

WEIGHT LOSS PACKAGES



By Dietician Achala Sharma



*It is
not just about
the KGs lost.*

*It is
more about
the happiness
you gain!*

*start
somewhere*



Select a Package

TAKE THE FIRST STEP!

If not
NOW
when?



One Month Weight Loss

INR 4,000/-

This package is designed for someone who is new to weight reduction and wants to lose 3 to 4 kilograms in a month. Lose weight in a healthy way by eating a well-balanced diet. This will assist in total body fat loss and inch loss without the use of medicines or exercise.



Three Month Weight Loss

INR 10,000/-

The bundle is designed for people who want to lose weight in a natural and healthy way. This will assist in full body toning and fat loss without the use of unnecessary medications, gear, or tough workouts.



Six Month Weight Loss

INR 16,000/-

With this affordable, value for money package, you will learn about weight management and healthy eating habits over the course of six months. You can reduce excess body fat and release your waist from the excessive fat burden without using any medications or exercising.



Custom Packages available for special cases on request

GET STARTED

Nutrition Questionnaire

To give you personalized care and attention, we need to know a little bit about you and your lifestyle

START

bit.ly/weight-loss-dt-achala

Consult

Please complete the questionnaire and call to schedule a consultation.



+91- 8283818206



Enroll

Select the appropriate package and enroll to get started.

Payment details are made available on request.



Feel free to write to us at our.dietician@gmail.com or call us at +91-8283818206 for any questions you may have.

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Guidelines for Following Diet

Dt. Achala Sharma

It is recommended to read and follow all the guidelines for an effective diet schedule to see best results.

सर्वोत्तम परिणाम देखने के लिए एक प्रभावी आहार कार्यक्रम के लिए सभी दिशानिर्देशों को पढ़ने और उनका पालन करने की अनुशंसा की जाती है।

Proper Sleep

Take proper sleep for 7 - 8 hours daily. Make a sleep schedule

रोजाना 7 - 8 घंटे की उचित नींद लें। सोने का शेड्यूल बनाएं।



Daily Weight Check

Check your weight on a daily basis and update me.

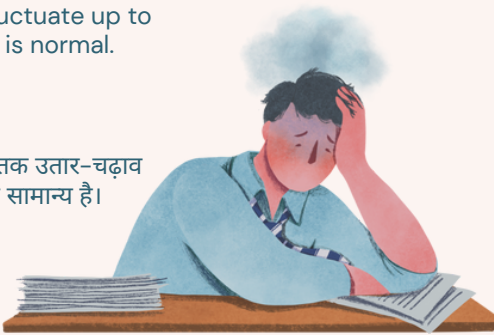
रोजाना अपने वजन की जांच करें और मुझे अपडेट करें।



Don't Panic

Weight can fluctuate up to 500 grams. It is normal. Don't panic.

वजन 500 ग्राम तक उतार-चढ़ाव कर सकता है। यह सामान्य है। घबड़ाएं नहीं।



Inform me on medicines

Please inform me before taking any medicines. Intermixing these with a diet may cause problems. If not informed, we shall not be responsible for any problems.

Exceptions: Thyroid, Sugar and BP medicines

कृपया मुझे कोई भी दवा लेने से पहले सूचित करें। इन्हें आहार योजना के साथ मिलाने से समस्या हो सकती है। यदि सूचित नहीं किया जाता है, तो हम किसी भी समस्या के लिए जिम्मेदार नहीं होंगे।

अपवाद: थायराइड, शुगर और बीपी की दवाएं



Bowel movements

Constipation and bowel movements time might change after starting the diet plan. The reason could be your previous diet, or not getting fresh in 24 hours.

आहार योजना शुरू करने के बाद कब्ज और मल त्याग का समय बदल सकता है। इसका कारण आपका पिछला आहार हो सकता है, या 24 घंटों में ताज़ा नहीं होना हो सकता है।



Hair care

The diet plan includes protein, carbohydrates, fibers, and vitamins. This will not lead to any kind of hair fall. If you are suffering from this problem then you should manage your sleep time, stress level, and water consumption.

आहार योजना में प्रोटीन, कार्बोहाइड्रेट, फाइबर और विटामिन शामिल हैं। इससे किसी भी तरह के बाल नहीं झड़ेंगे। अगर आप इस समस्या से पीड़ित हैं तो आपको अपने सोने के समय, तनाव के स्तर और पानी के सेवन का प्रबंधन करना चाहिए। या आपको अपने हेयरकेयर रूटीन में बदलाव करने की आवश्यकता हो सकती है।



Manage Anger/Anxiety

Getting angry, fighting, and having anxiety increases the craving for sweet foods that increase your weight. This weight won't decrease easily. Feel free to get a counseling session arranged for you separately if needed.

गुस्सा करना, लड़ना और चिंता करना आपके वजन को बढ़ाने वाले मीठे खाद्य पदार्थों की लालसा को बढ़ाता है। यह वजन आसानी से कम नहीं होगा। यदि आवश्यक हो तो बेझिझक आपके लिए अलग से एक परामर्श सत्र की व्यवस्था करवाएं।



Rules

- The weekly diet will be circulated by Friday, end of the day. You are requested to clear your doubts regarding the same before Saturday night.
- The Diet plan will be according to my understanding of your body, and not your taste preferences. I am sure you are already determined for it.
- Check your weight every day in the morning on a digital weight machine without clothes. And share with me on WhatsApp in text. This is to be done early morning between 7:00 AM and 9:00 AM as per your country's timings.
- You need to follow the diet plan according to the time, these guidelines & rules, and mentioned foods. Please do not expect results if you do not follow the same. We shall not be able to take any responsibility for the results of those with casual behavior.
- Weight can be stagnant for 3 or 4 days so please don't panic.
- Initially, the body may not react according to the diet, so it may take around one week to settle and develop taste. Please be patient.
- The schedule has to be followed strictly without any cheat meals.

Refund Policy

- Refunds are not allowed in principal
- Exceptions will be excepted for valid reasons only. The inconvenience of following schedules is not a valid reason. Some examples of valid reasons are
 - someone suffering from long-term therapy or extreme disease.
 - a written recommendation from a doctor or therapist.
- In the above-mentioned exceptions, a refund of up to 30% of the amount shall be made on a pro-rata basis.