



# Step Into Wellness with Dt. Kaneez Fatima

 Meet Your Expert Nutritionist

## Dt. Kaneez Fatima

Masters in Nutrition & Dietetics

 Jamia Hamdard University, New Delhi


 Located at G782+55X, Mehrauli - Badarpur Road, near Batra Hospital, Block D, Hamdard Nagar, New Delhi – 110062


With an educational foundation from one of India's most prestigious institutions — Jamia Hamdard University — Dt. Kaneez Fatima brings evidence-based, compassionate care into every consultation.

Her philosophy is simple: "Food is not just fuel, it's medicine." Whether you're aiming to lose weight, manage post-pregnancy transformation, or cleanse your body from within — her tailored plans guide you toward lifelong wellness.

## Clinic Location:

Muzaffarpur Clinic:

 Located at Jail Chowk – Providing quality nutritional consultation in the heart of Muzaffarpur.

 Why Choose Dt. Kaneez Fatima?

- ✓ Medical & scientific background
- ✓ Personalized diet charts for real Indian lifestyles
- ✓ Focus on long-term results, not shortcuts
- ✓ Consult online or offline
- ✓ Compassionate and result-oriented guidance

## What We Offer: Custom Nutrition Programs

✿ Tailored Diet Plans:

🍷 Weight Loss Plan

Targeted fat loss, calorie control, sustainable eating.

Perfect for reducing belly fat, improving energy, and boosting metabolism.

🍷 Weight Gain Program

High-protein, calorie-balanced diets for healthy muscle gain and improved stamina.

☐ Postpartum Weight Management

(Also known as Postnatal or After-Delivery Weight Loss)

Carefully crafted for new moms to regain strength, lose baby weight safely, and improve lactation health.

🍷 Detox & Cleanse Plan

Clean eating that rejuvenates your system with anti-inflammatory and gut-cleansing foods.

All Plans Include:

- ✓ Personalized Meal Charts
- ✓ Weekly Mail Check-ins
- ✓ Grocery Lists + Recipe Ideas
- ✓ Festival/Fasting Adjustments
- ✓ Exercise & Lifestyle Coaching

📞 Book Your Appointment Today!

🌐 Website: [theDiet4u]

📍 Visit: Jail Chowk (Muzaffarpur)

🕒 Timings: Mon–Sat | 10 AM – 6 PM