

# DIETING MADE TASTY

Nourish your body with guilt-free tasty food every week!

## Introducing Better Eats

Chef-led team  
prioritizes taste.  
Weekly menu revamp!

Making dieting  
Delicious, Sustainable  
and Effortless

Customisable protien  
rich menus for every  
needs!



CALL US AT +91 6374384478

# HOW IT WORKS?

*This is what we do to ensure your fitness goals*



Balanced  
dietfood



Tailored to your  
body needs

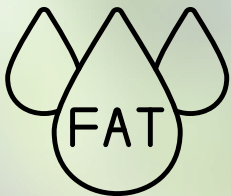


Doorstep  
Delivery



Weekly Menu  
Upgrade

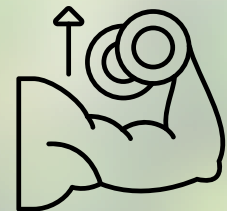
## SELECT YOUR FITNESS GOAL



Lose weight



Upgrade lifestyle



Gain Muscle

# SUBSCRIPTION PLANS



## One Meal Plan

*Fuel up your day!*

Weekday Office Lunches

Delivered to your office

High Protein Meals

Keeps you Energised

Monthly Plan

**₹ 7514**

289/per meal



## 3 Meals Plan

*The Ultimate Transformation  
(Recommended)*

Customised Diet Plan

6 Days Per Week

Best option for Weight  
Loss

Monthly Plan

**₹ 19422**

249/per meal



## 2 Meal Plan

*Strengthen  
your guts!*

Kickstart your Day

High Protein Meals

No cooking stress right  
in the morning

Monthly Plan

**₹ 13988**

269/per meal

**We deliver Monday – Saturday only.**

Morning Delivery (Breakfast and Lunch) 8:00AM – 9:15AM

Evening Delivery (Dinner) 6:00PM – 7:30PM

**₹279 – For lunch & dinner or breakfast & dinner**

**₹269 – Only for breakfast & lunch together.**

NOTE: + 50 RS extra per meal for Protein+

# Want more protein?

## Check out our **Protein+** Meal Plan

### Calorie breakdown of our Normal Meal Plan



Average **500 Calories**/meal



**30-35g** Protein (Non-Veg) || **20-25g** Protein (Veg)

### Calorie breakdown of our **PROTEIN+** Meal Plan

55-60g of **Protein** per Chicken Meal

Has **200g of cooked chicken** (300g Raw)

Great Option for **Heavy Workouts**

Great for **Gaining Muscle**

**NOTE: + 50 RS** extra per meal for Protein+



# FAQS

## Q No Carb Meal Options?



Customize the carb portions to be lesser



Substitute foods with lesser carb options.



No Keto or Low-Carb Diet options

## Q What if I am out of town?



You can pause your subscription



There is no limit on how long you can pause for

## Q Delivery timings and locations in Chennai?



Breakfast & lunch delivered between 8 - 9:15 AM.



Dinner delivered fresh between 6 - 7:20 PM



Kitchen located in Velachery



Delivery in areas upto 15 Km radius

## Q Do you do meals for PCOD/Diabetes, etc?



Our meals are PCOD and Diabetes friendly



No Processed Sugar



Plenty of Fibre and Good Fats



Consult our recommended nutritionist as a customer for less than half the price (750 for you, normally 2k)

# What are you waiting for?

## Start your journey now!



No refined flour  
or sugar



Tailored to your  
body needs



Doorstep  
Delivery



Weekly Menu  
Upgrade

Check us out on instagram for more details



[bettereats.life](https://www.instagram.com/bettereats.life)



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# CALL US NOW !