

# HEALTHY MEAL PLANS

( GOAL BASED )

"Fuel Your Body, Transform Your  
Life – Meals Tailored to Help You  
Achieve Your Goals Faster!"



INDORE



**MealsLab is a premium health food delivery service, offering customized meal plans tailored to individual dietary needs. With both vegetarian and non-vegetarian options, we focus on high-protein, balanced meals featuring ingredients like paneer, tofu, soya chunks, chicken, fresh veggies, and wholesome carbs such as millet, grains, and rice. MealsLab has delivered over 5 LAKH meals, helping customers achieve their health goals conveniently. Whether for weight management, fitness, or general wellness, our affordable plans prioritize taste, nutrition, and timely delivery**



**Weight Loss**



**High protein**



**Thyroid**



**Diabetic**



**Low carb**



**Balanced**

**& MUCH MORE**

**We deliver meals that are fresh  
and delivered at a location  
convenient to you.**





## Meal Plans for Specific Goals



### Weight Loss Meals

- **Features:** High-protein, moderate fats, and low carbohydrates to support fat loss while preserving muscle mass.
- **Vegetarian Sources:** Paneer, tofu, soya chunks, gobhi (cauliflower), beans, palak (spinach), daliya (broken wheat), jowar khichdi and bajra tossed with seasonal veggies.
- **Non-Vegetarian Sources:** Chef's choice chicken recipes (e.g., spiced chicken, chicken BHUNA, etc) with sautéed Indian veggies and jowar khichdi.

#### Prices:

sample	3 meals	6 meals	26 meals	40 meals	52 meals
130	450	900	3900	6100	7480

**10% off -26meals,15%off-40meals,20%off-52meals**

### Lean Mass Gain Meals

- **Features:** High-protein meals with moderate carbohydrates and healthy fats to promote muscle growth and recovery.
- **Vegetarian Sources:** Paneer, rajma (kidney beans), chole (chickpeas), matar (peas), sweet potatoes, daliya, bajra khichdi, and sautéed mixed greens.
- **Non-Vegetarian Sources:** Chef's choice chicken recipes (e.g., chicken biryani, chicken curry, chicken tikka masala) served with jowar khichdi and lightly spiced seasonal veggies.
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#### Prices:

sample	3 meals	6 meals	26 meals	40 meals	52 meals
160	540	1050	4900	7400	9130

**10% off -26meals,15%off-40meals,20%off-52meals**







## Meal Plans for Specific Goals

### Thyroid Support Meals

- **Features:** Meals enriched with iodine, selenium, and zinc, offering gluten-free options for better thyroid health.
- **Vegetarian Sources:** Tofu, paneer, aloo-methi (potatoes with fenugreek leaves), bhindi, bajra khichdi, jowar khichdi, and lightly spiced seasonal veggies.
- **Non-Vegetarian Sources:** Chef's choice chicken recipes (e.g., chicken curry with methi, lemon-marinated chicken tikka), served with bajra and green beans.

#### Prices:

sample	3 meals	6 meals	26 meals	40 meals	52 meals
130	450	900	3900	6100	7480

10% off -26meals,15%off-40meals,20%off-52meals

### Diabetic Protein Meals

- **Features:** Low glycemic index meals with high fiber and balanced protein for blood sugar management.
- **Vegetarian Sources:** Moong dal cheela, besan chilla, paneer bhurji, lauki (bottle gourd), tinda (round gourd), karela (bitter gourd), and daliya khichdi.
- **Non-Vegetarian Sources:** Chef's choice chicken recipes (e.g., methi chicken, chicken with vegetables), served with daliya khichdi and sautéed Indian veggies.

#### Prices:

sample	1 meal	6 meals	26 meals	40 meals	52 meals
160	180	1050	4900	7400	9130

10% off -26meals,15%off-40meals,20%off-52meals





## Meal Plans for Specific Goals



### Heart-Healthy Meals

- **Features:** Low sodium meals rich in fiber and potassium for cardiovascular health.
- **Vegetarian Sources:** Lauki chana dal, daliya khichdi, palak paneer, bharta (mashed eggplant), matar pulao, and bajra tossed with veggies.
- **Non-Vegetarian Sources:** Chef's choice chicken recipes (e.g., lemon chicken, chicken tikka masala) with lightly spiced sabzis and bajra khichdi.

#### Prices:

sample	1 meal	6 meals	26 meals	40 meals	52 meals
160	180	1050	4900	7400	9130

**10% off -26meals,15%off-40meals,20%off-52meals**

### Immune Booster Meals

- **Features:** Meals rich in antioxidants, vitamins C, D, and zinc to strengthen immunity.
- **Vegetarian Sources:** Amla (Indian gooseberry), capsicum, haldi (turmeric)-spiced sabzis, palak (spinach), and daliya.
- **Non-Vegetarian Sources:** Chef's choice chicken recipes (e.g., haldi chicken curry, chicken with ginger-garlic masala) served with jowar khichdi and sautéed seasonal veggies.

