

THE 60-DAY INTENSIVE RESET PLAN

Best to kickstart your health journey or push
through a plateau



INTRODUCTION

Hello and Welcome To Fit Chef !

As you already know, my name is Shitija, a certified nutrition and fitness coach and I am delighted to welcome to your journey with FIT CHEF! I am excited to provide you with the best support and guidance tailored to your unique needs. My goal is to ensure you achieve your health and wellness goals throughout your journey. Ready to Transform Your Body and Life?

I offer premium, personalized coaching designed to help you achieve your health and fitness goals through expert guidance and tailored plans. Whether you're seeking a complete lifestyle change or a short-term reset, we have a plan for you!



- Shitija

Please note : It is important to consult with a healthcare professional before starting any new diet or exercise program, especially if you have any underlying health conditions.

Individual needs and tolerances vary. Please adjust the plan to fit your specific dietary needs and preferences. Always listen to your body and make adjustments as needed.

The information provided in our meal plan is not intended to diagnose, treat, cure, or prevent any disease.

Why should you invest in this plan ?

The 60 Day plan is perfect for those looking to make a big impact in a relatively short time .It offers a structured reset that can get you on track quickly.

If you're looking to kickstart your health journey or push through plateau , this a is a solid option.

Why take a plan with us ?

Simply because we don't believe in a one-diet-fits-all Program. Our sustainable nutrition program takes into account your gut health, food psychology and hormones.

Join our program-It's where our clients have left diets and medication for good and developed lifelong habits.

INVESTMENT

₹ 75,000

One-Time payment

*Exclusive of 18% GST

COMMITMENT

2 Months Minimum



What You Get In This Plan ?



Tailored Nutrition Plan

An in depth customised nutrition plan formulated by Shitija to achieve your health & fitness goals to target overall wellbeing.



Personalised Workout Guidance

Guidance by Shitija on how to navigate through your workouts.



Continuous Evaluation and Review

For tracking your progress, deciding what works best for you and accordingly reviewing your plan.



Daily check-ins

By a member of the FC team for accountability and support.



Exclusive Wellness Resources

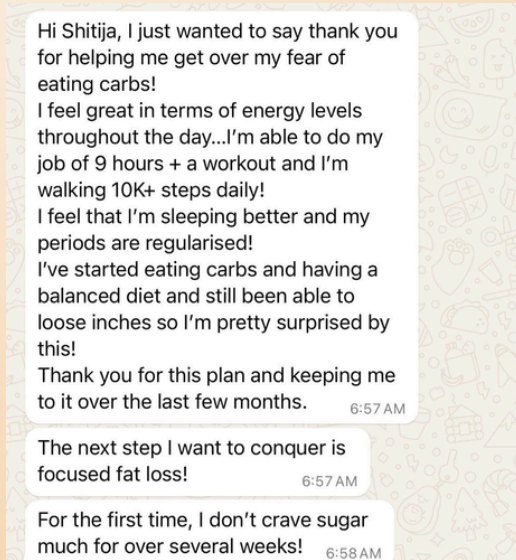
Recipes, Mindfulness guides and progress tracking tools.



Unlimited WhatsApp support

To answer your questions and keep you on track.

TESTIMONIALS



THE PROOF IS IN THE PROGRESS !



Whether you're looking for a quick reset or a complete transformation, I've got a plan that works for you.

*However, for optimal results, we recommend a 30 day top up on completing your existing 60 days plan, completing a 90 day journey for a full reset.

Ready to commit to the BEST version of yourself ?

Sign up today and let's get started on your journey to becoming the Healthiest and Happiest version of YOU !



*Your plan date begins a day after you receive the plan from us and we shall not entertain any request for refund/change of plan dates/pause of the plan and extension thereafter during the term of your ongoing plan.