



## BASIC TRANSFORMATION PLAN

**3 Months - ₹ 24000/-**

**6 Months - ₹ 42000/-**

**Eat Right.  
Live Bright.**



# DIET PLANS

Features	3-Month Program	6-Month Program
Video Call Consultations	With Megha Kiran	With Megha Kiran
Consultation Frequency	Weekly (1 call every week)	Weekly (1 call every week)
Total Video Calls	12	24
Customised Diet Plans	Fully Personalised	Fully Personalised
Detailed Blood Work Analysis	✓	✓
Hormone & Lifestyle Assessment	✓	✓
WhatsApp Support	Direct support by Megha Kiran	Direct support by Megha Kiran
Diet Plan Monitoring	By Megha Kiran	By Megha Kiran
Follow-up & Course Correction	Weekly	Weekly
Direct Involvement Throughout Journey	100%	100%
Eat-Out & Travel Diet Guidance	✓	✓
Condition-Specific Guidance (PCOS / Thyroid / Weight / Gut)	✓	✓
Personalised Recipe Collection	✓	✓
Sustainable Habit Building	✓	✓

# FEEDBACK MESSAGES FROM CLIENTS

WhatsApp chat interface showing a message from a client. The message text is transcribed below:

1. How has NutriNest improved your daily energy- to very good extent I hav becum more energetic an flexible
2. 💡 Which tip or advice helped you the most- affirmation is keeping me motivated an beleive in wat I want
3. 🌿 Have you noticed changes in your health or habits-yes 100 I hav started eating consciously an my nerve pain is reduced only cos of having healthy food given by NUTRINEST 🙏🙏 thank you for always being der in one txt an always guiding me grateful an thankful 🙏🙏🙏

11:09 PM ✓  
1 unread message  
11:59 PM

WhatsApp chat interface showing a message from a client. The message text is transcribed below:

You: How is your process so far? How do you feel

I am doing good. I feel lighter and walk and do things faster than before. Thanks for being with me in this journey.

6:47 pm

I am doing good. I feel lighter and walk and do things faster than before. Thanks for being with me in this ...

my pleasure

6:47 pm ✓

WhatsApp chat interface showing a message from a client. The message text is transcribed below:

2. Which tip or advice helped you t...
1. My energy levels has improved alot, remains same entire day , before this diet and advice I used to feel dropping in energy levels as day ends
2. Adding protein, keeping my self active exercises,increase in water intake .... So many tips has helped me
3. Alot of changes like.
  - Increased energy levels , feeling healthy and active,
4. It was great experience, as my main target of getting pregnant naturally is achieved with in 2 months with the plan and guidance 🙏
5. Ofcourse I recommend this to everyone who need to change their lifestyle because of the perfect plan and regular follow-up by her.

WhatsApp chat interface showing a message from a client. The message text is transcribed below:

Hi @Megha Kiran I am back to my original weight after I am back from Delhi, but my gym clothes especially tights are all getting loose. Nothing fits me and I am not sure if I have anything left to wear for my classes now. Happy with the inch loss, but hate you for this!

