



Fuel Your Transformation

Nutritional **FOOD MENU**





MEAL COURSE TYPES



NON VEGETARIAN MEALS

Protein-packed chicken & meat meals designed for muscle gain, fitness, and healthy living.

PURE VEGETARIAN MEALS

Fresh and nutritious vegetarian meals with balanced carbs, protein, and essential nutrients.



EGG BASED MEALS

High-protein egg meals perfect for breakfast, weight loss, and active lifestyles.

JUICE & SMOOTHIES

Fresh juices & smoothies made with natural ingredients for energy, recovery, and wellness.



NON VEGETARIAN OPTIONS

» **Classic Grilled Chicken (Lean Protein)**

[P-64 g | Kcal-245 | F-4.5 g | Fibre-0 g]

» **Garlic Herb Grilled Chicken**

[P-64 g | Kcal-255 | F-5 g | Fibre-0.5 g]

» **Spicy Chilli Chicken (Low Oil)**

[P-64 g | Kcal-260 | F-5.5 g | Fibre-0.5 g]

» **Lean Chicken Keema**

[P-64 g | Kcal-260 | F-6.5 g | Fibre-0.5 g]

» **Garlic Protein Chilli Chicken**

[P-64 g | Kcal-248 | F-4.8 g | Fibre-0.2 g]

» **Peri-Peri Grilled Chicken**

[P-64 g | Kcal-245 | F-4.5 g | Fibre-0 g]

» **High-Protein Chilli Chicken with Paneer**

[P-64 g | Kcal-300 | F-10 g | Fibre-0.9 g]

» **Tandoori Style Chicken Tikka**

[P-64 g | Kcal-265 | F-5.5 g | Fibre-0.6 g]

» **Boiled Garlic Chicken (Clean Protein)**

[P-64g | Kcal-240 | F-4 g | Fibre-0.9 g]

» **Italian Herb Grilled Chicken (Chilli Flakes)**

[P-64 g | Kcal-255 | F-5.5 g | Fibre-0.6 g]

» **Signature Spiced Protein Chicken**

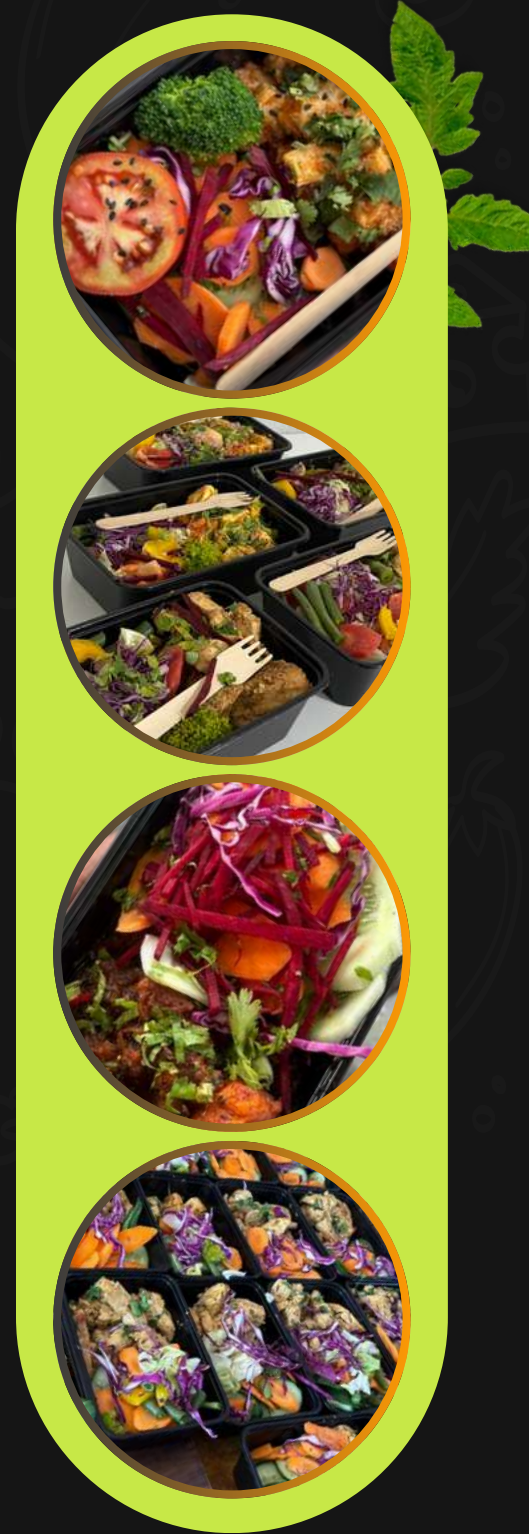
[P-64 g | Kcal-260 | F-5.5 g | Fibre-0.6 g]



NOTE: Multiple non-vegetarian meal options available. Meals can be customized with rice and other carb-rich foods.

