PCOS Plans
Pregnancy Plans

TIME DURATION

ONE TWO THREE months (as per
choice)

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Healthy Eating

HEALTHY EATING! To eat healthy surely is not arduous task. By simply knowing your portion sizes and smart choices, you will be able to achieve ideal ...

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A Perfect Menu!

A PERFECT MENU! Here in this article, we will discuss 'how a perfect menu looks like' First of all let's discuss about the ideal eating pattern. So ...

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Counting Calories!

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About us

Healthier lifestyle is our goal. We will assist you in living better life by providing best possible counselling, diet plans and medical nutrition therapies. Helping you achieve your ideal body shape and best of your health is our motto.

Get In Touch

Email : info.yourmealmate@gmail.com

Phone : +923145490347

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Healthy Eating

To eat healthy surely is not arduous task. By simply knowing your portion sizes and meal choices, you will be able to achieve ideal body shape and health....

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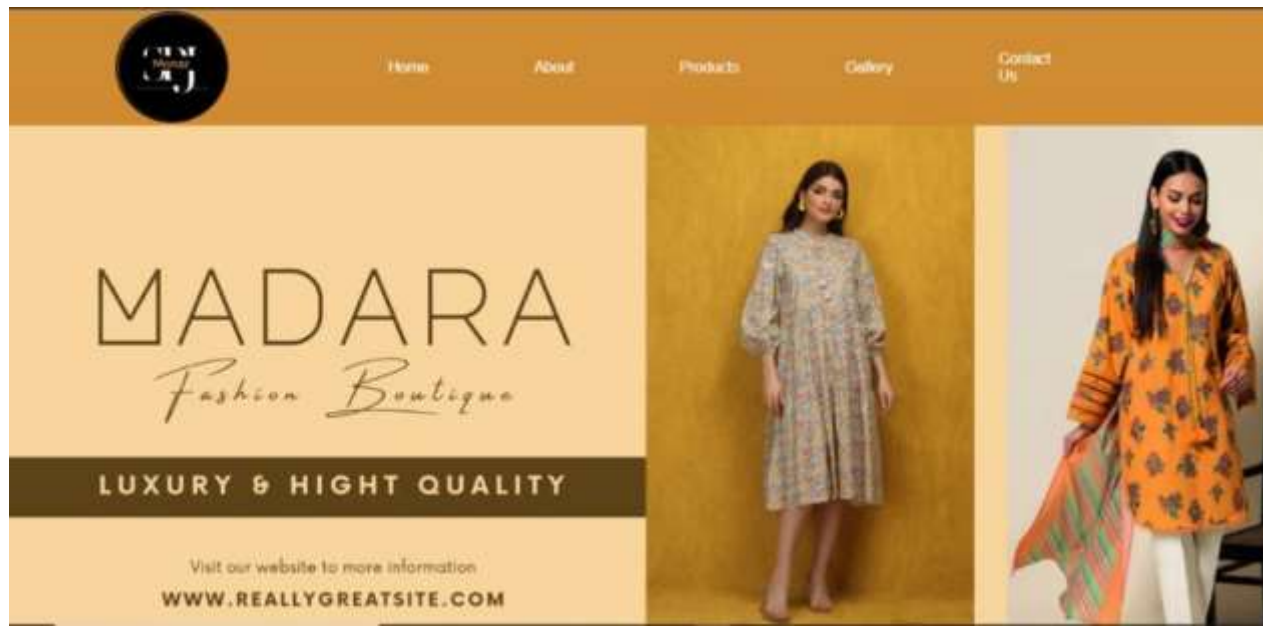
A Perfect Menu!

First of all let's discuss about the ideal eating pattern. <https://yourmealmate.com/2021/10/25/a-perfect-menu/> you must include foods from every food group i.e., milk, cereals, proteins, fruits, vegetables and oils...

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