

Details	Program Features	Prime	Premium	Prestige
Consultation	One-On-One Interpersonal Consultation	By Nutritionist	Split between Nutritionist & Kinita <i>[Approx. 70-30 ratio]</i>	By Kinita
Appointments	Type of Appointment	In-Person & Online	In-Person & Online	In-Person & Online
	Appointment Scheduling	With Front Desk	With Front Desk	With Kinita
	Number of Upcoming Appointment Blocking	1	3	All
	Priority Appointments	-	-	✓
	Appointments Outside Working Hours	-	-	✓
Support	WhatsApp Support	By Nutritionist	By Nutritionist & Kinita (group)	By Kinita
	Progress Monitoring Follow-Ups	By Nutritionist	By Nutritionist & Kinita (group)	By Kinita
	Access to WebApp & MobileApp	✓	✓	✓
	Number of Blood Report Analysis <i>(Within Package Duration)</i>	1	2	Unlimited
	Welcome Kit <i>(Not applicable for Online Clients)</i>	✓	✓	✓
Services	Overall Nutrition Management			
	Health History Analysis	✓	✓	✓
	Clinical Reports Analysis	✓	✓	✓
	Lifestyle Modifications	✓	✓	✓
	Food Tips for Travelling & Eating Out	✓	✓	✓
	Nutrition Assessment & Counselling	✓	✓	✓
	Dietary Supplement Recommendation	✓	✓	✓
	Performance Focussed Recommendation	✓	✓	✓
	Interpersonal Consultations			
	Individualised Nutrition Plan	✓	✓	✓
	Realistic Goal Setting	✓	✓	✓
	Detailed Meal Plan Discussion	✓	✓	✓
	Follow-Up Consultations			
	Progressive Meal Planning	✓	✓	✓
	Food & Supplement Changes	✓	✓	✓
Constant Monitoring	✓	✓	✓	
Testing	Advanced Physiological Tests <i>Charged Separately</i>	By Technician	By Technician	By Technician & Kinita
	Advanced Physiological Tests Evaluation <i>Charged Separately</i>	By Nutritionist	By Nutritionist	By Kinita
	Advanced Physiological Tests Report Generation	3 Working Days	3 Working Days	Within 24 Hrs
Additional Services	Train your Chef <i>To ensure food is prepared as per meal plan (One Time)</i>	-	By Nutritionist	By Kinita
	Coordination with Fitness Trainer <i>To Compliment Training &amp; Nutrition (One Time)</i>	-	By Nutritionist	By Kinita
	Coordination with Hotel Chef <i>In case of travel (One Time)</i>	-	By Nutritionist	By Kinita
	On-Field Testing for Athlete <i>One Time</i>	-	-	By Technician & Kinita
	International Product Recommendations <i>Supplement &amp; Food (as required)</i>	-	-	By Kinita
	Supermarket Visit <i>With Client Only (One Time)</i>	-	-	By Kinita
Offers	Workshops/Seminars/Talks Organised at MEALpyramid <i>Charged Separately</i>	10% Discount	10% Discount	10% Discount
	MEALpyramid Shop Discount	5% Discount	5% Discount	-