PURE VEGETARIAN OPTIONS

- ▶ **Veggie Sandwich**
Fresh veggie sandwich with light seasoning & flavors.
- ▶ **Cheese & Garlic Paneer**
Creamy garlic paneer tossed in rich cheesy flavors.
- ▶ **Paneer Continental**
Herb-flavored continental paneer with mild spices.
- ▶ **Garlic Mushroom**
Garlic sautéed mushrooms with rich herb seasoning.
- ▶ **Brown Bread Sandwich**
Healthy brown bread sandwich with fresh veggie filling.
- ▶ **Palak Paneer**
Soft paneer cooked in creamy fresh spinach gravy.
- ▶ **Paneer Tandoori Tikka**
Smoky tandoori paneer grilled with Indian spices.
- ▶ **Tuvar & Masoor Pulse Mix**
Protein-rich mix of nutritious tuvar & masoor dal.
- ▶ **Chilly Soya with Capsicum & Onion**
Spicy soya tossed with capsicum & onion flavors.
- ▶ **Peri-Peri Paneer**
Spicy peri-peri paneer packed with bold flavors.
- ▶ **Red and White Sauce Pasta**
Creamy pasta in rich red & white sauce blend.



EGG BASED MEALS

» **CleanFuel Egg Pods**
4 Eggs | ~24g Protein | ~280 Kcal | ~20g Fat

» **SpiceLift Egg Scramble**
4 Eggs | ~24g Protein | ~280 Kcal | ~20g Fat

» **LeanCloud Egg Whites**
4 Eggs | ~24g Protein | ~280 Kcal | ~20g Fat

» **Golden Core Omelette**
4 Eggs | ~24g Protein | ~280 Kcal | ~20g Fat

» **Heritage Protein Egg Curry**
4 Eggs | ~24g Protein | ~280 Kcal | ~20g Fat

» **EnergyGrain Egg Bowl**
4 Eggs | ~24g Protein | ~280 Kcal | ~20g Fat

» **FreshFuel Egg Toss**
4 Eggs | ~24g Protein | ~280 Kcal | ~20g Fat



JUICE AND SMOOTHIE

- **ABC Vitality Elixir**
Beetroot, apple & carrot blend to boost energy and blood flow.
- **Coconut Pure Electrolyte**
Natural coconut hydration rich in essential electrolytes
- **Date Fuel Smoothie**
Dates blended for quick energy and natural sweetness
- **Watermelon Refresh Elixir**
Cooling watermelon drink for instant hydration and recovery
- **Berry Antiox Cooler**
Mixed berries loaded with antioxidants for immunity support
- **Botanical Rose Iced Tea**
Light rose-infused iced tea with a refreshing floral note
- **Ultimate Detox Infusion**
Cleansing blend to support digestion and daily detox



MEAL PLANS & PRICING



Non Vegetarian Options

6 Meal Box Plan: ₹ 210/Box
26 Meal Box Plan: ₹ 200/Box

TOTAL: ₹1,260

TOTAL: ₹5,200

Pure Vegetarian Options

6 Meal Box Plan: ₹ 210/Box
26 Meal Box Plan: ₹ 200/Box

TOTAL: ₹1,260

TOTAL: ₹5,200



Egg Based Meals

6 Meal Box Plan:
26 Meal Box Plan:

₹200/ Box

₹190/ Box





- Trial meals available at nominal charges
- Subscription payment in advance; non-refundable
- No deliveries on Sundays & national holidays
- Missed meals can be carried forward (up to 2 weeks)
- Please inform us of any food allergies in advance
- Same-day cancellation requires 3 hrs prior notice
- Dispatched meals cannot be cancelled

TERMS & CONDITIONS

ProFit

MEALS



WHAT WE DON'T USE

- Thickeners and stabilizers
- Artificial ingredients or flavour enhancers
- Palm oil & Chemically processed margarin



WHAT DEFINES OUR FOOD

- A focus on clean, honest ingredients
- Plant-forward, fresh, and thoughtfully sourced produce
- Natural sweeteners such as jaggery, dates, honey are used selectively



OUR KITCHEN PRACTICES

- We use Italian San Marzano tomatoes for depth, balance, and authenticity
- No shortcuts - everything is prepared from scratch in our kitchen



WHAT TO EXPECT

- Our food is homestyle, clean, and minimally processed
- Portions are balanced and not overloaded with unnecessary fats or creams
- Each dish is designed to let ingredients speak for themselves



*Real food, Real ingredients.
Real results.*







Have a question, Need help for choosing the right plan, or want to share feedback?

We are here for you!

LET'S STAY **IN TOUCH**

CONTACT ON:

-  92430 03566
-  support@profitmeals.in
-  www.profitmeals.in
-  91/1 Sindhi Colony, Near Sapna Sangeeta

FOLLOW US:

-  profit.meals
-  Profit Meals
-  ProfitMeals
-  92430 03566

