



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

## WHO WE ARE?

We are a venture of Eat & Fit Enterprises. We are an organization oriented TOWARD fitness and committed to PROVIDING the quintessential diet starting with Soups and Salads.

We prepare our delicacies using highly hygienic methods, sourcing fresh vegetables and fruits from authentic vendors to ensure the utmost quality and our trained staff meticulously prepares the culinary offerings like home-cooked meals with the same care.

## WHAT WE OFFER?

- **Diet Services** – What to consume, how to consume, when to consume and how much? All will be answered by our expert clinical dietician.
- **Fitness Training** - The idea of fitness training is to provide the appropriate movement complementary to your diet.
- **Yoga Training** – Our expert trainers will provide Yoga Training and will teach various Asanas which are beneficial for the body, mind and psychological wellbeing.
- **Psychological Consulting** - Psychological consulting will calm your mind and help you find your rhythm in this chaotic world.

## OUR SYNERGY

### **Pranav Bhonde – Chief Executive Officer**

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

### **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.

### **Snehashish Govilkar – Chief Consultant Chef**

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

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## SOUPS

### THE HEALTHY VULGARIS

(BEETROOT SOUP)

Beet Roots are healthy but never 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 ₹120/-  
OFFER PRICE ₹110/-  
(approx. 200 gm)

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



*Per serving of 100 gm contains  
approx. 75.05 Kcal.*

### BROSPI

(BROCCOLI AND SPINACH SOUP)

Broccoli and Spinach came together to fill you and make you feel lighter. Garlic, Pepper, Salt, and Chia seeds are accompanying this union. The tongue will like it and the gut will embrace it.



MRP ₹120/-  
OFFER PRICE ₹110/-  
(approx. 200 gm)

### THE LOW KEY TOMATO

(TOMATO AND BOTTLEGOURD SOUP)

Most annoying dish of our childhood is mixed with the most cherished tomato. Onion, Garlic, Salt and Pepper follow like the obedient sergeants.



MRP ₹120/-  
OFFER PRICE ₹110/-  
(approx. 200 gm)



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

## SOUPS



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

### RABBIT'S LOVE (CARROT SOUP)

Carrot is Rabbit's favorite and ours too. It is rich in Vitamin C, 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?



MRP ₹120/-  
OFFER PRICE ₹110/-  
(approx. 200 gm)

### THE BOOST OF MILLETS (RAGI MILLET 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 ₹120/-  
OFFER PRICE ₹110/-  
(approx. 200 gm)



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



*Per serving of 100 gm contains approx. 82.63 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.



MRP ₹120/-  
OFFER PRICE ₹110/-  
(approx. 200 gm)



## REGULAR SALADS

### SPARKLING SPROUTS

(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.



**MINI MEAL:** MRP ₹80/-  
(approx. 100 gm) **OFFER PRICE ₹75/-**



**FAMILY PACK:** MRP ₹150/-  
(approx. 250 gm) **OFFER PRICE ₹135/-**



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



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

### SPROUTS MELA

(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.)



**MINI MEAL:** MRP ₹80/-  
(approx. 100 gm) **OFFER PRICE ₹75/-**



**FAMILY PACK:** MRP ₹150/-  
(approx. 250 gm) **OFFER PRICE ₹135/-**

### LOVE FROM KABUL

(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.



**MINI MEAL:** MRP ₹80/-  
(approx. 100 gm) **OFFER PRICE ₹75/-**



**FAMILY PACK:** MRP ₹150/-  
(approx. 250 gm) **OFFER PRICE ₹135/-**



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

## REGULAR SALADS



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

### CHANA HOBE

(BLACK CHANA SALAD)

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



**MINI MEAL:**  
(approx. 100 gm)

**MRP ₹80/-**

**OFFER PRICE ₹75/-**



**FAMILY PACK:**  
(approx. 250 gm)

**MRP ₹150/-**

**OFFER PRICE ₹135/-**

### MEXICO RAJMA RETURN

{RAJMA SALAD (MEXICAN SALAD)}

Our beloved Rajma has returned from Mexico and will be helping you to elevate your game of minerals. This one will add Copper, Manganese, phosphorous and molybdenum in your diet along with COTs and sweet corn.



**MINI MEAL:**  
(approx. 100 gm)

**MRP ₹80/-**

**OFFER PRICE ₹75/-**



**FAMILY PACK:**  
(approx. 250 gm)

**MRP ₹150/-**

**OFFER PRICE ₹135/-**



*Per serving of 100 gm contains  
approx. 186.71 Kcal.*



*Per serving of 100 gm contains  
approx. 126.2 Kcal.*

### FARM FRESH

(FARM FRESH SALAD)

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



**MINI MEAL:**  
(approx. 100 gm)

**MRP ₹80/-**

**OFFER PRICE ₹75/-**



**FAMILY PACK:**  
(approx. 250 gm)

**MRP ₹150/-**

**OFFER PRICE ₹135/-**



## REGULAR SALADS

### TOSSED SALAD

(TOSSED SALAD)

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



**MINI MEAL:** MRP ₹80/-  
(approx. 100 gm) **OFFER PRICE ₹75/-**



**FAMILY PACK:** MRP ₹150/-  
(approx. 250 gm) **OFFER PRICE ₹135/-**



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



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

### DISH OF RADISH

(SALAD LEAVES OR RADISH SALAD)

Radish Salad served with Lemon Vinaigrette along with TOP companions (Tomato, Onion, Peanuts) This salad is a treasure of Fiber source.



