



# Everything You Need To Know

How to Join, Process, Diet Plans





# Hi, hello!

I'm Bhavana. I am a Certified Nutritionist and Holistic Health Coach.

I did my certifications in Nutrition Science and Functional Nutrition from Stanford Medical School, California, USA, Harvard Medical School, Boston USA, and IIN, New York. I am also certified as a Nutrition Coach, Plant Based Eating Coach, Intermittent Fasting Coach, Sleep, Stress Management and Recovery Coach from Precision Nutrition.

I'm passionate about helping people on their health journey to get from where they are to where they want to be. And I'd like to help you do the same!

I will identify your root cause, nurture your body from the inside out, and improve your body's natural ability to heal.

# Bhavana vs. Others

## BHAVANA

- ✓ Certified from world's TOP universities.
- ✓ Personalized diet based on goals, health issues, nutrient deficiency, lifestyle.
- ✓ Science-based and Evidence-based.
- ✓ No side-effects.

## OTHER DIETITIANS

- ✗ No communication and support. They disappear after receiving the payment.
- ✗ No science knowledge. Prepares diet by reading from internet and watching YouTube.
- ✗ Huge side-effects.
- ✗ Same diet for everyone.
- ✗ Crash and unhealthy diet with huge side-effects.

***A bad dietitian will give you temporary results and permanent side-effects. Choose wisely.***

# Bhavana's Diet Features

- ✓ No Fancy Diet
  - Weight Loss & Other Health Programs Using **"Ghar Ka Khana"** (roti, daal, rajma, rice, chhole, sabji, idli, dosa, sambhar, rasam, uttapam, etc.)
- ✓ Constant Support from Bhavana throughout Your Health Journey. WhatsApp calls and chats.
- ✓ **Easy, Simple & Manageable** Diet Plan
- ✓ **Tasty & Healthy** Recipes
- ✓ Sustainable Weight Loss (**will not increase** again)
- ✓ Special meal planning for special occasions like:
  - Travel, **Wedding & Functions**, Festivals, etc.
- ✓ Blood Report Analysis
- ✓ Vitamin & Mineral Advice (if required)
- ✓ Bhavana's Step-by-Step Guide
- ✓ Progress Monitoring Calls By Bhavana

# Bhavana's Diet Features

## ✓ **STRICT – You Choose**

- Easy, Medium, Strict Diet plan

## ✓ **RESULTS – You Choose**

- Fast vs. Medium vs. Slow results

## ✓ **EXERCISE – You Choose**

- None, Little, Medium, Heavy workout

## ✓ **Daily Availability on WhatsApp Chat With Bhavana**

## ✓ **Both Veg & Non-Veg Diet Plans**

## ✓ **Healthy Desserts** to kill sugar cravings

## ✗ **Powders** (harmful weight loss powders)

## ✗ **Liquid diet / shakes**

## ✗ **Weight Loss Tablets / Pills / Medicine**

## ✗ **Harmful Supplements**



# Pricing

## HOLI OFFER

1 Month Diet

~~₹5500~~ ₹3999

2 Months Diet

~~₹11000~~ ₹7999

3 Months Diet

~~₹16500~~ ₹11499

Question: How to select duration?

Answer: Weight loss target:

- For 12+ kg, select 3 months to get full benefit and maximum result.
- For 5–12 kg, select 2 months.
- For less than 5 kg, select 1 month.

Add 1 month if you want to have a relaxed, no-rush program where you can focus on health rather than time.

# Payment

[RazorPay Link \(tap here\) »](#)

Use UPI, Indian cards, netbanking, wallets, etc.

After payment, give us few hours to confirm.

**! ! NRI / FOREIGN NATIONAL ! !**

If you live outside India and don't have UPI or Indian Rupee cards/netbanking:

- In RazorPay link given above, you **MUST** use **Wallet >> Paypal** as payment method.
- Anything else will **NOT** work.

# Process

## **1. PRE-DIET STEP**

- Sign up (payment). Let us know once you have done that.
- Phone Call with Bhavana. Discuss diet program during this call.

## **2. THE DIET STEP**

- Personalized Diet Plan, Based On Your Health Issues, Preferences & Lifestyle.
- Phone, WhatsApp, and Email support throughout for all of your queries.
- Constant communication with Bhavana.
- Daily or Weekly review and meal plans adjustments.
- Special meal planning for special occasions like travel, holiday, wedding, festivals, etc.

## **3. POST DIET STEP**

- We maintain a lifelong relation with you and provide support anytime you need.
- A post-diet document summarizing:
  - learnings from the program
  - guidelines for a sustainable healthy lifestyle



# Health Programs

- Anti-Inflammatory
- Weight Loss
- Hair & Skin
- Diabetes Management
- PCOS/PCOD
- Pregnancy Diet
- Acne Cleaning
- Fertility Boosting
- Medical Add-on
- Weight Gain

[Check all Health Programs \(tap here\)](#)

**Discuss what's best for you  
during call with Bhavana.**



## WHATSAPP

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(👉 tap here to send "hello")

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