

90 DAY PREMIUM TOTAL TRANSFORMATION PLAN

Best Value For Long Term & Sustainable Results



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 90-Day Plan is ideal if you're serious about seeing a total transformation. It gives us the time and space to address any underlying issues, finetune your program, and ensure you walk away with results that last.

If you're ready for a deep , lasting change, this is the plan for you !

Why 90 days ?

Real , lasting change happens when you commit to both nutrition and fitness over a longer period. In 90 days, I'll guide you to transform not just your body, but your habits and mindset for long term success.

INVESTMENT

₹ 1,05,000

i.e. ₹35,000 per month

* Exclusive of 18% GST

COMMITMENT

3 Months Minimum



What You Get In This Plan ?



Personalized Nutrition Plan

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



Exclusive Wellness Resources

Recipes, Mindfulness guides and progress tracking tools.



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.



Unlimited WhatsApp support

To answer your questions and keep you on track.

Why investing in the 90-Day Plan can prove to be your best bet ?

While the shorter plans can give you a quick boost , the 90-Day Premium Total Transformation Plan is designed for those who are serious about making long-term , sustainable change.

- **Time for Real Change-** 90 Days gives us the opportunity to rewire your habits , create consistency and tackle any underlying health or fitness issues.
- **Full Support-** With weekly coaching, daily check-ins and unlimited Email support, you'll never feel like you're doing this alone.
- **Long-lasting results-** Whether your goal is muscle building, weight loss or overall health improvement, the extended time frame allows for sustainable results that last beyond the program.



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.

Ready to commit to the BEST version of yourself ?

Sign up today and let's get started on your journey to becoming the Healthiest & 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.