

“Eat Healthy & Stay Fit”



☞ Eating with the season is healthier/ veggies, fruits and nuts available during the winter months

- Methi contains vitamins, minerals, fibre and phytonutrients. It can lower cholesterol, help keep diabetes under check and more. You can prepare methi parathas.



- Make the best use of your winter fruits and veggies which is very good for your health
- Try out new recipes out of all these, enjoy your food and stay healthy

Be TUNED IN to know more.....

For more guidance & tips email to - food@wellnessway4u.com