

STEP 01

Registration

- ▶ Register at www.mealpyramid.com
- ▶ Fill the "Health History Questionnaire"
- ▶ Make orientation payment
- ▶ Schedule an orientation appointment at the centre of your choice
 - Mumbai North - Juhu Centre
 - Mumbai South - Kemps Corner Centre
 - Virtual - via Zoom/Call

Orientation

- ▶ Conducted by Kinita / Nutritionist
- ▶ Lifestyle, goals and targets discussed
- ▶ **During this appointment NO DIET will be prescribed**
- ▶ Post Orientation, suitable tests and package will be recommended

STEP 02

STEP 03

Buy Package

- ▶ Purchase a Package & Programme of your choice
- ▶ Make package payment to activate
- ▶ **Schedule your First Appointment post 48 hours of payment**

Let's Begin

- ▶ Appointments are conducted in person or on zoom
- ▶ **Customized Meal Plan (No 1) will be prescribed post the appointment**
- ▶ **Logon to our Web Application via our website OR download the MEALpyramid Mobile App**
- ▶ Your meal plan will be available there to download

STEP 04



STEP 05

Progress

- ▶ **Via the app - update your measurements, weight, photo log, food diary, etc...**
- ▶ Schedule your next recall appointment as per package frequency