



Your Holistic Health Guide

● Consultation ● Recipes ● Events ● Retreat

Company Profile

NUTRISHILP is one of the leading functional medicine practitioner nutrition firms in India that offers effective and easy-to-follow diet and lifestyle intervention programs. Our programs target the root causes of chronic health concerns like diabetes, PCOD, IBS, fatty liver, obesity, and high cholesterol to bring sustainable changes and complete wellness. Our programs are tailored to your specific needs and preferences, making them easy to follow and integrate into your lifestyle. With NUTRISHILP, you can achieve your health goals and enjoy a better quality of life.

Business Operations

Nutrishilp, a nutrition firm, values bringing about a complete transformation in individuals' habits and attitudes towards health. Nutrishilp has a team of functional medicine practitioners who design and oversee the diet and lifestyle intervention programmes. The company primarily operates its services through its website and online consultation services and offers in-person consultations at its location in Raipur, Chhattisgarh.

- **Marketing:** Nutrishilp primarily markets its services through its website, various events, and social media platforms such as Facebook and Instagram.
- **Services:** Nutrishilp offers diet and lifestyle intervention programs that target the root causes of chronic health problems such as diabetes, PCOD, IBS, fatty liver, obesity, and high cholesterol. The firm designs tasty and healthy recipes to make healthy living interesting for individuals.
- **Product Line:** The Nutrishilp product line offers a range of flours, from low-carb to gluten-free, a wide range of millets and cookies, and various other nutritious products.

Founder



Shilpi Goel

Shilpi Goel is a highly qualified and experienced weight management specialist with a passion for helping people develop a positive relationship with food. She is the founder of 'Nutrishilp', a company that blends traditional food culture with modern nutritional science to promote healthy living. Shilpi's expertise in nutrition and dietetics is unparalleled. She is a gold medallist with an M.Sc. in Foods & Nutrition and Dietetics. In 2021, she completed a course on Functional Medicine by the Institute of Functional Medicine, USA, adding to her already impressive list of qualifications.

Shilpi's greatest skill is her ability to motivate people towards a wellness lifestyle. She has excellent counseling skills and can significantly influence people to adopt healthy habits. Her motivational skills have earned her the title of Health & Wellbeing Ambassador by the IHW Council India. Shilpi's efforts and contributions to the field of nutrition and dietetics have been recognized nationally. She received the National Nutrition Award from NNHSA in 2022 and the National Health Award in 2022 from Nutrition & Natural Health Science Association (NN). She was also a guest speaker at IIM Raipur, India.

Shilpi Goel is a trailblazer in the field of nutrition and dietetics. Her mission to blend traditional food culture with modern nutritional science has made her a leader in the industry. Her ability to motivate and inspire people towards a wellness lifestyle has earned her a loyal following of clients worldwide.

Our Approach



Transforming Habits & Attitude

Our approach is designed to bring about a complete transformation in habits and attitudes, ensuring lasting results



Tasty & Healthy Recipe Creation

We create tasty and healthy recipes that make healthy living enjoyable and interesting.



