



Download Your **Free Diet Plan**

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Basic Details

First name

Mridul

Last name

Prabhakar

Email ID

mridulprabhakar12@gmail.com

Age(yrs)

32

Gender

Male



Height(ft)

5'

Height (in)

7"

Weight(Kg)

73

Goal

Weight Loss



Phone Number

|

Preferred Day & Time to call

SUN



09:00 am - 11:00 am



Reset All

Continue

Why You should opt for Custom Diet Plan

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Health Benefits

A specially created diet plan includes foods that are healthy. When someone follows a clean dieting program, they improve their metabolism and let their body enjoy all the necessary nutrients.

Weight Maintenance

When an individual wants to lose weight, gain weight, or maintain it, a meal plan is a great help. It eliminates unhealthy foods from the menu and includes items that are rich in nutrients.

Improved Mood

Many recent studies have linked the food with the mood. They showed that unhealthy food habits not just affect a body badly but also lead to conditions like depression.

Get your own Customized Diet Plan Now



About Customdiet.in

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