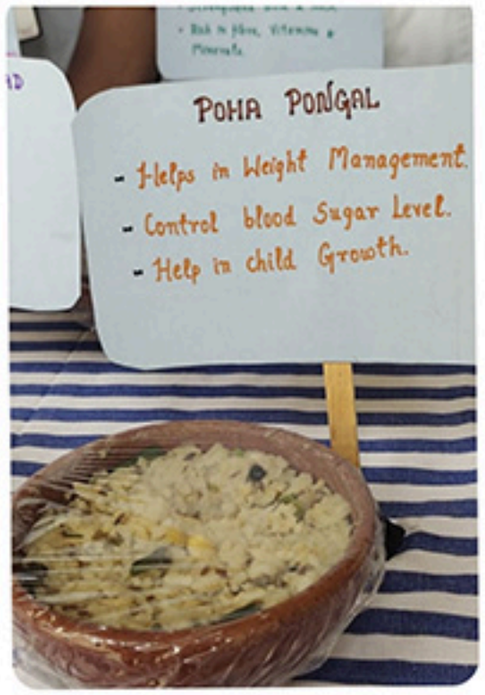
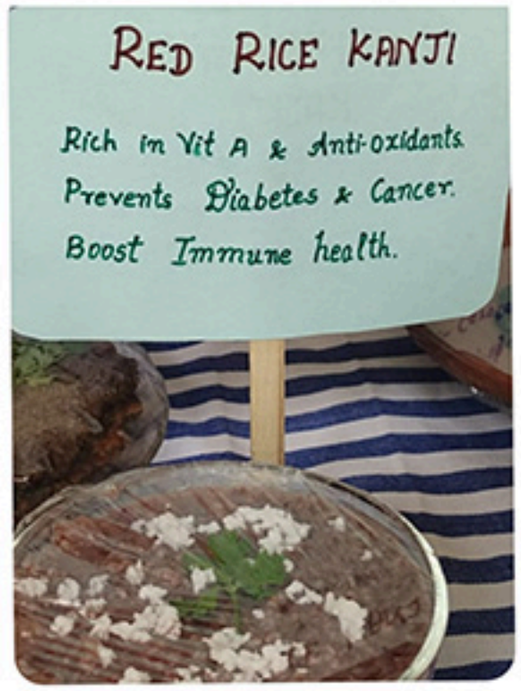
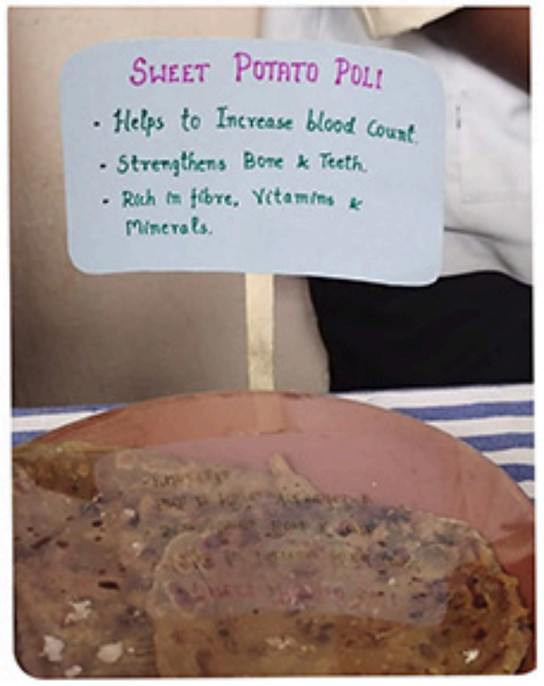
KELVERAGU SWEET MOMOS
• Activate Digestive Juice.
• Promotes heart health.
• Rich in Protein.


POHA PONGAL
- Helps in Weight Management.
- Control blood Sugar Level.
- Help in child Growth.


RED RICE KANJI
Rich in Vit A & Anti-oxidants.
Prevents Diabetes & Cancer.
Boost Immune health.

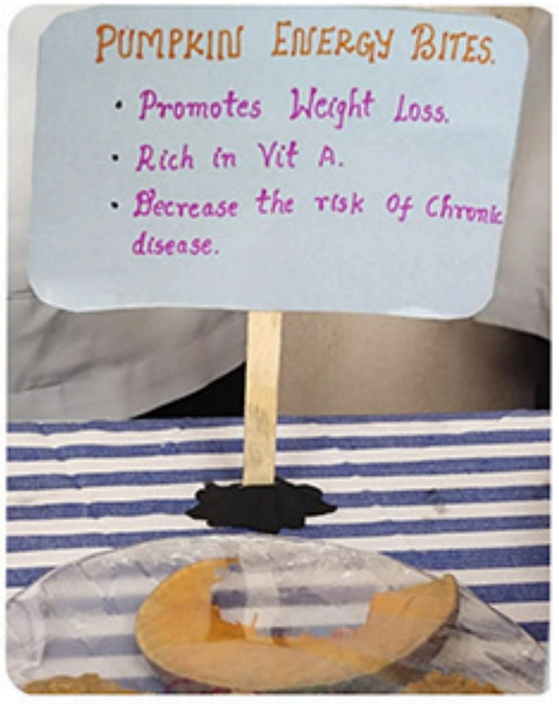

SWEET POTATO POLI
• Helps to Increase blood Count.
• Strengthens Bone & Teeth.
• Rich in fibre, Vitamins & Minerals.

GOLDEN SMOOTHIE
Rich in Vit A.
Boost Immunity.

VEGAN CURD
Protein Rich.
Rich in fibre.

NATURO SHAWARMA
• Helps to breakdown toxins.
• Regulate Digestion.
• Boost Overall Immune System.

GREEN SALAD
• Helps to Improve digestion.
• Improves Eye health.
• Great for Rehydration.


PUMPKIN ENERGY BITES.
• Promotes Weight Loss.
• Rich in Vit A.
• Decrease the risk of Chronic disease.

• Helps to treat Osteoporosis.
• Helps to decrease cholesterol.
• Anti-ageing.

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