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# It won't be easy but it will be worth it!

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Watch your food so you don't have to watch your weight



YOUR JOURNEY  
TO WEIGHT LOSS  
BEGINS IN THE  
KITCHEN.



## #HelpAFriend!

Have a few tips for weight loss? Share it with us, it may not only help a friend but could also win you a little something special from bigbasket.

**Send in your entries.**

When your body is hungry, it's craving for nutrients, not calories. What do you feed it?

## Food without labels!

Explore over 20,000+ products

To break it down, both fat  
and calories, go green!

**ORDER NOW**



Slice your way through  
weight loss one fruit at a time.

**ORDER NOW**

## #WeightLossHacks

When you think you're hungry, ask yourself if  
you want an apple.  
If your answer is no, you're not hungry, just bored.

Not all carbs are your enemies  
if you choose correctly.

**SHOP NOW**





A cup of tea in the night  
can keep the belly tight.

**SHOP NOW**

Shake up some supplements  
to shake off your weight.

**SHOP NOW**



**#FunFact**  
It would take 40 minutes of non-stop  
running to burn off one bag of large fries!

**Plate up a recipe for weight loss with these super  
nutritious ingredients**

Low in carbs and high in protein - a recipe to any  
weight-loss plan. These superfoods are your best friends  
if you're trying to drop a few kilos and wondering what  
to eat.

[Click here](#) to opt-out



**Eggs:**

For the protein, vitamins and minerals

**SHOP NOW**

**Fish:**

To burn fat and lose inches.

**SHOP NOW**

**Meat:**

To keep you full for longer.

**SHOP NOW**

You may have 99 problems but protein ain't one! At least definitely not when you have bigbasket offering the freshest high-in-protein poultry products to you.



Baby Store Home Store Home & Personal Food gram Meat & Fish  
Kitchen care



Fruits & Dairy Bakery Beverages Gourmet Branded  
Vegetables Store Foods