Cutting-Edge Wellness Support Systems

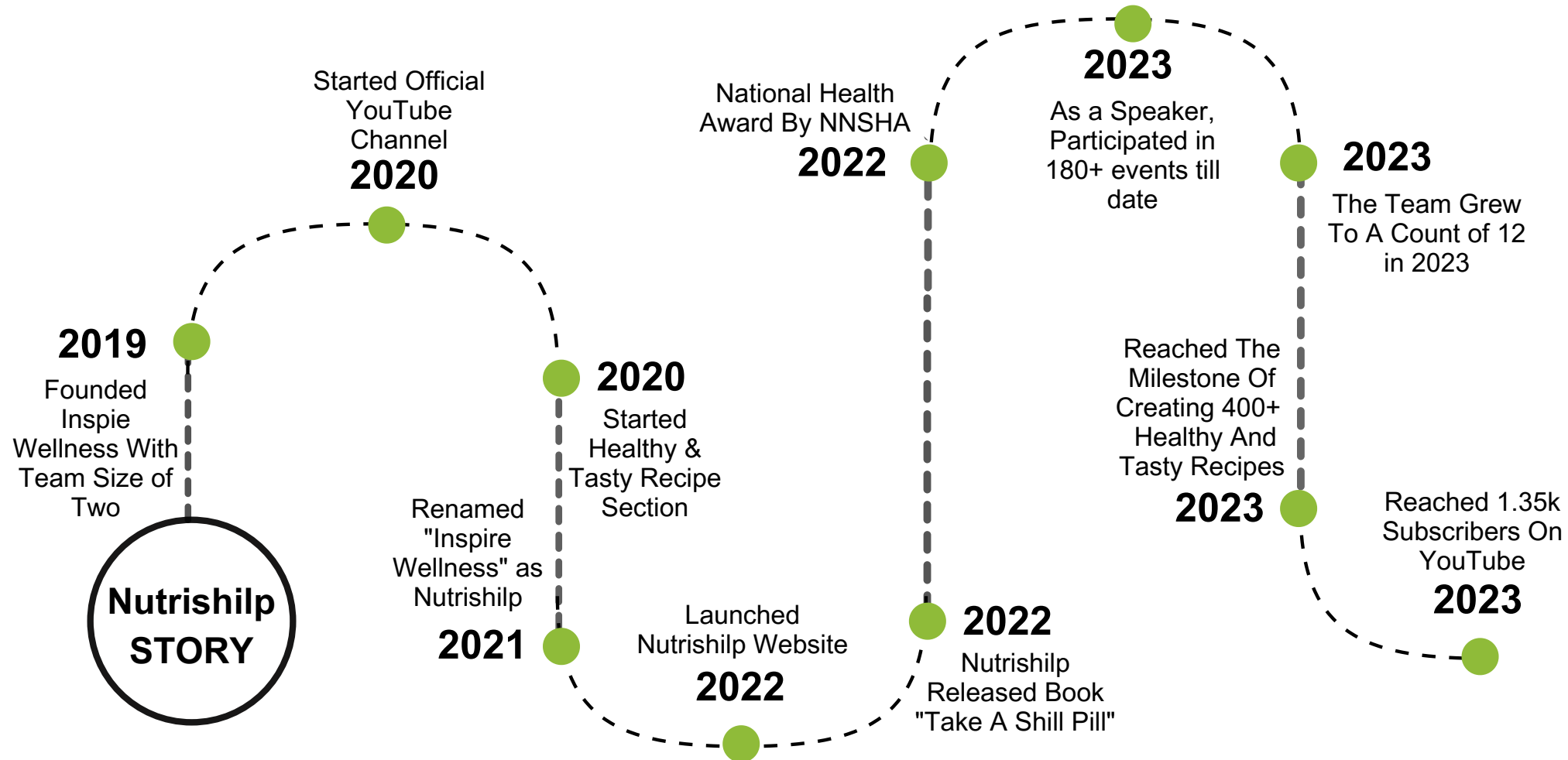
At NUTRISHILP, we utilise cutting-edge wellness support systems that allow you to track your progress and stay motivated throughout the program and beyond.



Addressing Underlying Imbalances for Better Health

By addressing the underlying imbalances in your body, we help prevent and reverse chronic health problems.

Our Journey



Key Numbers



400+ Recipes

Created 400+ recipes which is more than enough to keep your happy taste buds



40 Kg Weight Loss

Achieved a remarkable 40 kg weight loss



2100+ People Impact

Impacting 2100+ people and making a difference



180+ Events

Participated in 180+ events and counting!

Services



Our major services include:

- **Diet consultations** by expert nutritionists and dieticians who work closely with clients to achieve their health and wellness goals
- **Short-term and long-term corporate wellness programs** to improve the health and wellness of employees
- **Wellness retreat programs** that focus on health and wellness in a serene setting
- **Diet and nutrition courses** to provide in-depth knowledge and practical skills

Products

At Nutrishilp, we are dedicated to promoting good health through a balanced and nutritious diet. So, whether you are looking to lose weight, manage a health condition, or simply adopt a healthier lifestyle, our products can help you on your journey toward better health. Our product range is carefully curated to provide a variety of healthy options that can support your wellness goals.

We offer various products like Magic Seed Atta, millets, gluten-free atta, chia seeds, almond cookies, and snacks that are designed to cater to the diverse dietary needs and preferences of our customers. We believe that healthy eating should be enjoyable and accessible to everyone, and we strive to make that a reality with our range of nutritious and delicious products.



Publication

Take A Shill Pill

Mrs. Shilpi Goel, the founder of Nutrishilp, has authored a book titled "Take a Shill Pill" The book provides a comprehensive approach to maintaining overall health and well-being.



