



BALANCED NUTRITION PROGRAM FOR CHILDREN

Manage the nutritional needs of your child through customized and balanced food plans put together by our meal planning analyst. The program covers children from 1-12 years of age and it strikes a perfect balance between the child's food preferences and the nutritional needs to help build a strong foundation of health and immunity.

The key benefits of the Balanced Nutrition Program:

The program focuses on building a strong foundation of health and immunity through the power of balanced nutrition. While kids can be picky eaters, our meal planning analyst will design customized food plans in such a way that it makes healthy eating a fun experience. The key benefits of this particular program are to:

- **Build your child's immunity by making right and healthy food choices:** Boost your child's first line of defense against disease by building immunity through balanced meals.

- **Gain knowledge and exposure to healthier food options:** Learn and understand how food works on the body to build, strengthen and sustain it.
- **Help your child to wean off junk food and unhealthy habits:** Get guidance on how to encourage your child to make healthier food choices with our customized, child-friendly, and fun food plans.
- **Enable your child to make healthy dietary and lifestyle choices:** Equip and empower your child with the right knowledge on food and improve their health.
- **Build your child's ability to grow and develop:** Support your child's nutritional needs through a balanced nutrition plan with lifestyle choices to boost overall growth and development.
- **Make healthy eating a part of their lifestyle:** Choose wholesome, nutritious, balanced and kid-friendly meals for all age groups from an array of recipes.

Program description:

- This program is a general wellness program and does not address any medical condition.
- The meal planning analyst will create customized food plans based on your child's (children's) age, school timings, allergies and so on.
- This program is for children of the age group from 1 to 12 years.

Please note that this is an online program and is open to participation from anyone globally.

- WhatsApp chat support will be available from Monday to Friday, 1 p.m. to 5 p.m.

- Different time zones other than Indian Standard Time will be handled accordingly.
- The assigned team's responses will be based on their appointments, hospital rounds, calls, and meetings. They will respond at the earliest.
- The team is off on weekends and on public holidays. In case of an emergency, feel free to contact us.

Package features:

- The meal planning analyst assigned to you will have one voice call with you every alternate week.
- Recipe charts will be provided focusing on immunity, brain super foods and balanced nutrition.
- Immunity boosting drinks, water therapy, sauces, dips, and desserts will be included in the plan depending on your individual choice.
- The meal planning analyst will share two customized food plans during the program.
- An online coaching group is created to guide and coach you during the program. This group consists of the meal planning analyst and the quality team.

Total program cost:

1 month: ₹12000 (inclusive of taxes)

USD rates apply to anyone residing out of India.

1 month: \$160