**MINI MEAL:** MRP ₹80/-  
(approx. 100 gm) **OFFER PRICE ₹75/-**



**FAMILY PACK:** MRP ₹150/-  
(approx. 250 gm) **OFFER PRICE ₹135/-**

### JULIENNES - BIN - CARROT

(CARROT BEANS STIR FRY)

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



**MINI MEAL:** MRP ₹80/-  
(approx. 100 gm) **OFFER PRICE ₹75/-**



**FAMILY PACK:** MRP ₹150/-  
(approx. 250 gm) **OFFER PRICE ₹135/-**



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

## REGULAR SALADS



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

### 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.



**MINI MEAL:**  
(approx. 100 gm)

**MRP ₹80/-**

**OFFER PRICE ₹75/-**



**FAMILY PACK:**  
(approx. 250 gm)

**MRP ₹150/-**

**OFFER PRICE ₹135/-**

## CLASSIC SALADS

### FRYING GREEN

(GREEN STIR FRY SALAD)

Broccoli, Spinach, Capsicum along with garlic and onion making room for mushrooms. This combination will provide fiber with taste and various seeds are there already!



**MINI MEAL:**  
(approx. 100 gm)

**MRP ₹110/-**

**OFFER PRICE ₹100/-**



**FAMILY PACK:**  
(approx. 250 gm)

**MRP ₹200/-**

**OFFER PRICE ₹190/-**



*Per serving of 100 gm contains approx. 102.37 Kcal.*



## CLASSIC SALADS



*Per serving of 100 gm contains approx. 125.85 Kcal.*

### MUSHCCOLI

#### (MUSHROOM BROCCOLI SALAD)

Mushrooms and Broccoli are the MVP's of this delicacy and onion, garlic and real bell pepper are fielding for the spicy catch. Soya Vinaigrette is the jersey for this squad.



**MINI MEAL:**  
(approx. 100 gm)

**MRP ₹110/-**

**OFFER PRICE ₹100/-**



**FAMILY PACK:**  
(approx. 250 gm)

**MRP ₹200/-**

**OFFER PRICE ₹190/-**

### DISGUISED ZUCCHINI

#### (BABY CORN MUSHROOM ZUCCHINI ROASTED SALAD)

Our not-so-loved Zucchini enters the room with baby corn and mushrooms. Roasted with onion, garlic, and olive oil. Chili flakes are sprinkled to make the whole thing flavorsome.



**MINI MEAL:**  
(approx. 100 gm)

**MRP ₹110/-**

**OFFER PRICE ₹100/-**



**FAMILY PACK:**  
(approx. 250 gm)

**MRP ₹200/-**

**OFFER PRICE ₹190/-**



*Per serving of 100 gm contains approx. 89.23 Kcal.*



*Per serving of 100 gm contains approx. 105.19 Kcal.*

### VEG STIR FRY

#### (VEG STIR FRY SALAD)

Carrot cubes, Cauliflower, Onion, Bell Peppers, Capsicum, Sweet Corn, and Garlic are Stirred and this makes a marvelous mixture to consume for a complacent tummy.



**MINI MEAL:**  
(approx. 100 gm)

**MRP ₹110/-**

**OFFER PRICE ₹100/-**



**FAMILY PACK:**  
(approx. 250 gm)

**MRP ₹200/-**

**OFFER PRICE ₹190/-**

## CLASSIC SALADS

### EXOTIC PANEER SALAD

(EXOTIC PANEER SALAD)

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



**MINI MEAL:** MRP ₹110/-  
(approx. 100 gm) **OFFER PRICE ₹100/-**



**FAMILY PACK:** MRP ₹200/-  
(approx. 250 gm) **OFFER PRICE ₹190/-**

*Per serving of 100 gm contains  
approx. 149.53 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.



**MINI MEAL:** MRP ₹110/-  
(approx. 100 gm) **OFFER PRICE ₹100/-**



**FAMILY PACK:** MRP ₹200/-  
(approx. 250 gm) **OFFER PRICE ₹190/-**

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

### 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.



**MINI MEAL:** MRP ₹110/-  
(approx. 100 gm) **OFFER PRICE ₹100/-**



**FAMILY PACK:** MRP ₹200/-  
(approx. 250 gm) **OFFER PRICE ₹190/-**

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



## CLASSIC SALADS



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

### TANDOORI PANEER SALAD

(EXOTIC 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.



**MINI MEAL:**  
(approx. 100 gm)

**MRP ₹110/-**

**OFFER PRICE ₹100/-**



**FAMILY PACK:**  
(approx. 250 gm)

**MRP ₹200/-**

**OFFER PRICE ₹190/-**

### RED WHITE SALAD (BEETROOT PANEER SALAD)

Paneer with beetroot is an unimaginable combination executed into reality. Taste it to experience how. Not everything can be described.