#### Prices:

sample	1 meal	6 meals	26 meals	40 meals	52 meals
160	180	1050	4900	7400	9130

**10% off -26meals,15%off-40meals,20%off-52meals**





## TO ORDER :

Please select the desired amount of quantity as per your protein or healthy eating requirement and place your order through whatsapp : <https://wa.me/919699999612>

Website : <https://mealslab.shop/>

IN CASE OF ANY QUERY : 9699999612



- SLOTS : LUNCH OR DINNER OR BOTH
- YOU CAN MIX **VEG** AND **NON VEG** MEALS IN THE SAME PLAN , PLEASE SHARE YOUR VEG DAYS ACCORDINGLY OR ONE DAY PRIOR
- **DAILY DIFFERENT FLAVOURS**
- **DAILY DIFFERENT CHEF CHOICE RECIPE**
- EXTRA CHARGES ARE APPLICABLE IN CASE OF EXTRA CARBS REQ. OR EXTRA VEGGIES REQ. OR IN CASE OF ANY CUSTOMISATION
- PLAN VALIDITY IS 90 DAYS : PLEASE CONSUME YOUR MEALS OR TRANSFER YOUR MEALS WITHIN PARTICULAR TIME FRAME.
- At MealsLab, the meals are thoughtfully designed to include balanced sources of carbohydrates, proteins, and fiber to ensure complete nutrition.
- **Here's an example:**

**Carbs:** Seasoned rice ,Quinoa,Millet (bajra,jowar),Sweet potatoes,Daliya,Pasta etc

**Salad:** Fresh veggies like cucumber, carrots, Peppers, with a light lemon or yogurt-based dressing

**Sprouts** mixed with tomatoes and onions for a crunchy, nutrient-rich option and many more types of salad or veggies . ( WE USE MORE SEASONAL VEGGIES )

**Proteins:** Vegetarian: Paneer, tofu, soya chunks etc


**Non-Vegetarian:** Chef Choice Chicken Breast Recipes . ( Add on charges extra )







## Why Choose MealsLab?

- **ISO Certified: Premium, hygienic food delivery service with a focus on quality and nutrition.**
- **Fresh Daily Meals: Delivered to your home or office for convenience.**
- **More Indian  less exotic means less chemical less pesticides**
- **Flexible Plans: Pause, resume, or transfer meals to friends or family at any time.**
- **Whatsapp Support: Get assistance via WhatsApp anytime you need it.**



# FAQ

## 1. How do I subscribe?-

Visit our website <https://mealslab.fitness/> or contact us at:  
9699999612 (Available between 9 AM - 6 PM),  
WhatsApp: 9699999612

## 2. What are the prices of the meal plans?

Prices are listed on our website. If you have any doubts, call 9699999612, and our experts will guide you in selecting the ideal plan to match your needs.

## 3. I have subscribed to my desired meal plan, now what?

Choose your plan > order through our channels > get meals delivered as per your selected slot > Enjoy a healthier, happier lifestyle!

## 4. How do I pay for my meal plan?-

We accept the following payment methods:

Online Payment (UPI), Cash on Delivery, Bank Transfer

## 5. What if I have questions after starting my meal plan?

You'll have 24/7 access to our nutritional helpline via WhatsApp for any queries during your subscription.

## 6. What if I am allergic to something?

All allergies and medical conditions will be discussed during your initial consultation with our nutritionists. Meals will only be delivered once all your nutritional needs are thoroughly vetted.

## 7. Do I need to take supplements? -

This will be discussed during your initial consultation.

## 8. Do you deliver on weekends? -

Saturday: Deliveries as usual, Sunday: No deliveries.

## 9. How does delivery work? -

Deliveries are done twice daily for:

Lunch: 11 AM - 2 PM, Dinner: 5:30 PM - 9 PM

## 10. Till what time can I change/cancel meals? -

Lunch: Notify us before 9 AM,

Dinner: Notify us before 3 PM



## **11. How are the meals packaged?**

Meals are packed in microwavable, food-grade containers for your convenience.

## **12. Can I pick my meals from your establishment?**

Unfortunately, no. MealsLab operates as a cloud kitchen and does not allow customer pickups.

## **13. Can I pause my subscription?**

Yes, subscription pauses can be arranged. Please contact us to discuss your requirements.

## **14. What is the minimum number of days I can subscribe for?**

we recommend a longer plan for visible results.

## **15. What are the different diets you provide meals for?**

We provide meals for the following diets: Weight Loss, Ketogenic Diet, High-Protein Low-Carb Diet, Healthy Diet and Balanced Diet, Lean Mass Gain, Thyroid Management, Diabetes Management Diet

## **16. Are there any additional charges?**

Delivery: Free of charge, Customization: Charged as per customer requirements.

