



The Conscious Cook

Customised Diet • Freshly Cooked • Delivered to Your Doorstep

We can not take control of the Air Quality of Delhi NCR.
But we can make sure you take the Fresh, Balanced, Hygienic & Nutritious Diet required for your **Health Goals**.

Introduction & Pricing Guide for All Meal Plans



CALCULATE CALORIES

LOSE FAT

Nutritious, **calorie-deficit** meals
crafted to help you achieve
your fat loss goals



CALCULATE CALORIES

BUILD MUSCLES

High-protein meals with the right
macros to support your muscle-
building objectives



CALCULATE CALORIES

STAY FIT

Balanced, Nutritious and Delicious
meals to keep your health, energy
level and metabolism Top-Notch.



How It Works?



Our Expert Calculates your maintenance Calories & We Discuss your Goal. (Eg : Fat Loss, Muscle Gain, Balanced Nutrition, Keto Etc)



We curate a diet plan with exact calories and macros for your Goals with our trained AI models.

(Though our diet are highly nutritious in value in every format but it is still advised to consult your doctor if you have any medical conditions)

You can even customise the diet according to your preferences.



We deliver 4 freshly cooked meals to your door-step daily with exact macros required for your Goals.

- 2 Morning (8:30-10:30AM)
- 2 Evening (4:30-6:30PM)



Look At The Benefits



- Hassle Free Faster Goal Achievement & No Need to Spend time calculating Calories
- Expert Guided Balanced Nutrition
- Optimized Metabolism & Energy Levels
- Non Repeating Healthy & Delicious Food Daily
- Exotic Fruits and Vegetables. (Domestic + Imported)
- Diet Plays 80% Part, and we Scientifically take care of this 80%.
- Enjoy Menu Ranging from Best Indian & Foreign Cuisine
- Completely Veg Preparation with over 180+ SKUs.
- Your every meal is Sacred and contributes towards a Mission of Building Cruelty Free Dairy In India.
Our Cutest Co-Founder are our Mother Cows from where we procure a lot of health and protein, hence they have 20% share in our profits for the Sacred Dairy they provide. (Amount is Donated in the Gushalas across the City).
Our long term mission is to build Cruelty Free affordable Dairy and meals for people in India.

What All Your Meals Include?

Indian High-Protein Gravies

- Rajma
- Chole
- Kadhi
- Dal Tadka / Dal Fry / Dal Makhani
- Variety of Paneer gravies & dry pan-seared paneer
- Soya chaap & soya masala
- Seasonal sabzis

Rice Options

- Paneer Fried Rice
- Soya Fried Rice
- Brown Steamed/Jeera Rice
- White Steamed/Jeera Rice

Breads (Healthy Rotis)

- Whole Wheat Roti (Simple, Beetroot, Spinach)
- Multigrain Roti (Simple, Beetroot, Spinach)
- Paranthas (Simple, Beetroot, Spinach)

Fruits & Juices

- Fresh domestic & imported fruit bowls
- Cold-Pressed Seasonal fruit juices.
- Our Signature Fantasy Juice.
- Detox Juices
- Green Veggies & Fruit Juices & A Lot More

Salads & Bowls

- High-Protein Salad Bowls
 - All Bowls Includes Exotic Crunchy Raw Veggies OR sauté veggies
- High-Protein Salad Bowls
 - Paneer Tikka/Grilled Paneer/ Peri-Peri Paneer
 - Crunchy Peri Peri Air Roasted Chickpeas
 - Crunchy Soya balls/Tofu (Salted & Peri Peri)
 - Burrito Bowl with Kidneybeans(Rajma) and Flavoured Rice.
 - Falafel, hummus, and pita Bowl
 - Quinoa veggie bowl
- Multiple dips/dressings option
 - mint/classic lemon
 - Tahini
 - Salsa
 - Greek yogurt (Multi Flavours)
 - Creamy herb
 - Lemon Honey Chilli & Much More (We Love Experimenting)

