



**“TASTY FOR YOUR BUDS..
HEALTHY FOR YOUR GUTS!”**

सर्वे सन्तु निरामयाः।
(MAY EVERYBODY BE FREE FROM DISEASES)

WHO WE ARE?

Food For Fitness is a Healthy Food Venture dedicated to invention and creation of variety of healthy dishes. Our team believes in serving the healthy food which incites the taste buds too. Every dish of ours balances this gracefully. We blend traditional Indian flavours with modern nutrition science to create food that is wholesome and fulfilling.

Our cloud kitchen is located in Central Mumbai which allows us to serve the orders across the city for quick and reliable delivery. With us, you will get wholesome, fulfilling, and nourishing, all in one place.

WHY WE?

Tasty food with nutritional value

Recipes crafted by expert dietician and experienced chef

Prepared with utmost care and hygiene

Preservative free, no synthetic dressings

Indian taste with healthy twist

Trusted by fitness conscious community

OUR SYNERGY

Pranav Bhonde – Founder

The original conceptualizer, he put together a team with the dream of moving towards a fitter Society.

Madhura Pandit – Chief Operating Officer

Our COO ensures operational excellence, aligning seamlessly with the philosophy of Food For Fitness.

Gayatri Gokhale – Food Technologist and Clinical Dietician

The gifted professional that she is, you can never get bored of one of her diet plans.

G.Snehashish – Chief Consultant Chef

A seasoned chef, he is adept at the art of stimulating your taste buds in just the right way.

SOUPS



*Per serving of 100 gm.
contains approx. 101.1 kcal.*

THE ROOT'S OF HEALTH

(BEETROOT SOUP)

Beet Roots are healthy but rarely made our taste buds happier. No worries, we have done it for you. We are presenting Beet Root soup and a Garlic, Onion, and Tomato trio. Salt and Pepper duo will make this all tasty.



MRP - ₹150/-
(approx. 250 ml.)

THE LOW KEY TOMATO

(TOMATO AND BOTTLEGOURD SOUP)

Most disliked vegetable of our childhood is mixed with the most cherished Tomato. Onion, Garlic, Salt and Pepper follow like the obedient sergeants.



MRP - ₹150/-
(approx. 250 ml.)



*Per serving of 100 gm. contains
approx. 81.49 kcal.*

RED ZERO

(RED PUMPKIN SOUP)

Pumpkin is an immunity booster and a rich source of Vitamin A and C. Knowing this, we made this concoction of Red Pumpkin with the ubiquitous Garlic, Onion, and Tomato. This will supply your body with vitamins, iron, and folate.



*Per serving of 100 gm. contains
approx. 82.63 kcal.*



MRP - ₹150/-
(approx. 250 ml.)

SOUPS



RABBIT'S LOVE (CARROT SOUP)

Carrot is Rabbit's favourite and ours too. It is rich in Vitamin A, Calcium, Iron, Biotin, Vitamin K1, Potassium, Vitamin B6, and Lutein. The list itself justifies why carrot soup should be in the diet. The all-rounder of the game is a game changer of the diet dynamics. It is served with Garlic, Onion, Tomato, Salt and Pepper. Tasty enough?

*Per serving of 100 gm.
contains approx. 104.99 kcal.*



MRP - ₹150/-
(approx. 250 ml.)

THE BOOST OF MILLETS (RAGI VEGETABLE SOUP)

Ragi Vegetable Soup is a delicious and nutritious soup recipe made with ragi flour (finger millet) along with some crunchy vegetables and seasonings. It is a weight-loss and diabetic-friendly soup option. Vegan and Gluten free!



MRP - ₹150/-
(approx. 250 ml.)

*Per serving of 100 gm. contains
approx. 169 kcal.*

THE TOMO MAGIC (TOMATO SOUP)

The king of comfort, Tomato, takes centre stage in this classic bowl. Onion and peeled Potato quietly add smoothness and body, while Garlic steps in with its bold charm. Salt, Sugar, and Pepper follow in perfect balance, like loyal companions.