Stories That Matter



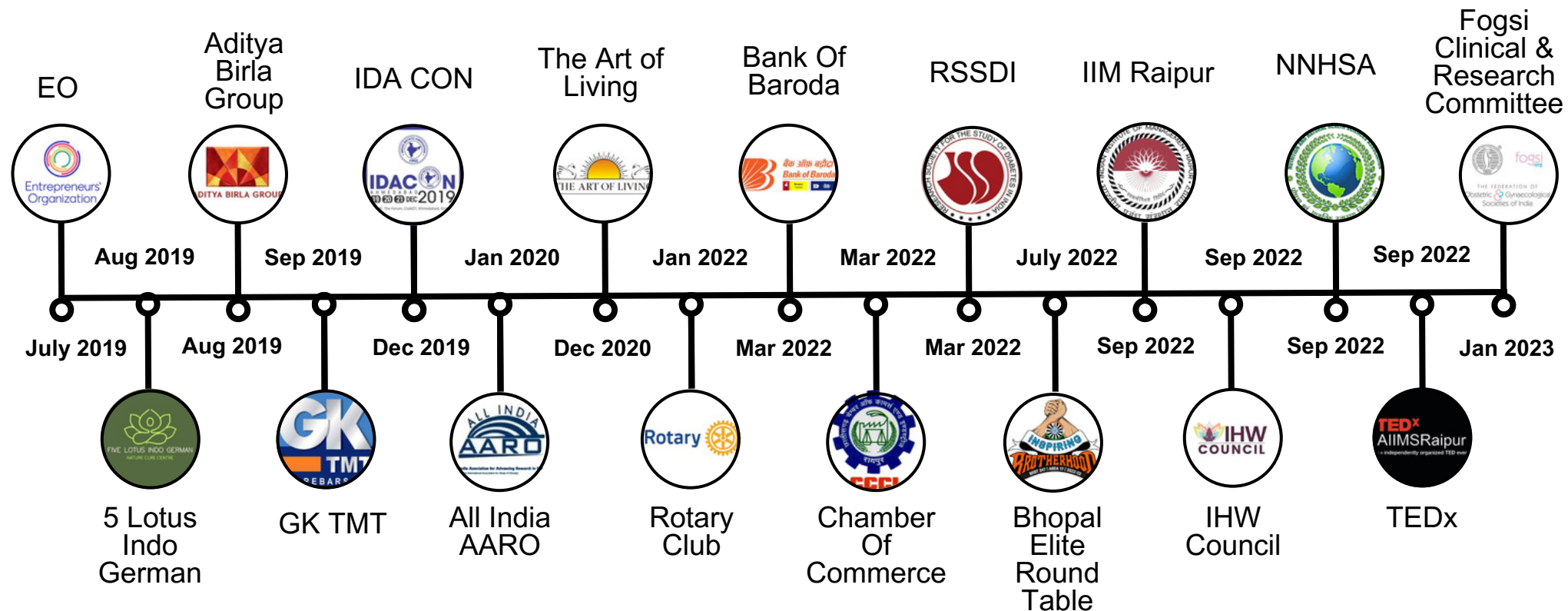
Events & Workshop

Nutrishilp Events

Nutrishilp has been very active in promoting the importance of nutrition and diet through its participation in over 150 events in just 3 years. These events have been a great opportunity for Nutrishilp to showcase its expertise and interact with people from various walks of life.



Events Timeline



Awards & Certification

- **Convener at the Indian Dietetic Association (IDA)** Chhattisgarh from 2019-2021
- Author of the book **Take A Shill Pill- power of mind in shaping your health**
- **TEDx Speaker** September 2022
- On the Expert Panel of **Ye Hai India**
- Received **FM Tadka's Women Recognition Award 2021**
- Awarded The Title of **Health & Wellbeing Ambassador By IHW** Council India
- Guest Speaker At **IIM Raipur India**
- Awarded with the **Agra Ratan Award 2019** by Maharaja Agrasen Jayanti Mohotsav
- Successfully completed a course on **Functional Medicine (IFMCP)** by the Institute of Functional Medicine, USA in 2021
- Featured on the **Dainik Bhaskar, Door darshan, INH (Sehat), FM Tadka.**
- **National Health Award 2022** by Nutrition & Natural Health Science Association (NNHSA)

Awards & Certification



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