



Dietitian Shreya's[™]
Diet Clinic



FAST-TRACK

Weight Management Program

PEAK RESULTS & Long-Term Maintenance

12
MONTH

PHASE 1

1. RAPID METABOLIC ASSESSMENT

- Body composition & BMR analysis
- Blood sugar & hormonal screening
- Lifestyle evaluation
- Goal: Identify barriers to fast fat loss.

PHASE 3

3. ACCELERATED FAT LOSS PHASE

- Supervised exercise program
- Close monitoring & weekly adjustments
- Hydration & micronutrient optimization
- Goal: Achieve safe, rapid fat reduction.

PHASE 2

2. INTENSIVE METABOLIC ACTIVATION

- Structured high-protein nutrition plan
- Calorie-controlled diet strategy
- Metabolism-boosting activity plan
- Goal: Activate fat-burning process.

PHASE 4

4. STABILIZATION & TRANSITION

- Gradual calorie normalization
- Habit formation & lifestyle training
- Prevent rebound weight gain
- Goal: Sustain results long-term

Full Body Check-up

- ✓ 1-on-1 Motivator Support
- ✓ Personal Guidance from 1 Expert Dietitians
- ✓ 5-10% Discount on All Products
- ✓ Complimentary Participation in DWL (Dietitian Weight Loss League)


VIP
ELIGHT CARE
MEMBERSHIP

Transform Your Health.
Upgrade Your Lifestyle.

Yoga Sessions
(Basic | Advance)

FAST-TRACK RESULT



Lost
55 KG IN
5 MONTHS



Lost
14.3 KG IN
2 MONTHS



Lost
14.8 KG IN
4 MONTHS



Lost
41 KG IN
6 MONTHS



Lost
37.16 KG IN
7 MONTHS



03 Month Plan

Phase 2: Accelerated Fat Loss & tShaping

- ✓ Visible fat reduction
- ✓ Improved digestion and energy levels
- ✓ Initial body composition change
- ✓ Strengthened lifestyle habits
- ✓ Structured, nutrient-rich meal strategies tested over 15 years
- ✓ Focus on fat-burning foods, protein, fiber, and healthy fats
- ✓ Habit coaching for sustained progress



06 Month Plan

Phase 3: Metabolic Optimization & Fat Loss Mastery

- ✓ Significant Fat Loss
- ✓ Optimized metabolism for long-term fat burning
- ✓ Enhanced energy and daily performance
- ✓ Reduced sugar cravings and improved satiety
- ✓ Advanced proven meal strategies for rapid fat loss
- ✓ Anti-inflammatory and low-bloat foods
- ✓ Optional detox and fasting protocols for accelerated outcomes