*Per serving of 100 gm. contains
approx. 100 kcal.*



MRP - ₹150/-
(approx. 250 ml.)

REGULAR SALADS

SPARKLING SPROUTS SALAD

(SPROUTED MOONG SALAD)

Sprouts along with Cucumber, Onion, Tomato (COT), and Carrot provide you with all the fiber you need to kick off your day with energy. All that with a pinch of spice to please the taste buds.

 **MRP - ₹200/-**
(approx. 250 gm.)



*Per serving of 100 gm.
contains approx. 154.68 kcal.*

SPROUTS MELA SALAD

(MIXED SPROUTS SALAD)

The great mix of sprouts in this delicacy is just a big fair of sprouts Moong, Chana, Matki with Pineapple. Coriander on the top and roasted Peanuts fill the gaps. Taste and nutrition on one platform. Onion and Tomatoes are already in the room.

 **MRP - ₹200/-**
(approx. 250 gm.)



*Per serving of 100 gm. contains
approx. 220.76 kcal.*

LOVE FROM KABUL SALAD

(CHICKPEA SALAD)

The omnipresent Chickpeas with our ever-ready COTs along with Pomegranate giving company this time. This will fill your tummy with yummy taste and needed nutrients for the first half of the day.

 **MRP - ₹200/-**
(approx. 250 gm.)




*Per serving of 100 gm. contains
approx. 137.52 kcal.*

REGULAR SALADS



CHANA HOBE SALAD (BLACK CHANA SALAD)

With the spices, Lemon and Coriander sprinkled over it every ounce of Chana will taste like heaven. Of course, with COTs. This mix will fill you with energy so that you can face your day with smile.

 MRP - ₹200/-
(approx. 250 gm.)

*Per serving of 100 gm.
contains approx. 128.2 kcal.*

SPROUTED HORSEGRAM SALAD (KULITH SALAD)

Sprouted Horse Gram steps in like a fitness warrior. COT join the squad, Sweetcorn adds a touch of fun, and suddenly, health becomes delicious. A salad that works hard for your body and feels easy on your soul.



 MRP - ₹200/-
(approx. 250 gm.)

*Per serving of 100 gm. contains
approx. 373.83 kcal.*



CORN SALAD (BHUTTA SALAD)

Inspired by street bhutta, crafted for smart eating. Roasted Corn blends with fresh veggies, protein-rich Moong, bold spices, and tangy Lemon. All the nostalgia, now in a fit avatar.

 MRP - ₹200/-
(approx. 250 gm.)

*Per serving of 100 gm. contains
approx. 285 kcal.*

REGULAR SALADS

CRUNCHY VEGGIE SALAD

(TOSSED SALAD)

The marvel of Cabbage, Red Cabbage, Carrot, Onion and Peanuts along with seeds will make your day and it will make your day when sprinkled with Soya Vinaigrette.



MRP - ₹200/-
(approx. 250 gm.)

*Per serving of 100 gm.
contains approx. 184.39 kcal.*



MAGIC TIKKI SALAD

(BABY KOFTA SALAD)

Oats, Besan, and Rava bring the warmth of homemade goodness. Methi leaves whisper freshness, Ajwain and Sesame add depth, while Garlic and Chillies spark life.



MRP - ₹200/-
(approx. 250 gm.)

*Per serving of 100 gm. contains
approx. 399.63 kcal.*

JULIENNES - BIN - CARROT

(CARROT BEANS STIR FRY SALAD)

A mix of Carrots and French Beans with Onion, Garlic and Olive Oil. Chili Flakes to wake your taste buds up from slumber. Enjoy!



MRP - ₹200/-
(approx. 250 gm.)

*Per serving of 100 gm. contains
approx. 161.89 kcal.*

REGULAR SALADS

KHAKRA CHAAT SALAD

(KHAKRA SALAD)

Traditional Khakra meets modern wellness. Fresh veggies blend with Sweet corn, aromatic Coriander, and tangy green chutney. A perfect mix of nutrition, crunch, and Indian flavour.

