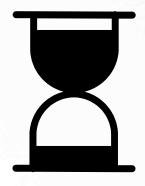


# PERSONAL COACHING



3 months (12 weeks)



Personalised Diet plan



Personal Nutrition Mentor



Daily Habit Tracking



Weekly follow up call



Personalised recipes  
(Indian/Global)



Monthly Masterclasses



Live Cooking Sessions

# PRICING

**25,000 INR (3 MONTHS)**

**INITIAL CONSULTATION ORIENTATION CALL BY  
DR UMESH WADHAVANI**

**ONCE A MONTH FOLLOW UP CALLS BY  
DR UMESH WADHAVANI**



**ONCE A WEEK FOLLOW CALL WITH YOUR NUTRITION MENTOR**



Disha  
Gupta  
Nutritionist



Jiya  
Pahiljani  
Nutritionist



Anushka  
Banerjee  
Nutritionist