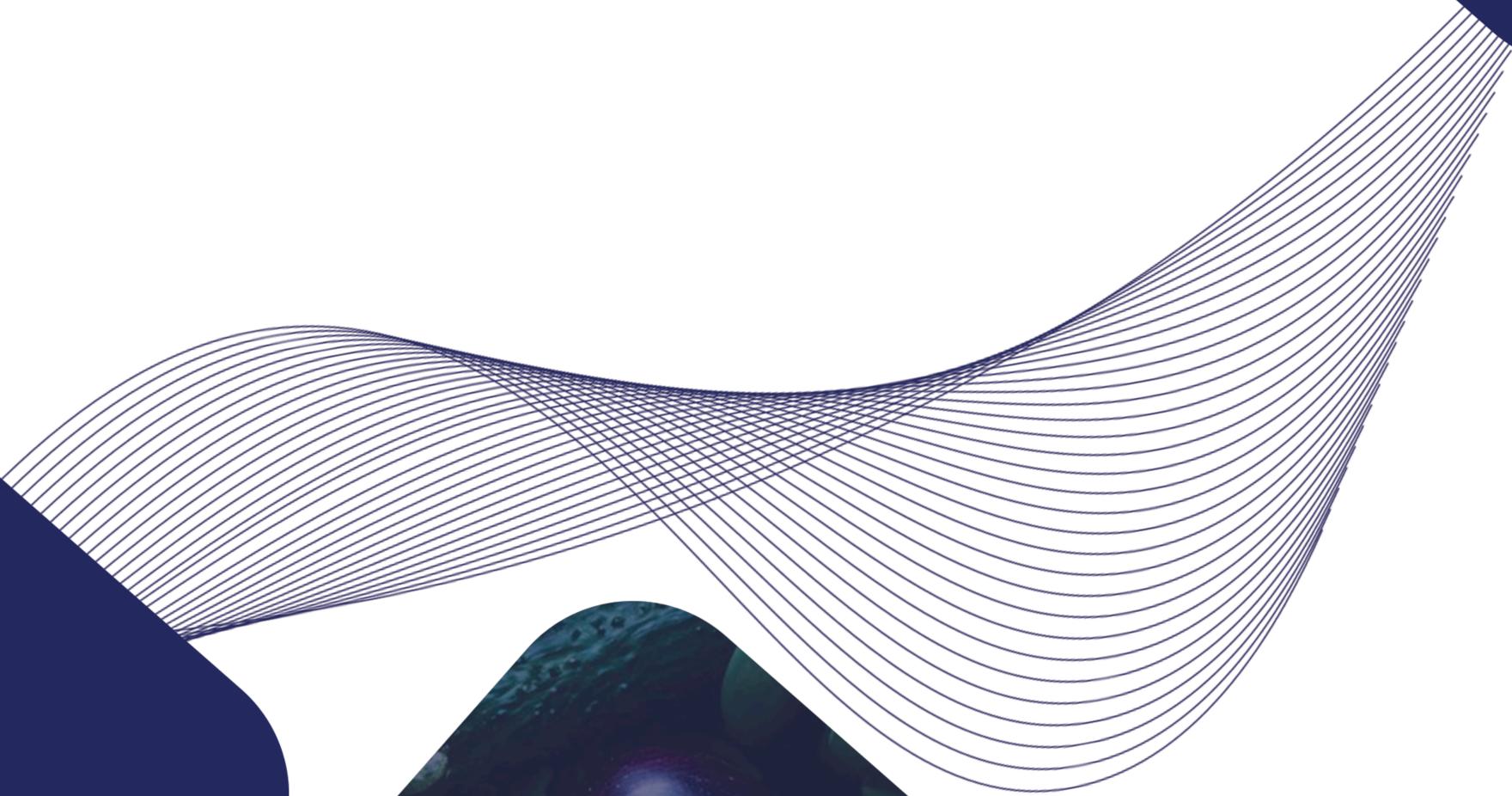




# Vedique Diet<sup>®</sup>

by Dr. Shikha Sharma



## About Dr. Shikha Sharma

**Dr. Shikha Sharma**, Scientific Mentor at **Ranfort Wellness**, is a renowned doctor and nutrition expert with over two decades of experience in preventive healthcare. She pioneered India's first **Holistic Nutrition Protocol**, the **Vedique Diet**, blending medical science with traditional wisdom to prevent lifestyle diseases. Widely recognized in media and policy, she has **guided lakhs of people** worldwide toward sustainable health and wellness.