 **MRP - ₹200/-**
(approx. 250 gm.)



*Per serving of 100 gm.
contains approx. 320.66 kcal.*



*Per serving of 100 gm. contains
approx. 177.02 kcal.*

ALOO AURA SALAD

(ALOO CHAAT SALAD)

Soft, golden Potatoes take centre stage. Tossed with desi spices, fresh veggies, and tangy chutneys, they bring back street-side memories. Balanced for health, packed with flavour, this bowl is comfort with confidence.

 **MRP - ₹200/-**
(approx. 250 gm.)

RAINBOW SALAD

(RAINBOW SALAD)

The colorful combination of Cucumber, Tomato, Carrot, Red Cabbage, Capsicum, Sweet Corn, and Onion made this dish a rainbow. Eat more colors, and make your life more colorful.

 **MRP - ₹200/-**
(approx. 250 gm.)



*Per serving of 100 gm. contains
approx. 78.94 kcal.*

CLASSIC SALADS

SWEET POTATO CHAAT

(SWEET POTATO CHAAT)

This dish is the quintessential blend of Sweet Potato and Pomegranate. Peanuts bring crunch in the bite. The dressing of date and green chutney sparkled with Coriander gives you a street food taste making sure you spice up your buds while eating healthy.



Per serving of 100 gm. contains approx. 664.64 kcal.


 **MRP - ₹250/-**
(approx. 250 gm.)

YELLOW MEDLEY SALAD

(MOONG DAL SALAD)

Protein Packed Moong Dal surrounded with tender Coconut, Cucumber, Coriander and sparkled with tangy dressing to spice up the things that give you a street food feel while eating healthy.



 **MRP - ₹250/-**
(approx. 250 gm.)

Per serving of 100 gm. contains approx. 396.02 kcal.


SORGHUM FIESTA SALAD

(JOWAR SALAD)

Sorghum is the axial ingredient while Sweet corn, Cabbage, Green grams enhances the nutritious value and dressing keeps the taste alive.



Per serving of 100 gm. contains approx. 378.44 kcal.

 **MRP - ₹250/-**
(approx. 250 gm.)

CLASSIC SALADS



PEARLS OF HEALTH SALAD (BAJRA SALAD)

Boosts immunity and maintains the warmth within to feel energetic, coveted by Moong, Cabbage, Spring Onion and Capsicum which makes it a perfect bowl to gulp.



MRP - ₹250/-
(approx. 250 gm.)

Per serving of 100 gm. contains approx. 402.06 kcal.

FARM FRESH SALAD (FARM FRESH SALAD)

Iceberg Lettuce, Bell peppers, Julienned Capsicum, Onion, Red Cabbage, Sweet Corn, Carrots all gathered in this delicacy and make a robust and healthy gathering giving you the feel of farm fresh vegetables.



MRP - ₹250/-
(approx. 250 gm.)



Per serving of 100 gm. contains approx. 126.2 kcal.

SOYA CHILLI SALAD (SOYA CHILLI SALAD)

Soft soya absorbs spices. Chilli brings fire. Fresh elements keep the balance. A bowl that burns gently, not loudly.



MRP - ₹250/-
(approx. 250 gm.)

Per serving of 100 gm. contains approx. 307.2 kcal.

CLASSIC SALADS

EXOTIC PANEER SALAD

(EXOTIC PANEER SALAD)

Paneer is surrounded by Lettuce, Bell Pepper, Red Cabbage, sweet corn, Onion, and Chia Seeds and served with a cover of Honey Lemon Vinaigrette. Truly Exotic!



MRP - ₹250/-
(approx. 250 gm.)



*Per serving of 100 gm.
contains approx. 149.53 kcal.*



*Per serving of 100 gm. contains
approx. 121.28 kcal.*

STIR FRY PANEER

(STIR FRY PANEER SALAD)

Garlic, Onion, Broccoli, Capsicum, Beans, Carrot, and other spices are in comraderies with Paneer to make your morning full of protein.



MRP - ₹250/-
(approx. 250 gm.)

PANEER TERIYAKI SALAD

(PANEER TERIYAKI SALAD)

Paneer leads the tribe with Carrots, Bell Pepper, Cabbage, Spring Onion, and peanuts to make your salad munching crispier.



