Q: What is FitMeals?

A: FitMeals is a subscription based service where the most exotic ingredients are used to integrate superfoods, and cook up the most delicious meals to keep your tastebuds happy, and your waistline small.

Q: What is the calorie limit?

A: 450 calories

Q: What diet plans does FitMeals have?

A: FitMeals has 3 main plans: Athletic Diet, Basic Diet, Balanced Diet, Customised

Q: What is the Athletic Diet Plan?

A: The Athletic Diet Plan is for anyone looking to gain muscle. The meals include extra protein to assist in retaining and growing muscle.

Q: What is the Basic Diet Plan?

A: The Basic Diet Plan is for weight loss. It has been carefully designed by FitMeals' team of culinary experts to keep the taste-buds happy and waistline small.

Q: What is the Balanced Diet Plan?

A: The Balanced Diet Plan is specifically for weight management. It has a little bit of everything, and the perfect amount of portion control to feed the metabolism in the right way.

Q: What is the Customised Diet Plan?

A: The Customised Diet Plan provides a customised diet plan as per the specific requirements of the customer.

Q: What are the contact options?

A: FitMeals is based in Banjara Hills, and can be contacted either by phone or by email.

Phone : 9100347480

Email : info@fitmealsindia.co.in

Q: Are there any options for body builders?

A: Yes, FitMeals can partner with Personal Trainers to provide the perfect workout-meal combination.

Q: What are the benefits of using FitMeals?

A: In addition to tasty but healthy food, the customers can also save time and money which they spend on weekly grocery shopping.

Q: Which areas does FitMeals deliver to?

A: FitMeals currently delivers actively all over Hyderabad and Secunderabad.

Q: What is the FitMeals' refund policy?

A: Once payments are received, no return/refund can be entertained. However, due to an error, if your order is cancelled, then a full refund will be given.

Q: Is there any age limit to shop at FitMeals?

A; Yes, the customer must be of age 18 and above. Minor shopping is not allowed.

Q: What modes of payment is accepted at FitMeals?

A: FitMeals accepts payment through cheque/draft, net-banking, credit card, debit card, cash card, mobile payments as well as Cash on Delivery (COD).

Q: Will the data provided to FitMeals remain safe?

A: FitMeals is committed to safeguarding the customer's privacy using the best security standards and procedures known and applicable privacy laws have been complied with.