2:38 PM

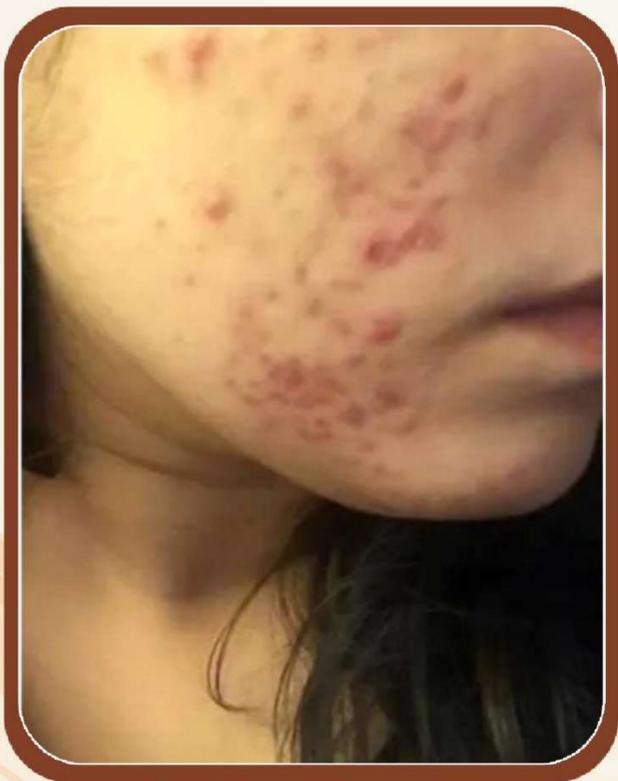
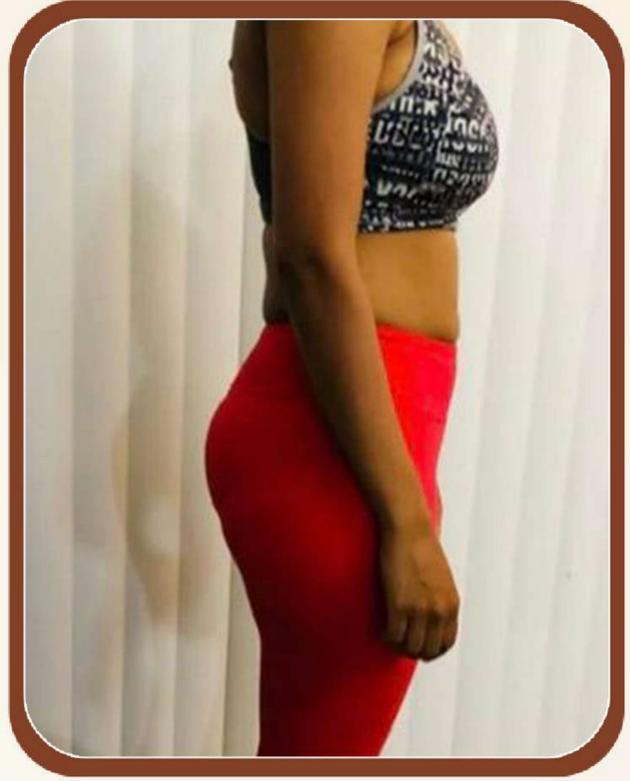
Hi @Megha Kiran I am back to my original weight after I am back from Delhi, but my

WhatsApp chat interface showing a message from a client. The message text is transcribed below:

I was so hesitant to go to gym with the body I have. A big thanks to @Megha Kiran. Thank you so much for all the 1:1 sessions, goals that you set and personalisation of the meal plan as per my needs (Most of my friends at office are excited with the type of meal I have these days). Not only were they effective in weight loss but also I started loving these yummy alternatives that I forgot about Biryani all together.

THE FOOD

# Client Transformations



# Why Weekly Calls Matter

## Why Weekly Consultations?

- ▶ Hormones change weekly — your plan should too
- ▶ PCOS & fertility need constant fine-tuning
- ▶ Weight loss stalls are corrected immediately
- ▶ No confusion, no delays, no guesswork
- ▶ Accountability = consistency = results

## CONDITION-SPECIFIC ALIGNMENT (PCOS / FERTILITY / WEIGHT LOSS)

### PCOS-Focused

- ▶ Weekly cycle-based nutrition adjustments
- ▶ Cravings, bloating & weight stalls addressed in real time
- ▶ Insulin resistance & inflammation support
- ▶ Sustainable, period-friendly fat loss

### Fertility-Focused

- ▶ Hormone-supportive nutrition
- ▶ Gut, sleep & stress optimisation
- ▶ Nutrient timing for ovulation & cycle health
- ▶ Gentle weight balance for conception

### Weight-Loss Focused

- ▶ Weekly plate corrections & portion guidance
- ▶ Travel, festivals & social eating handled smartly
- ▶ No starvation, no rebound weight gain
- ▶ Fat loss without harming hormones

**“When your health matters,  
weekly guidance isn’t optional, it’s essential.”**