

Frequently Asked Questions

1. I've found a package I want to subscribe for. When can I start?

We just need a 24 hr heads up and you can pick any starting date starting from then till the end of the month!

2. How do I order my meals?

Check out our <menu plans>, choose the one that suits you best, along with the type of box you want and how often you want it. Complete your payment and we do the rest.

3. I want to sign up for a meal plan, but I don't know how long I should sign up for.

To see some results, we would recommend you sign up for at least four weeks. However, if you wish to invest in a long lasting change, you may want to commit for longer. Getting healthy doesn't happen overnight, after all!

If you want to test out a meal plan to see if it's what you want, you can try our <3-day package>, still not convinced go on and order from our any time delivery and get your single meal to go!

4. How much does a meal plan cost?

The prices of meal plans vary depending on their purpose, complexity, and duration. You can check out the details <here>.

5. Will you deliver my meals to me?

Yes, we will! We will deliver meals 10kms around Mylapore, Chennai. Lunches will arrive between 12 PM and 2 PM, and dinners between 6.30 PM and 9.30 PM.

6. I'm at a different address from the one I gave you. Can you still deliver my meals?

Not a problem. Just let us know your alternative address at least one working day in advance, and we'll get it to you. If it's a last-minute change call our customer care - +91 98843 86868 and we will see how we can help you.

7. What is in my meal plan?

Your meal plan is full of yummy dishes packed with healthy goodness! Every day, you will receive breakfast or lunch or dinner or a snack of fruit made with nuts or seeds, as well as a homemade health bar. Your meals will come with refrigeration and reheating instructions. We offer a vegetarian menu for those who would prefer not to eat meat or fish, as well as a gluten-free / dairy free option for those with that preference.

8. Who decides what goes in my meals?

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We do, and save you the trouble! Both our classic menu and our high protein menu are full of variety, put together by nutritional experts and prepared by trained chefs. All you have to do is eat!

9. How do I pay for a meal plan?

You can pay here online through credit, debit, or netbanking. Alternatively, we take cash on delivery.

10. I have a food allergy. What do I do?

In case you have any food allergies and wish to apply for a meal plan, please <contact us> and we'll discuss how we can prepare your meals especially for you.

11. I am diabetic. Can I have your meals?

Sure you can. Just drop us a note in the comments and we will make sure your meal is diabetic friendly.

12. I am vegan. Do you have anything for me?

We are working on creating a completely vegan menu. In the meantime, you can <contact us> and we can customize your meals to suit your needs.

13. Does the food contain additives or preservatives?

Not even a little bit. In our quest to help you eat healthy, we don't use any additives or preservatives.

14. I've finished my meal, but I'm still hungry. What do I do?

Our meals have been designed to be wholesome, filling, and balanced, so this would be a very rare occurrence. In case you do get hungry, you can add on an extra portion of soup. Salad to your meal or alternatively snack on a small portion (100-120 grams) of raw fruit or vegetables, along with a small handful of nuts and seeds.

15. Does the food require heating? Can I put it in the microwave?

All our meals can be reheated, and yes, you can do so in a microwave. In case you don't have a microwave, you can reheat your dishes slowly until piping hot using an oven or a saucepan, depending on the dish.

We will provide you with instructions on your menu of how to go about this, along with suggestions as to which dishes would be best eaten hot.

16. What can I drink while I'm taking the meal plan?

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During your meal plan, and even outside it, we recommend that you drink plenty of water (1.5-2 liters a day) and herbal teas and balanced meals. To get the best results, you would want to avoid alcohol, sugary drinks, deep fried snacks, sugar rich food and too much caffeine.

17. I'm going to be travelling in the middle of a meal plan. What do I do?

That's not a problem. Just let us know 24 hours in advance, and we'll put your meals on hold for you until you get back. Your prepaid meal boxes will be valid for a month from the date of purchase. You can <contact us> for more details.

18. I want to cancel my next meal. How do I do this?

Again, just let us know a day in advance. Alternatively, instead of cancelling your meal, you can put it on hold for up to a month.

If you have subscribed to a meal plan, of any duration, please note that during this time, you can reschedule deliveries and put boxes on hold anytime you want so long as you give us notice 24 hours in advance.