## **17. Do I need to get any medical tests done?**

Medical tests are not necessary. However, if you have pre-existing conditions, please consult your doctor before starting the meal subscription and inform your nutritionist.

## **18. Can I choose a mix of vegetarian and non-vegetarian meals?**

Yes, we offer both vegetarian and non-vegetarian meals. You can specify the days for each, and we'll deliver meals accordingly.

## **19. If I skip any meal with prior notice, will it be carried forward in my plan?**

Yes, if you skip or cancel a meal with prior notice, it will be carried forward in your meal plan.

## **19. Can I adjust quantity in on-going meal plan?**

No,

**1. Plan Quantity Adjustment:** Once a meal plan is purchased, the quantity of meals (both increase and decrease) is fixed and cannot be altered under any circumstances. Please review your meal preferences and quantities carefully before finalizing your plan.

**2. No Refunds for Unconsumed Meals:** Unconsumed meals or unused portions of the plan will not be refunded or adjusted.

**3. Customization Requests:** All customization requests, including dietary preferences, must be communicated prior to the purchase. Post-purchase modifications will not be entertained. Any type of customization is chargeable.

**4. Commitment to Consistency:** Our goal is to maintain the highest standards of service and quality. Adhering to fixed quantities ensures streamlined operations and consistency for all our valued customers.

## Customer Policies

**1. Payment & Receipts:** All payments must be made in advance, For UPI transactions, please share a screenshot as proof of payment, No credit options are available.

**2. Delivery Slots:** Lunch: 11:00 AM - 2:00 PM, Dinner: 5:30 PM - 8:00 PM  
Delivery times are estimates and may vary due to traffic or weather conditions.

### **3. Communication**

Please ensure clear and timely communication with our delivery executives to avoid misunderstandings.

**4. Discounts & Pricing:** Discounts are offered only during special occasions, Bargaining is not entertained under any circumstances.

**5. Holidays:** MealsLab services remain closed on Sundays, festivals, and national holidays. Notifications regarding holidays will be provided in advance.

**6. Address/M meal Changes:** Notify us of any changes (address updates, meal pauses, or cancellations) **before: 9:00 AM for lunch, 3:00 PM for dinner**  
Failure to notify within the specified timeframe will result in the meal being counted.

**7. Customization:** Customized meal plans are available but may incur additional charges.

**8. Refund Policy:** Thank you for choosing MealsLab for your dietary needs. Please carefully review our refund policy: **No Refunds:** Once a meal plan is purchased, we do not provide refunds under any circumstances, **Vendor Allocation:** Upon purchasing a meal plan, we allocate monthly bulk orders to our vendors based on daily needs. This ensures an efficient supply chain and timely meal deliveries. **Replacement of Quantity:** If, for any reason, we need to replace your meal quantity with another customer's, we will initiate a refund process accordingly. This is the only situation in which refunds will be considered. **Understanding and Agreement:** By purchasing a meal plan from MealsLab, you agree to this refund policy and acknowledge that refunds will not be provided unless the specific condition mentioned above is met.

**9. Special Cases:** Exceptional cases will be reviewed individually at the discretion of the MealsLab team.

## **General Terms and Conditions**

- 1. Services:** MealsLab provides premium healthy food delivery services, including vegetarian and non-vegetarian options, in Pune and Indore.
- 2. User Accounts:** Creating an account may be required to place an order. Users are responsible for safeguarding their account credentials and all activities under their account.
- 3. Orders:** Orders are subject to availability. We reserve the right to limit quantities or refuse service at our discretion. Orders are processed only after acceptance by MealsLab.
- 4. Payment:** Payments must be completed during the ordering process. Prices may change without prior notice; updates will be reflected on the website.
- 5. Delivery:** MealsLab strives to deliver on time; however, delivery times are estimates and cannot be guaranteed. Users are responsible for providing accurate delivery information. MealsLab is not liable for delays caused by incorrect details.
- 6. Cancellations and Refunds:** Cancellations are allowed within a specific time before delivery. Refunds, if applicable, are processed in line with our refund policy.
- 7. Intellectual Property:** All content on MealsLab's website, including text, images, and logos, is owned by MealsLab or its licensors and is protected by intellectual property laws.
- 8. Limitation of Liability:** MealsLab is not responsible for indirect, incidental, or consequential damages arising from the use of our services or website.
- 9. Governing Law:** These Terms and Conditions are governed by the laws of India and subject to the jurisdiction of local courts.
- 10. Changes to Terms:** MealsLab reserves the right to update these Terms and Conditions at any time. Updates will be posted on our website, and continued use signifies acceptance.
- II. Contact Us:** For inquiries or concerns, please reach out to us through our website or customer support channels.





## CONTACT INFORMATION



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### CLOUD **KITCHEN** :

INDORE : SEC E ROAD SUDAMA NAGAR .

**Phone:** +91-9699999612 / 9981616962

**Website:** <https://mealslab.shop/>



Thank you!!!!

