

Compass Group India



Consumer needs have evolved!

Functional needs can be categorized as:



✓ Convenience



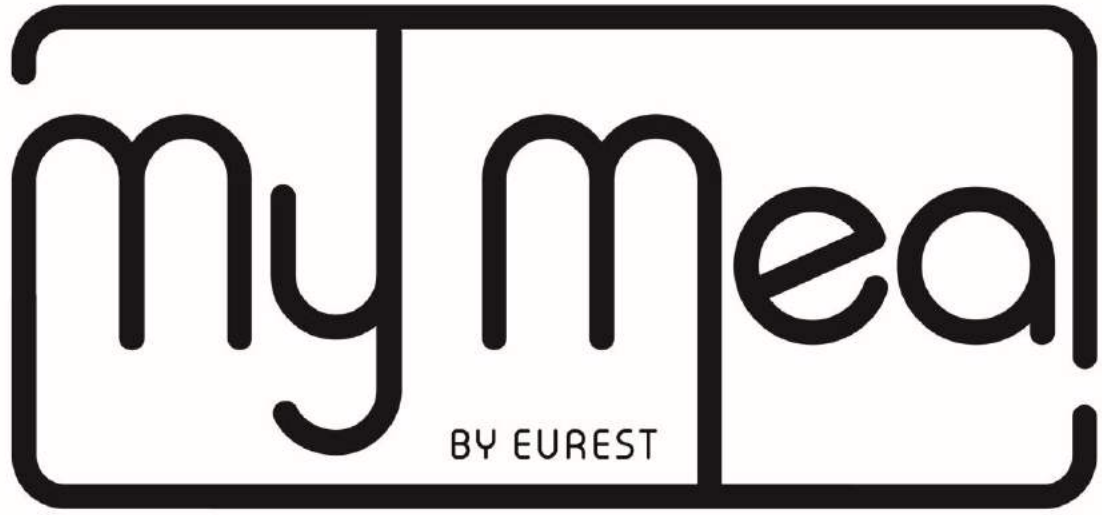
✓ Special Dietary needs



✓ Lifestyle needs – e.g. Fitness, Sports



An opportunity to address this trend!





Switch between meal plans



Meal and date change options available



Subscription can be paused / cancelled as per consumer preference



Flexibility

MyMeal – Contemporary Homestyle Meals



Delicious. Nutritious. Responsible



Meal Plan 1:
Homestyle Thali



Meal Plan 2:
Wholesome Bowl



Meal Plan 3:
Kids Meal

Additional- Specialty Nutrition Program



Balanced Diet

A healthy diet that contains a good balance of **fruits & vegetables, lean proteins, complex & low GI carbs, nuts & seeds**. Good for people focused on active lifestyle and the cardio enthusiasts. This diet helps maintain a healthy heart and regulates the blood pressure levels due to low sodium intake.



Sugar Watcher's Diet

The Sugar watcher's diet entails low GI carbs(15%), moderate amounts of lean protein (25%) ,nuts, generous amounts of fruits and non-starchy vegetables (50%); limited uses of healthy fat , cold pressed oil & natural sweeteners.



Weight Loss Diet

This diet consists of high fibre fruits & vegetables (50%), lean protein(10%), plant-based protein (10-15%), less processed whole grains(20%), along with limited use of healthy fats & oils and natural sweeteners.



Keto Diet

As part of the keto diet, we include moderate amounts of lean protein (20%), generous amounts of full fat dairy products (75%), limited carbs(5%). Healthy fats, non starchy vegetables, avocados etc. are also used.

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Thank you!

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