MRP - ₹250/-
(approx. 250 gm.)



*Per serving of 100 gm. contains
approx. 203.54 kcal.*

CLASSIC SALADS

TANDOORI PANEER SALAD (TANDOORI PANEER SALAD)

This delicacy consists of Cabbage, Onion, Capsicum, and Tandoori Masala to give a tinge of tandoori. Of course, Paneer has the center stage.



MRP - ₹250/-
(approx. 250 gm.)

*Per serving of 100 gm.
contains approx. 326.30 kcal.*

RED WHITE SALAD (BEETROOT PANEER SALAD)

Paneer with Beetroot is an adventurous combination executed into reality. Taste it to experience. Not everything can be described.

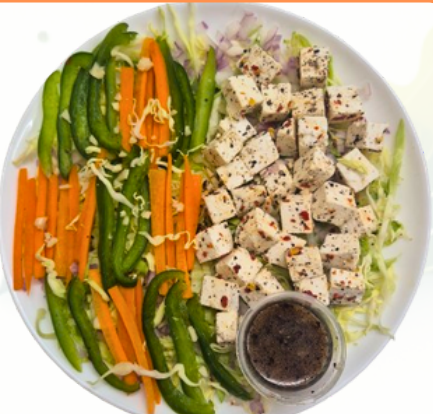


MRP - ₹250/-
(approx. 250 gm.)

*Per serving of 100 gm. contains
approx. 203.86 kcal.*

CABBY PANEER SALAD (CABBAGE SALAD)

Paneer acts as a block of protein, preventing one from overeating. Cabbage cleans the gut friendly microbes kick-in which enhances gut flora.



MRP - ₹250/-
(approx. 250 gm.)

*Per serving of 100 gm. contains
approx. 434 kcal.*

REGULAR SALADS

SPARKLING SPROUTS SALAD

SPROUTS MELA SALAD

LOVE FROM KABUL SALAD

CHANA HOBE SALAD

SPROUTED HORSEGRAM SALAD

CORN SALAD

CRUNCHY VEGGIES SALAD

MAGIC TIKKI SALAD

JULIENNES - BIN - CARROT

KHAKRA CHAAT SALAD

ALOO AURA SALAD

RAINBOW SALAD



CLASSIC SALADS



EXOTIC PANEER SALAD

STIR FRY PANEER SALAD

PANEER TERIYAKI SALAD

TANDOORI PANEER SALAD

RED - WHITE SALAD

CABBY PANEER SALAD

SWEET POTATO CHAAT SALAD

YELLOW MEDLEY SALAD

SORGHUM FIESTA SALAD

PEARLS OF HEALTH SALAD

FARM FRESH SALAD

SOYA CHILLI SALAD



OVERVIEW

Day wise plan			
Day(s)	Soup Bowl	Regular Salads	Classic Salad
1	The Root's of Health	Juliennes-Bin-Carrot	Paneer Teriyaki Salad
2	The Boost of Millet	Sparkling Sprouts	Sweet Potato Chaat
3	Low-key Tomato	Magic Tikki Salad	Tandoori Paneer Salad
4	The Rabbit's Love	Love From Kabul	Yellow Medley Salad
5	Tomo Magic Soup	Crunchy Veggies Salad	Stir Fry Paneer Salad
6	Red-Zero Soup	Corn Salad	Sorghum Fiesta Salad
7	-	Khakra Chaat Salad	Cabby Paneer Salad
8	-	Sprouts Mela Salad	Pearls of Health Salad
9	-	Aloo Aura Salad	Exotic Paneer Salad
10	-	Sprouted Horsegram Salad	Farm Fresh Salad
11	-	Rainbow Salad	Red White Salad
12	-	Chana Hobe Salad	Soya Chilli Salad

Please Note:

- Salad cycle will repeat from every 13th day under our subscription plans.
- Soup cycle will repeat from every 7th day under our subscription plans.

OUR OFFERINGS

Soup Bowl- (Approx. 250 ML.)

