**Eat n Fit**

Tag line: Eat healthy, Live healthy

Badge image: healthy-low calorie

**How we are different?**

**Home cooked** - made to order freshness by our team of chefs.

**Healthy and Nutritious** - high in protein, low carbs, healthy-low calorie & all natural ingredients.

**Freshest Vegetables** - sourced locally whenever possible, and always carefully selected.

**Clean** - without any artificial ingredients, and preservatives.

**Affordable** - reasonable & honest priced to afford every day handsome quantity food.

**Images with description**

Chicken Shashlik

Steam Chicken: Marinated chicken steamed in Olive oil

Fish Steak veggies with Rice: Marinated fish fillets in garlic, green chilies and a blend of spices. Cook with lemon and Olive oil

**Salad Bar** *Healthy, Easy, Delicious*

Garden Salad with Fruit & Nuts: Olives, cucumbers and seasonal greens topped with fruit and nuts dressing

Beetroot & Carrot salad: Beetroot, carrot, cucumber, greens & tomatoes topped with mint & peanuts. Dressing: Lemon sauce

Fruit salad: Strawberry, Cherry, Kiwi, Pomegranate, Grape, Peach, Mango, Guavas, Melons, Orange, Grape fruit, Fresh Pineapple, Dry fruits

We use seasonal fruits and vegetables and these are subject to the availability.

**Price**

Order for now Rs. 230 per meal Order BEFORE 10 AM

Weekly subscription Rs. 220 per meal Rs. 1100 per week (5 days)

Monthly subscription Rs. 200 per meal Rs. 4400 per month (22 days)

**You are what you eat!**

Take the first step towards being your best with the most convenient and delicious way to meet your nutrition goals. Contact details:

For WhatsApp, Call, Email, website, Google Play store