

THE ReSet & ReNew YOURSELF





DEFNI PRASAD

Health & Nutrition Life Coach

A Certified Health Coach & founder of NUTRICRIB who excels in the field of NUTRITION & LIFE COACHING. Transformed lives in managing their WEIGHT & lifestyle diseases like PCOS, STRESS, IBS, DIABETES just with sustainable diets & lifestyle changes. What makes me unique is not my certification or knowledge but the fact that I CARE FOR YOU & I understand where you are coming from because you see, I WAS YOU just a few years ago!

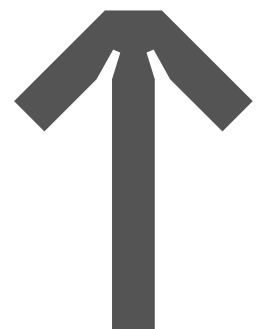


ABHISHEK SRIVASTAVA

Holistic Health Coach

A Certified Health Coach who hails from the health & wellness industry with 7+ years of experience as a FITNESS TRAINER, AERIAL YOGA, SOUND HEALING, MD NATUROPATHY and founder of ABHYSAASAM. Worked in INDIA & ABROAD, I specialize in transforming lives following a holistic approach and help people bridge the gap from where you are & where you want to be!

MEET THE TEAM



The story behind

RESET & RENEW PROGRAM



Avoiding ONE-SIZE-FITS-ALL solutions, restrictive diets & punishing workout regimes to prioritizing wholesome nutrition, customized workout plans & positive mindset that fosters sustainable change

Our journey towards creating a health transformation program began with a simple yet powerful realization: true wellness isn't achieved through quick fixes or restrictive diets but through sustainable balanced lifestyle changes. Over the years, we've seen countless individuals struggle with common health issues like weight gain, PCOS, diabetes & other lifestyle diseases. Many had extreme diets, workout programs & trendy wellness routines but none seemed to offer lasting results.

As Health Coaches, we were driven to explore a holistic approach that not only focuses on physical health but also mental health. We believe that health is a journey and not a destination & success comes from small meaningful changes that align with each individual's unique needs.

Our transformation program is designed to combine nutrition, fitness & mindset coaching in a way that supports long-term success. We prioritize sustainable change. This journey for us is personal. We've seen how proper guidance & small adjustments can completely RESET & RENEW a person & change someone's relationship with food, exercise & their body. Our passion stems from breaking the cycle of yo-yo diets. We focus on the root cause of the problem rather than just focusing on the weight loss thereby empowering our clients to take control of their health and transform naturally & sustainably.

The program isn't just about losing weight but about gaining energy, improving digestion, reversing lifestyle health issues, balancing hormones because everyone deserves to feel their best - and we are committed to making that a reality for each of our clients.

ACE FRAMEWORK

How our program works!

LET'S ACE YOUR HEALTH!

Our RESET & RENEW PROGRAM works on the ACE Framework which is:

A - ACHIEVE (We help you achieve your optimal health through our customized diet and workout plans)

C - CULTIVATE (Helping you cultivate a healthy lifestyle through our activities and challenges focused on meal prep, portion control, mindful eating, focus on non-workout physical activities, grocery shopping, one-on-one counselling sessions, tracking progress

E - ELEVATE (Helping you elevate your health through our stress recovery sessions, yogic practices & educating you to take the charge of your health in your hands)

SERVICES OFFERED:

- Customized Diet Plan
- Customized Workout Plan
- One-on-One Sessions
- Video support
- Recipe Sharing
- Activities & Challenges
- Stress Recovery Sessions
- Grocery Shopping List
- Roadmap to Sustainable Health
- Yoga Support
- Whatsapp & Call Support
- Tracking Progress



Forwarded
Hi Team,
I was looking for some weight loss program for my self and I came to know about your 6week transformation program. It looked promising.
After connecting with you I realised that you people are putting lot of efforts in understanding individual needs and limitations.
I got my Exercise and Diet plan accordingly and the best part was I need not to go to any fancy gym. I could exercise in the comfort of my home.
Constant call and messages from your end keeps me motivated and I could start seeing the results just after 2 weeks. My weight started to reduce, I started feeling lighter and more energetic. The diet is so well designed and has so many varieties that I don't get bored eating same food.
Thank you for coming in my life, motivating and guiding me to achieve my goal. 🙌👍

Hello everyone. I Thankyou so much each one of you for this lovely one month journey so far I have really enjoyed it & found so much improvement so far.
Weight - joined at 72.5 kgs. I currently 66 kgs. Energy levels have gone up. feel active n energised day..... And really appreciate Rahul sir for correcting my postures n exercises which has helped in finding changes in the body. Also Abhishek sir you yoga n medication is keeping me calm n aligned. The timing for kapalbharti & anulom vilom has increased to 3mins. And beadtme breathing has improved too. Diet so far is good, thank you Defni maam for the wonderful recipes (activities) had good fun making them & my younger son enjoyed having them too.
So over all this month had been great in terms of past so many months. Enjoying the journey n hope to have wonderful time ahead with all of you all.
Hope to see you all tmrw pls kindly keep it around 1 or 1:30 please Thank