Days	MRP	Discounts	Total
1	150	0	150
6	900	100	800
12	1800	200	1600
24	3600	300	3300

Regular Salad - (Approx. 250 GM.)

Days	MRP	Discounts	Total
1	200	0	200
6	1200	100	1100
12	2400	200	2200
24	4800	300	4500

Classic Salad - (Approx. 250 GM.)

Days	MRP	Discounts	Total
1	250	0	250
6	1500	100	1400
12	3000	200	2800
24	6000	300	5700

OUR OFFERINGS

Customised Salad - (Approx. 250 GM.)

Days	MRP	Discounts	Total
6	1350	100	1250
12	2700	200	2500
24	5400	300	5100

- This above package offers you alternate day taste of our regular & classic range.

Regular Combo- (Salad Approx. 250 GM., Soup Approx. 250 ML.)

Days	MRP	Discounts	Total
1	350	0	350
6	2100	100	2000
12	4200	200	4000
24	8400	300	8100

Classic Combo- (Salad Approx. 250 GM., Soup Approx. 250 ML.)

Days	MRP	Discounts	Total
1	400	0	400
6	2400	100	2300
12	4800	200	4600
24	9600	300	9300

FAQ

What is the speciality of our salads?

- Every salad is designed by our team of expert dietician and experienced chef. We ensure they maintain great taste and keep a mark of nutritional values too.
- Our unique selling point is our salads are specially made to suit the Indian taste.

Which salad and soup options do we have?

- We have 24 variety of salads and 6 variety of soups.
- Our salads are classified into classic salads and regular salads.

What quantity do we serve in the one meal?

- Soup: 250 ml. approx. , • Salad: 250 gm. approx.

Do we offer subscription plans?

- Yes, we do! have plans for **6, 12 and 24 days**.
- Powered by Mumbai's famous dabbawalas, we deliver your fresh meal to your doorstep.

Will our salad help you to lose weight?

- Our salads are packed with nutrition and excellent for supporting a healthy lifestyle. For effective and sustainable weight loss, we highly recommend connecting with our expert dietician, Ms. Gayatri Gokhale. She can personally guide you and help us create a fully customized plan tailored to your goals.

FAQ

What will be the process of the subscription plan?

- Consumers can directly connect through brand partner/website.
- 100% Remuneration should be paid to finalize order.
- Subscribers must inform us at least one day prior for commencing their order/plan.
- Subscribers can opt for flexible stop gap arrangement and can stop and resume their subscription as per their preference .
- We are closed on Sunday's, if we would be accepting orders on weekdays or public holidays, we will inform you one day prior.

Do we provide Jain Salad?

- We can customise Jain salad as per the request in advance with additional customization charges.

What time are the deliveries be executed?

- We have Two time slots

Breakfast- 8:30 am (if you are purchasing it from our local partner)

Lunch- 12:30 pm to 1:30 pm

Dinner- 7:30 pm

Which areas do we deliver?

- Borivali- Churchgate
- Kurla- Tilaknagar- Chembur
- Vikroli- Kanjurmarg- CSMT

Can we change the location afterwards?

- Yes, team can help you at the best, location must be within are limits. Also delivery charges will differ as per location.

PLEASE NOTE



- 1. All items are freshly prepared according to the order.**
- 2. Each package contains 250 gm. / ml. Salads and Soups.**
- 3. We would recommend that one should consume Salads and Soups within 3 hours of receiving the parcel.**
- 4. Salads and Soups can be refrigerated for 6 hours.**
- 5. While consuming salads or soups, it is recommended to use the dressing/spices /toppings provided with the parcel.**
- 6. In above mentioned packages delivery charges are excluded.**
- 7. Delivery Charges will be varied as per location.**
- 8. We are closed on Sunday, if we aren't accepting orders on weekdays or public holidays we will inform you one day prior.**
- 9. We strive for perfection. But if there are any complaints or feedbacks, they will be handled timely and appropriately.**
- 10. Positive feedback will encourage our team to serve you better.**



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CONTACT US



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www.foodforfitness.co.in

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