



Recipes



Workouts



Live Support

Welcome

HEALTH & FITNESS

Madhupriya





MEET YOUR COACH



Madhupriya

Bangalore, India

Nutrition & Sports Wellness Expert

10+ years of experience



I'm a diet and active lifestyle coach specializing in personalized nutrition for athletes and everyday wellness seekers. With a science-backed, no one-size-fits-all approach, I design nutrition plans tailored to individual goals, preferences, and physiology.

My mission is to instill sustainable habits that make health simple, practical and lasting.

I offer:

- Custom Nutrition Plans for performance & recovery
- Sports Nutrition Coaching for athletes & fitness enthusiasts
- Holistic Lifestyle Guidance blending tradition & modern science
- Wellness Education through workshops, reels & social media
- Consulting for brands & institutions



Proud movement,
Nutritionist for
Bullblasty Aquatics,
fueling world
champions and top
swimmers to success
with precision nutrition.

SELECT YOUR NUTRITION PLAN

**These plan includes
Supplementation and Hydration.**

- Sports Nutrition
- Body Recomposition
- Diabetics Reversal & management
- Thyroid Nutrition
- General Wellness and weight loss(Fat Loss)
- Menopausal Weight management
- Pre and postnatal weight loss
- Kids Nutrition

FIRST COUNSELING SESSION!

*Your first counseling session can last anywhere close to **45 - 60 mins.***



This could be online as well.

LET'S DO IT!



DURING FIRST COUNSELING

Understanding health, goals and requirements



Health and medical history analysis



Blood work analysis



Dietary recall - what, how, when you eat and your habits



Understanding lifestyle pattern



Body assessment



Counseling about myths traveling and restaurants eating guidance



Cultural and Nutrition preferences



Preparing a customized and tailored diet plan to suit your health and goals – with all the information

The diet chart will contain:

Each day is different from the earlier.
The number of plans depends upon the duration of the plan that you choose.



Nutritional Preferences

Food likes/dislikes
cultural influences,
sources of food.



Lifestyle and hormonal Factors

eating habits,
sleep routines,
social and emotional ties to food.

The diet chart will contain:



1

**Calorie
Balanced**



3

**Macro and Micro
nutrient balanced**



2

**Portion size of each dish
is mentioned for easy
usage and accuracy**



4

**Supplements aligned
into your nutrition plan.
Super foods are
incorporated in your diet
plan**



One-Time Diet Chart Package

This plan is designed for individuals who want a **personalized nutrition roadmap** based on their health, lifestyle, and preferences.

WHAT'S INCLUDED:



Health Parameters Review

understanding your medical history & lifestyle factors



Blood Work Analysis

interpreting reports to tailor nutrition needs



Supplement Guidance

recommendations for safe & effective use



Dietary Recall

assessment of your eating habits, timing, and lifestyle



Cultural & Nutrition Preferences

customizing the plan to suit your taste & traditions



30-Day Diet Plans

structured meal plans designed for your goals



1 Week WhatsApp Support - for queries, quick adjustments & guidance



WHAT I DO TO MAKE THIS DIET CHART EFFECTIVE

1.
I develop
customized
strategy aligned
with your goals
and lifestyle.



2.
Each meal plan is
a balanced
composition of
nutrients,
providing
sustained energy
and supporting
overall health.

3.
Every nutrient is
carefully balanced
including macros
(protein, carbs, fats)
and essential
micronutrients.

4.
Your tastes and
preferences
shape your
choices, ensuring
your meals are
both nutritious
and enjoyable.

6.
I maintain strict quality standards to
guarantee excellence in every aspect
of your diet plan.



MAINTENANCE DIET CHART

**At the end of your plan you
will be provided with a
maintenance diet chart along
with detailed evaluation.**





Milahaara

DIET PLAN



5 SERVINGS



12 HOURS

CALORIES
2000

PROTEIN
110

CARBS
255

FAT
60

BREAKFAST

- 2 eggs
- Protein powder 1 scoop
- Almonds 8 pcs
- Apple (1 small = 1 cup pieces)
- Greek yoghurt (2/3 cup)
- 2 idlis (medium) + sambar (1/2 cup)
- Ghee (1/2 tsp)

MIDDAY SNACK

- Cucumber + carrot sticks (1 cup)
+ hummus (2 tbsp)

LUNCH

- Millet (1 cup cooked)
- Dal (1/2 cup cooked)
- Paneer (1/3 cup cubes)
- Curd (1/3 cup)
- Spinach stir-fry (1/2 cup)



SALAD

CHICKPEA-CUCUMBER SALAD

- Boiled chickpeas (1/2 cup)
- Cucumber (1/2 cup)
- Tomato (1/2 cup)
- Onion (1/4 cup)
- Olive oil (1/2 tsp)
- Lemon juice + coriander

SNACK

- Apple (3/4 cup pieces)
- Roasted chana (2 tbsp)

DINNER

- Quinoa (3/4 cup cooked)
- Dal (1/2 cup)
- Mixed veg sabzi (1/2 cup)
- Clear veg soup (2/3 cup)



“

**PUSH HARDER
THAN *YESTERDAY*
IF YOU WANT
A *DIFFERENT*
TOMORROW.**

FOLLOW UP AND **PROGRESS ANALYSIS**

This is to monitor your progress.
Change your preference and amend the following
nutrition plans.
You can contact me through whatsapp texts.

MONDAY - SATURDAY

TIMING:
11AM - 6PM



**THE SUBSCRIPTION WILL NOT PAUSE DURING YOUR TRAVELING.
THE SUBSCRIPTION WILL NOT BE TRANSFERRED TO ANYONE ELSE.**

