

SWASTHYA • HITA • VRIDDI • AYUR
SAMPOORNA • AHAARA



Shvasa

FROM OUR HOME TO YOURS!

S- SWASTHYA(HEALTHY)

H- HITA(BENEFICIAL)

V- VRIDDI(ENRICHING)

A- AYUR(LIFE GIVING)

S- SAMPOORNA(WHOLESOME)

A- AHAARA(FOOD)

www.deepikachalasani.com



About Us



C Subba Rao

Co-founder Fit4life India
Co-founder Fit life Fitness Foods



Deepika Chalasani

**Clinical Nutritionist &
Mind-Body Transformation Coach**

Co-founder Fit4life India
Co-founder Fit life Fitness Foods

- Formally incorporated in 2012 after 16 years of Research on understanding unique differences of Indians vs. rest of the world
- Combine western science with ancient Indian philosophy for optimal results
- Approach is based on authentic researched data from credible organizations viz. NIN, WHO, CADI, Lancet etc.
- Follow WHO guidelines: appropriate food & lifestyle changes with PRUDENT USE OF MEDICINES
- Transformed our lives & continue to ensure sustainability
- Show success through client's blood reports.
- Focus on nutritional density
- Our certifications are in areas of nutrition, wellness, sleep, stress, fitness, coaching, mind-body transformation

Philosophy of Shvasa

**RECYCLING
YOUR BODY FAT**

**MAKING YOUR
HEART HEALTHY**

**SUPPLY VEGAN
PROTEIN,
EQUAL IN
QUALITY TO
ANIMAL PROTEIN**

**REJUVENATES
YOUR GUT BY
FEEDING THE
GUT BACTERIA**

**DETOXES
YOUR BODY**

OUR PRODUCTS

UNIQUE SELLING POINTS



Green Roti

The 14 unique ingredients are ponnaganti kura, hydrolyzed guar gum, nutritional yeast karanda, drumstick leaves, amla etc.



Qty: 13 Pcs
 Price: ₹ 250.00

Nutritional Benefits

- Efficient complete vegan protein
- Beta carotene, Calcium, Vitamin C
- Antioxidant rich
- 2.5 times more good fiber
- Double protein
- Low glycemic load

Green Roti

- Reduces belly fat
- Reduces Sugar levels
- Reduces triglycerides
- Improves digestion

USPs

- Preservative Free
- Nutrient Dense
- Ready To Eat
- Consistency In Micronutrient, Fiber & Protein Consumption
- Economical

35 gm with 5 gm oil/ghee	Green roti	Regular roti	Jowar roti	Green leafy roti (home made)
Calories	96 kcal	126 kcal	117 kcal	100 kcal
Carbohydrates	10.4 gm	20 gm	24 gm	14 gm
Protein (*PDCAAS)	3.74 gm	1.3 gm	1.5 gm	1.7 gm
Fiber	3.29 gm	3.1 gm	3.6 gm	3.3 gm

*Protein Digestibility Corrected Amino Acid Score

Date & Seed Marmalade

The unique ingredients in the date and seeds paste are seeds like hemp seeds (a complete protein) grape seeds (has anti-cancerous property), Fructo-oligo saccharides (a pre-biotic) etc.



Qty: 300Gms
Price: ₹ 200.00

Nutritional Benefits

- Omega -3 fatty Acids
- Vitamin & Minerals:
Selenium, zinc, magnesium, calcium, etc.
- Dietary fiber

Gut Health Elixir

- Improves gut & colon health
- Prevents insulin spike
- Reduces inflammation
- A great anti-hyperlipidemic
- Improves absorption of nutrients
(leads to good skin & hair quality)

USPs

- Preservative Free
- Nutrient Dense
- Ready To Eat
- One-Of-A-Kind Super Food

Nutrient	Composition
Calories (of 100 gm)	165 kcal
Carbohydrates	23 gm
Protein (*PDCAAS)	4 gm
Fat	6 gm
Fiber	3 gm

*Protein Digestibility Corrected Amino Acid Score

Date Seeds Cube

The unique ingredients are chia & hemp seeds (aids digestive health), Fructo-oligo saccharides (a pre-biotic)



Qty: 245Gms
Price: ₹ 210.00

Nutritional Benefits

- Healthy fats
- Rich in efficient protein
- Good source of iron

Healthy Sweet Substitute

- Provides satiety & reduces sugar cravings
- Improves gut & colon health
- Anti-inflammatory
- A great anti-hyperlipidemic
- Improves absorption of nutrients (leads to good skin & hair quality)

USPs

- Preservative Free
- Nutrient Dense
- Go-To-Snack
- Consistency In Protein & Good Fats Consumption

Date Seeds Cube (33 gm)		Boondi Laddoo (33 gm)	
Calories	94 kcal	Calories	109 kcal
Carbohydrates	10 gm	Carbohydrates	18.2 gm
Protein (*PDCAAS)	2.6 gm	Protein (Gross)	1.8 gm
Fat	5 gm	Fat	3.4 gm
Fiber	4 gm	Fiber	0.9 gm

*Protein Digestibility Corrected Amino Acid Score

Super Seeds Mix

The unique ingredients in the date and seeds paste are seeds like hemp seeds (a complete protein) grape seeds (has anti-cancerous property), etc.