## India's #1 Doctor-Led Scientific Weight Loss & Wellness Program

Ancient Wisdom. Modern Nutrition. Personalized for You.

**The Vedique<sup>®</sup> Diet is India's #1 doctor-led**, scientific fat loss program designed by Dr. Shikha Sharma, one of the country's leading voices in integrative wellness. Rooted in time-tested principles and real-world science, the program blends modern nutrition insights with traditional dietary wisdom to deliver real, sustainable results.

We focus on **personalization**, leveraging **blood tests**, detailed **personal assessments**, and **behavioural modification** techniques to craft plans that work with your body, not against it. At Vedique, your body leads the way. We decode your **Prakriti** (bio-energy type), lifestyle, digestion, and goals to design a flexible, practical, and sustainable plan that supports fat loss, restores balance, and unlocks vibrant health, without restrictive diets or guesswork.

## What You Get with the Vedique Diet

### 1:1 Coaching

Personalized guidance from experienced Vedique Doctors & Nutritionists.

### Personalised Plan

Plans based on your unique Prakriti (bio-energy)



**Holistic Approach**

We address body and mind to ensure long term sustainable wellness, not just quick fixes

**On-Demand Support**

Chat or call your doctors & nutritionists via the Vedique app

**Daily Updated Diets**

Customized meal plans updated daily on the Vedique App.

**Yoga Sessions**

Integrated yoga practices to improve flexibility, strength & inner peace, aligned with your diet plan.

**Simple Recipes**

Easy-to-follow diets using readily available ingredients.

**Stress Management**

Effective techniques including meditation and lifestyle tips to naturally reduce stress and anxiety.

**No Restrictions**

No need for extreme fasting or food abstinence.

## Who is it For ?

The Vedique Diet® is ideal for people who want to:

- Lose weight safely and sustainably
- Heal digestive issues, acidity, or bloating
- Manage PCOS, thyroid, diabetes, or hormonal imbalances
- Improve energy, focus, and immunity

**Get back to feeling like themselves—without extreme interventions**

**2,50,000+**

Nutrition Plan Sent Every Month

**1,00,000+**

Lives Transformed

**30+**

Countries Served

## Media Presence





I would say anybody who wants to lose weight and live a healthy lifestyle should definitely do this program. This program has changed my life and I am sure it will change others lifestyle and improve their health.

- Alka Bhandari



I love this program because someone is always guiding me, keeping my diet on track, and genuinely caring about my progress. That's why I continue with the plan.

- Mr Jogi



Sangeeta lost 17 kg in 5 months with Dr. Shikha Sharma's Vedique Diet program. She recommends Dr. Shikha Sharma's Vedique Diet for healthy weight loss and better overall well-being.

- Sangeeta



I've lost a lot of weight. I've been doing Dr. Shikha Sharma's diets in a very long time. So, I used to be 84 kg then I lost almost 25 kg.

- Sanjana

## Our Prices

### Premium Nutrition Program

- Monthly 2 Appointments with Sr. Specialist Ayurveda Doctors
- Weekly 2 appointments with Designated Senior Nutritionist
- 2 Knowledge/Q&A sessions with Dr. Shikha Sharma
- Weekly Yoga Sessions
- Weekly Stress Management Sessions
- Premium Access to Vedique Diet App & Recipes

**3 Months**  
Rs. 99,999

**6 Months**  
Rs. 1,49,999

**12 Months**  
Rs. 1,99,999

### Vedique Diet Nutrition Program

- Monthly 2 Appointments with Ayurveda Doctors
- Weekly 2 appointments with Designated Nutritionist
- 2 Knowledge session with Dr. Shikha Sharma/Sr. Doctor every month
- Weekly Yoga Sessions
- Weekly Stress Management Sessions
- Premium Access to Vedique Diet App & Recipes

**3 Months**  
Rs. 21,000

**6 Months**  
Rs. 35,000

**12 Months**  
Rs. 60,000