Hi Defni
I am so glad to tell you that i have started getting my periods on time and my weight has also dropped from 75 to 64. I feel much more energized and can focus on my work with more efficiency and my lifestyle is so much so improved. I have learnt how to balance my work with my health. Your complete guidance regarding my diet and lifestyle has helped me a lot and helped me gain my confidence back. Thank you so much for such a great transformation. 😊

Wow great to hear this. This is your hardwork and dedication that you have put in. Kudos 🙌👍👍

Aerial 1:53 PM ✓
Yoga abhi chal nhi rha 1:53 PM ✓
Ok 2:47 PM
Apka diet plan kafi acha h 6:29 PM
Mera abhi 3.5 kg loose hua h 6:29 PM
Jbse diet follow kr rae tbse aj ka 6:29 PM
Mera abhi 3.5 kg loose hua h 6:48 PM ✓
Wow 🙌 good to hear that.. 6:48 PM ✓

+91 98110 00986
Really wanted to share this with you all. Weight today - 71.2 kgs. 2.1 kgs gone 🙌
+91 98110 00986
Really wanted to share this with you all. Weight today - 71.2 kgs. 2.1 kgs gone 🙌
Yayyyy congratulations.... Keep it

1/3000 Steps Today
5.82 Km 353.3 Calories 1h 25m Walking Time
Daily average: 1694
I will keep the exercise bit lighter today. 11:47 AM
Weight today is 70. I am really grateful to all of you all, for this change i can feel in me. And yes i can feel the inches change. Thank you so much 🙌❤️ 11:50 AM

sleepless night, height of anxiety , eating my emotions , stubbornness towards daily diet choices , always in a emotional and mental stress. these were my everyday complains 6months before and I never thought it might have been because of my negligence to my weight and diet management, and then I met Mr. Abhishek Srivastav, my current Personal Trainer and Dietitian helped me understand the role of my diet and exercise routine , he had been that one patient person who had let me understand that a combination of yoga, food and time management can make a lot of changes in life. I have experienced it all. I sleep better, I am thoughtful about what I am eating, without missing out much on taste , I have person just msg away to help me understand my cravings, mood swings and so

Ok mam 5:27 PM ✓
See u then 5:27 PM ✓
Waise tumhe bta doon Mera weight 75 se 68.5 Aur Nitin ka 80 se 73.5 ho gaya hai kal check kiya tha 5:33 PM
Bhut sahi

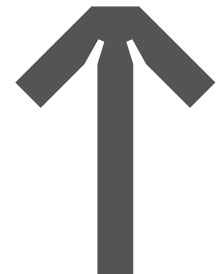
Hey I can't believe I lost weight without even craving for anything because the diet you give is really nice and tasty. Also, in last 20 days i haven't had acidity and from the last 10 days no constipation. And the amazing part is that i can feel my body light and have also lost inches. Thank you so much Defni for making this happen 😊

Hey so so happy to hear this. Amazing progress, keep it up 🙌

Before starting my Transformation journey i used to think that i won't be able to reverse my health issues and get back in shape cz i am a working professional but thank you so much Defni for making it possible.
I am happy to share that in 2months my LDL cholesterol levels have come down from (147) to (<100) without medications and now my BP is also maintained. I had gut issues from the past 7 years but I feel so much so relaxed and light now. I am in much better shape physically & mentally. Without compromising on my favourite foods, Defni curated my diet plan and home workout so much so easy & enjoyable that I completely enjoyed the whole process and she was always there as a motivation pillar for me.
She has helped me build a healthy lifestyle even after a busy work life. Thanks Defni

Always Welcome 🙌❤️ Your dedication and consistency has helped you achieve the results 🙌👍👍

Client's TESTIMONIALS





1 Month ReSet & ReNew Program

- Customized Diet Plan
- Customized Workout Plan
- One-on-One Sessions - 1
- Activities & Challenges
- Yoga Support
- Tracking Progress
- Whatsapp & Call Support



2 Month ReSet & ReNew Program

- Customized Diet Plan
- Customized Workout Plan
- One-on-One Sessions - 2
- Activities & Challenges
- Yoga Support
- Grocery Shopping List
- Detox Plan
- Recipe Sharing
- Tracking Progress
- Whatsapp & Call Support



3 Month ReSet & ReNew Program

- Customized Diet Plan
- Customized Workout Plan
- One-on-One Sessions - 3
- Video Support
- Stress Recovery Session
- Gut Health Management
- Roadmap to Sustainable Health
- Activities & Challenges
- Yoga Support
- Grocery Shopping List
- Detox Plan & New Plan
- Recipe Sharing
- Tracking Progress
- Whatsapp & Call Support

Standard



PACKAGES

Hey,

HAPPY TRANSFORMATION



DEFNI PRASAD
HEALTH & NUTRITION LIFE COACH
Follow @nourishwithdefni



ABHISHEK SRIVASTAVA
HOLISTIC HEALTH COACH
Follow @holisticcoach_abhi

We are always there to support and guide you. Feel free to contact us in case of any doubts or inconvenience.

www.nutricrib.com