Healthy Indulgence (Our Classics) (High-protein, Wheat-based)

- High-Protein Pizza (Diff Pizza Each Time)
- Whole Wheat Burger (Variety Home Sauces) (Variety Protein Tikki)
- Wheat Pasta (veg, protein-loaded)
- Subways (Different Protein & Sauces Option)
- Burrito Bowls
- Burrito Rolls
- Wheat Momos (Variety Fillings)

More Options

- Indori Poha
- Besan/MoongDal Chilla
- Blueberry Oatmeal
- Chocolate Oatmeal
- High-Protein Oats
- Upma, Veggie Poha
- Smoothie bowls

Khichdi Options

- Garlic Khichdi with variety of Dals
- Vegetable Khichdi with variety of Dals
- Spinach Khichdi with variety of Dals
- Chinese Flavour Khichdi with variety of Dals

Milk Options

- Regular Milk
- Almond Milk
- Coconut Milk
- Soya Milk

Drinks

- Cold Coffee • Jeera Drinks
- Lime Drinks • Mint Drinks
- Fruit Juices • Exotic Juices
- Detox Juices

Desserts

- Protein Bars • Sugarfree Milkcake
- Real Fruit Frozen Icecreams
- Variety Halwas (Mostly for gaining) (Gajar, Moong, Besan Etc)

Pricing!

Pricing at The Conscious Cook is Decided based on your Calorie Band :

Calories : <1500KCal	: Rs 14,999 (120 Meals)
Calories : 1500-2000KCal	: Rs 15,999 (120 Meals)
Calories : 2000-2500KCal	: Rs 16,999 (120 Meals)
Calories : 2500-3000KCal	: Rs 17,999 (120 Meals)
Calories : 3000-3500KCal	: Rs 18,999 (120 Meals)
Calories : >3500KCal	: Rs 19,999 (120 Meals)

Above Prices Includes Disposable , Biodegradable and Microwave Friendly Packaging.
All Prices are for 30 Days not 4 Weeks

3 Days Trial : Just Rs 1199 (12 Meals)

Additional Packaging Discount : Opt In For Premium Tiffin Packaging and Save FLAT Rs 3000 on Every Meal Plan.

Packaging Options & Add-Ons!

Luxury Meal Plan (+6000/Month on Existing Meal Plan)

- Cruelty Free Dairy (Rs 200/Litre Milk) (We use freshly sourced milk from farms where cows are not just treated as a milk making machine but are treated well - to know more visit our website)
- Homemade fresh Cheese/Paneer from Cruelty Free Milk
- All Milk Options Available for FREE (Almond, Coconut, Soya)
- Exotic & Rare Imported Fruits and Vegetables.
- Premium Low Sugar or Sugar Free Desserts.
- Delivery according to your slots.

2 Options for Delivery Both options are Microwave Friendly



Carriable Tiffin Box Flat Rs 3000 OFF

Every-time a fresh sanitised tiffin box will be delivered and earlier one will be taken back.



Biodegradable Disposables Standard Pricing

100% Biodegradable and Microwave Safe Disposable Packaging Material.

Eat With Pride!

Pure Food, Conscious Impact!

Your meal from The Conscious Cook is crafted with a dual promise:

To You: A commitment to fresh, hygienic, and deeply nutritious food. Every ingredient is chosen for its vitality, prepared with care for your well-being, and detailed in the nutrition facts for your trust.

To The Planet: A circle of gratitude. In honor of the sacred dairy we use, 20% of profit from your meal's cost supports a Gaushala, providing a sanctuary for Mother Cows. And our long term Business Goal is to take Dairy Completely Cruelty Free and serve our mother cows in a best possible way!

Thank you for a choice that nourishes you and nurtures compassion.

In Wellness,
Founders, The Conscious Cook



To Subscribe

WhatsApp Us : +91 8799793263

Or

Visit our Website : www.theconsciouscook.in