**MINI MEAL:**  
(approx. 100 gm)

**MRP ₹110/-**

**OFFER PRICE ₹100/-**



**FAMILY PACK:**  
(approx. 250 gm)

**MRP ₹200/-**

**OFFER PRICE ₹190/-**



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



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

### FRUITFUL (FRUITY SALAD)

Apple, Pineapple, Pomegranate, and Grapes with the seasonal fruits for the company. Moong and Sweet corn are there to fill the gaps.



**MINI MEAL:**  
(approx. 100 gm)

**MRP ₹110/-**

**OFFER PRICE ₹100/-**



**FAMILY PACK:**  
(approx. 250 gm)

**MRP ₹200/-**

**OFFER PRICE ₹190/-**

## REGULAR SALADS

### **SPROUTFUL SALADS**

**SPROUTS MELA**

**LOVE FROM KABUL**

**CHANA HOBE**

**MEXICO RAJMA RETURN**

**FARM FRESH**

**TOSSED SALAD**

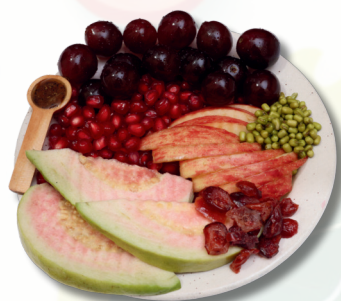
**DISH OF RADISH**

**JULIENNES - BIN - CARROT**

**RAINBOW SALAD**



## CLASSIC SALADS



**FRYING GREEN**

**MUSHCCOLI**

**DISGUISED ZUCCHINI**

**VEG STIR FRY**

**EXOTIC PANEER SALAD**

**STIR FRY PANEER**

**PANEER TERIYAKI SALAD**

**TANDOORI PANEER SALAD**

**RED WHITE SALAD**

**FRUITFUL**



## OUR OFFERINGS

### Regular Salad - Mini Meal (Approx 120 Gm.)

Days	MRP	Offer Price	Your Savings	Delivery Charges	Total
1	80	75	5	50	125
6	480	450	30	270	720
12	960	900	60	480	1380
26	2080	1950	130	1040	2990

### Regular Salad - Family Diet (Approx 250 Gm.)

Days	MRP	Offer Price	Your Savings	Delivery Charges	Total
1	150	135	15	50	185
6	900	780	120	270	1050
12	1800	1500	300	480	1980
26	3900	3120	780	1040	4160

### Classic Salad - Mini Meal (Approx 120 Gm.)

Days	MRP	Offer Price	Your Savings	Delivery Charges	Total
1	110	100	10	50	150
6	660	600	60	270	870
12	1320	1200	120	480	1680
26	2860	2600	260	1040	3640

### Classic Salad - Family Diet (Approx 250 Gm.)

Days	MRP	Offer Price	Your Savings	Delivery Charges	Total
1	200	190	10	50	240
6	1200	1110	90	270	1380
12	2400	2160	240	480	2640
26	5200	4550	650	1040	5590

## OUR OFFERINGS

Signature Soup - Bowl (Approx 200 Gm.)					
Days	MRP	Offer Price	Your Savings	Delivery Charges	Total
1	120	115	5	50	165
6	720	660	60	270	930
12	1440	1260	180	480	1740
26	3120	2600	520	1040	3640

Regular Combo - Signature Soup + Mini Meal (Approx 320 Gm.)					
Days	MRP	Offer Price	Your Savings	Delivery Charges	Total
1	200	180	20	50	230
6	1200	1050	150	270	1320
12	2400	2040	360	480	2520
26	5200	4290	910	1040	5330

Classic Combo - Signature Soup + Mini Meal (Approx 320 Gm.)					
Days	MRP	Offer Price	Your Savings	Delivery Charges	Total
1	230	205	25	50	255
6	1380	1200	180	270	1470
12	2760	2340	420	480	2820
26	5980	4940	1040	1040	5980



## OUR OFFERINGS

FFF Platter (Minimum Order of 4 Plates) - 2 Soups + 2 Regular Salads + 1 Classic Salad (Approx 400 GM.)					
Days	MRP	Offer Price	Your Savings	Delivery Charges	Total
1	350	315	35	50	365
6	2100	1860	240	270	2130
12	4200	3660	540	480	4140
26	9100	7800	1300	1040	8840

### Note:

- While consuming salads or soups, it is recommended to use the dressing/spices/toppings provided with the parcel.
- All items are freshly prepared according to the order.
- As perishable items vegetables and fruits are there, they should be consumed within 2 hours of receiving the parcel.
- Items can remain fresh in the fridge for up to the next 6 hours.
- Mumbai's Dabbawalas also provide services for regular delivery. But additional charges will be applicable for the same.
- Mumbai Dabbawalas offers independent service, and Food For Fitness is not responsible for any errors in its service.
- Customers can also enjoy Food For Fitness products through Swiggy and Zomato.
- Food For Fitness services are not available on Sundays.



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**CONTACT US**



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**www.foodforfitness.co.in**

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