Nutritional Benefits

- Rich in healthy fats
- Minerals: Selenium, zinc, magnesium, calcium, etc.
- Vitamin E, B6 and K
- Fiber rich

Unique Combination of Super Seeds

- Is a food for gut bacteria
- Improves gut & colon health
- Anti-inflammatory
- A great anti-hyperlipidemic



Qty: 250Gms
Price: ₹ 220.00

USPs

- Preservative Free
- Nutrient Dense
- Ready To Eat
- One-Of-A-Kind Super Food

Nutrient	Composition
Calories (of 30 gm)	108 kcal
Carbohydrates	2 gm
Protein (*PDCAAS)	5 gm
Fat	9 gm
Fiber	8 gm

*Protein Digestibility Corrected Amino Acid Score

Vegan Protein Nachos

The unique ingredients are ragi flour, silken tofu, coconut oil, nutritional yeast, etc.



Qty: 200Gms
Price: ₹ 180.00

Nutritional Benefits

- Vegan
- Complete & Efficient Protein
- 1.5 times more protein than mutton

Healthy Snack / Protein meal

- High protein and low-fat substitute of chips/conventional nachos
- Provides satiety and reduces consumption of junk food & empty calories

USPs

- Preservative Free
- Nutrient Dense
- Ready To Eat/On The Go Snack
- Consistency In Protein Consumption

High Protein Nachos (per 25g)		Conventional Nachos (per 25g)	
Calories	103 kcal	Calories	143 kcal
Protein (*PDCAAS)	6 gm	Protein (Gross)	2 gm
Carbohydrates	9 gm	Carbohydrates	18 gm
Fiber	3 gm	Fiber	2 gm
Fats	3.5 gm	Fats	7 gm

*Protein Digestibility Corrected Amino Acid Score

Protein Muruku

The unique ingredients are tofu & coconut oil



Qty: 250Gms
Price: ₹ 150.00

Nutritional Benefits

- Healthy fats
- Efficient Protein

Healthy Snack

- Contains coconut oil which crosses the blood-brain-barrier
- Prevents afternoon burn out that draws people to junk food in the evening

USPs

- Preservative Free
- Nutrient Dense
- On The Go Snack
- Gives Satiety

F4L Muruku (per 35g)		Conventional Muruku (per 35g)	
Calories	179 kcal	Calories	194 kcal
Protein (*PDCAAS)	2.7 gm	Protein (Gross)	2 gm
Carbohydrates (net of fiber)	18 gm	Carbohydrates	17.5 gm
Fat	11 gm	Fat	12.25 gm
Fiber	1 gm	Fiber	1 gm

*Protein Digestibility Corrected Amino Acid Score

Protein Minestrone Soup

The unique ingredients are seitan tofu, black eyed peas, more than 7 different vegetables made with cold pressed groundnut oil



Qty: 200Gms

Price: ₹ 80.00

Nutritional Benefits

- Fiber rich
- Rich in vitamin & minerals
- Complete protein
- Healthy fat

Soup with Protein

- Provides CONSISTENT variety of vegetable intake
- Aids digestion

USPs

- Preservative Free
- Nutrient Dense
- Ready To Eat
- Consistency In Micronutrients, Fiber & Protein Consumption

Nutrient	Composition
Calories (200 gm)	116 kcal
Carbohydrates	17 gm
Protein (*PDCAAS)	10 gm
Fat	1 gm
Fiber	5 gm

*Protein Digestibility Corrected Amino Acid Score

Bisibeli Bhat

The unique ingredients are pearl millet, black eyed beans and 10 different of vegetables



Qty: 220Gms

Price: ₹ 100.00

Nutritional Benefits

- Fiber rich
- Low carbohydrate meal
- Rich in efficient protein

Complete meal

- Low in glycemic index, yet gives a good satiety
- Aids in ease of washroom cycle

USPs

- Preservative Free
- Nutrient Dense
- Ready To Eat
- Consistency in Protein Consumption
- Economical

F4L Bisibeli Bhat (220g)		Regular Bisibeli Bhat (220g)	
Calories	212 kcal	Calories	249 kcal
Carbohydrates	24 gm	Carbohydrates	33 gm
Protein (*PDCAAS)	6 gm	Protein (Gross)	4 gm
Fat	5 gm	Fat	9.5 gm
Fiber	7 g	Fiber	5 gm

*Protein Digestibility Corrected Amino Acid Score

Navratan Salad

The unique ingredients are 9 varieties of vegetables, seitan tofu and hung curd



Qty: 180Gms + 20Gms
+ 50Gms
Price: ₹ 130.00

Nutritional Benefits

- Fiber rich
- Rich in vitamin & minerals
- Complete protein

Salad with Protein

- Provides CONSISTENT variety of vegetable intake
- Aids digestion
- Has probiotic benefits & it's healthy for the gut
- Helps to increase alkalinity in the body

USPs

- Preservative Free
- Nutrient Dense
- Ready To Eat
- Consistency In Protein Consumption & Variety Of Vegetables

Nutrient	Composition
Calories	140 kcal
Carbohydrates	12 gm
Protein (*PDCAAS)	4 gm
Fat	6 gm
Fiber	11 gm

*Protein Digestibility Corrected Amino Acid Score



For more information

www.deepikachalasani.com

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