



Muscle
Vision
Nutrition

Your Fitness Is Our Success

SUBSCRIPTION MENU



#EatRight



MEAL PLANS



12^{WEEK} TRANSFORMATION PLAN



Custom Diet Plan



Workout Plan



MVN Trainer Support



Lunch & Dinner meals
for 3 Month's (total 156 meals)



Progress tracking



Personal Guidance

29,990/-



HIGH CARB MEAL BULKING

(Protein, Carb & Fiber in 2:3:1 ratio.)

	Protein	Carbs	Fiber	Kcal
<input type="radio"/>	20 - 25	52 - 56	9 - 11	660 - 680*
<input type="radio"/>	30 - 35	48 - 52	12 - 14	680 - 700*

HIGH PROTEIN LOW CARB MEAL LEAN GAIN/ HEALTHY LIFESTYLE

(Protein, Carb & Fiber in 3:2:1 ratio.)

<input type="radio"/>	35 - 40	27 - 30	9 - 11	460 - 480*
<input type="radio"/>	45 - 48	26 - 27	12 - 14	420 - 440*

HIGH PROTEIN NO CARB MEAL FAT LOSS

(Protein, Carb & Fiber in 3:0:2 ratio.)

<input type="radio"/>	35 - 40	3	18 - 22	380 - 420*
<input type="radio"/>	45 - 48	4	19 - 23	320 - 360*

Total Meals

Cost Per Meal

Plan Cost

6	220	1320
13	192	2500
26	185	4800
52	167	8700
78	160	12,500



MID DAY MEALS / SNACKS

(This plan is designed to satisfy your cravings between lunch and dinner time to avoid unhealthy eating.)

Total Meals	Cost Per Meal	Plan Cost
26	162	4200

HIGH PROTEIN CHICKEN MEALS

Quantity	Protein	Cost Per Meal	Plan Cost
100 gm	31	96	2500
150 gm	46	125	3250
200 gm	62	154	4000
250 gm	78	185	4700
300 gm	93	212	5500



TRIAL MEAL

250 Per Meal



CUSTOM MEAL

Customize your meal according to the preference and requirements.
(Cost will be dependent over the meal customized.)



MEAL TYPES

More than 150 recipies.

PROTEIN



Grill Paneer
Mexican Paneer
Soya 65
Sesame Tofu
Bbq Paneer
Soya Keema
Paneer Makhni
Mix Dal With Paneer
Soya Chapli
Paneer Stew
Vegetable Paneer
Mix Beans
Paneer Bhurji
Devils Soya



Bbq Chicken
Chicken Chapli
Grill Chicken
Chicken Stew
Teriyaki Chicken
Grill Fish
Egg Chicken
Chipotle Chicken
Chicken Keema
Tawa Chicken
Chicken Salad
Chicken Morrocon
Dragon Chicken
Chicken Mexicana

CARBS

Mexican Brown Rice
Aglio Spaghetti
Macaroni Pasta
Mashed Potatoes
Arabita Pasta
Potato Wedges
Garlic Broken Wheat

SALADS

Usd Salad
Greek Salad
Kuchumber Salad
Toast Salad
Mix Fruit
Kimchi
Mix Green Salad

SNACKS

Chicken Sandwich
Paneer Quesdella
Chicken Roll
Paneer Roll
Chicken Omelette
Paneer Bun
Brown Rice Paneer

AND MUCH MORE !



SAMPLE DIET PLANS



FAT LOSS

BREAKFAST



1 Scoop Whey
(Optional)



200ml
Milk



1 Multivitamin
Capsule



5 Egg Whites



1 Glass
Buttermilk



1 Multivitamin
Capsule

LUNCH



High Protein
No Carb Meal
From Mvn

SNACK



1 Peanut Butter Sandwich
/curd/buttermilk

Or



Midday Meal From Mvn

PRE WORKOUT



1 Cup Black Coffee
With 1 Banana

DINNER



High Protein No Carb Meal
From Mvn

POST WORKOUT



1 Scoop Whey Or
5 Egg Whites

BEFORE SLEEP



10 Almonds

LEAN GAINING

BREAKFAST



1 Scoop Whey
(Optional)



200ml Milk
With Oats



1 Multivitamin
Capsule



3 Egg Whites
2 Whole Eggs



1 Glass
Orange Juice



1 Multivitamin
Capsule

LUNCH



High Protein
Low Carb Meal
From Mvn

SNACK



1 Paneer/Chicken
Sandwich

Or



Midday Meal
By Mvn

PRE WORKOUT



1 Cup Black Coffee
With 2 Bananas

DINNER



High Protein Low Carb
Meal From Mvn

POST WORKOUT



1 Scoop Whey Or
5 Egg Whites

BEFORE SLEEP



40gm Dry Fruits
(Almonds/Peanuts
/Walnuts)



BULKING



BREAKFAST



1 Cup Oats with
200 ml Milk



3 Bananas



Dry Fruits
(15 Almonds
/peanuts /walnuts)



1 Scoop Whey
(Optional)

AFTER BREAKFAST



4 Whole Wheat Bread



2 Spoon Peanut Butter

SNACK



Banana Shake With 250 ML
Banana And 2 Bananas

Or



Midday Meal From Mvn

LUNCH



High Carb
Meal From
Mvn

DINNER



High Carb Meal
From Mvn

PRE WORKOUT



1 Cup Black Coffee
With 1 Banana

POST WORKOUT



1 Scoop Whey Or
3 Egg Whites
2 Whole Egg

BEFORE SLEEP



1 Glass Of Milk
5 Almonds

TERMS AND CONDITIONS

1. All the plans are for 26 days, sundays and other national holidays delivery will be closed.
2. Meals should be completed within 45 working days.
3. If meals isn't completed on given period remaining meal will be adjusted on the new subscription purchased.
4. Subscription payment once paid is nonrefundable.
5. Subscription plan payment will be in advance.
6. All the meals are prepared freshly, handling and keeping it in right temperature and should consume in time by customer accordingly.
7. Customer should inform there allergies and medical condition before starting the plan.
8. The diet plan provided above are made by average person muscle vision nutrition don't claim as to give results on this basis.
9. I understand mvn does not dispense medical advice nor prescribe treatment. Rather they provide nutritional support to us. I understand nutritional support is not substitute for diagnosis, treatment, or care of disease by medical provider.
10. If the client is under the care of a healthcare professional or currently uses prescription medications, the client should discuss any dietary changes or potential dietary supplements use with his or her doctor, and should not discontinue any prescription medications without first consulting his or her doctor first.
11. The client releases muscle vision nutrition from any and all liability, damages, causes of action, allegations, suits, sums of money, claims and demands whatsoever, in law or equity, which the client ever had, now has or will have in the future against the mvn, arising from the client's past or future participation in, or otherwise with respect.
12. Meal once dispatched can't be canceled.
13. Cancellation time lunch before 11:00 am dinner before 5:00 pm.

ALSO AVAILABLE ON



zomato



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