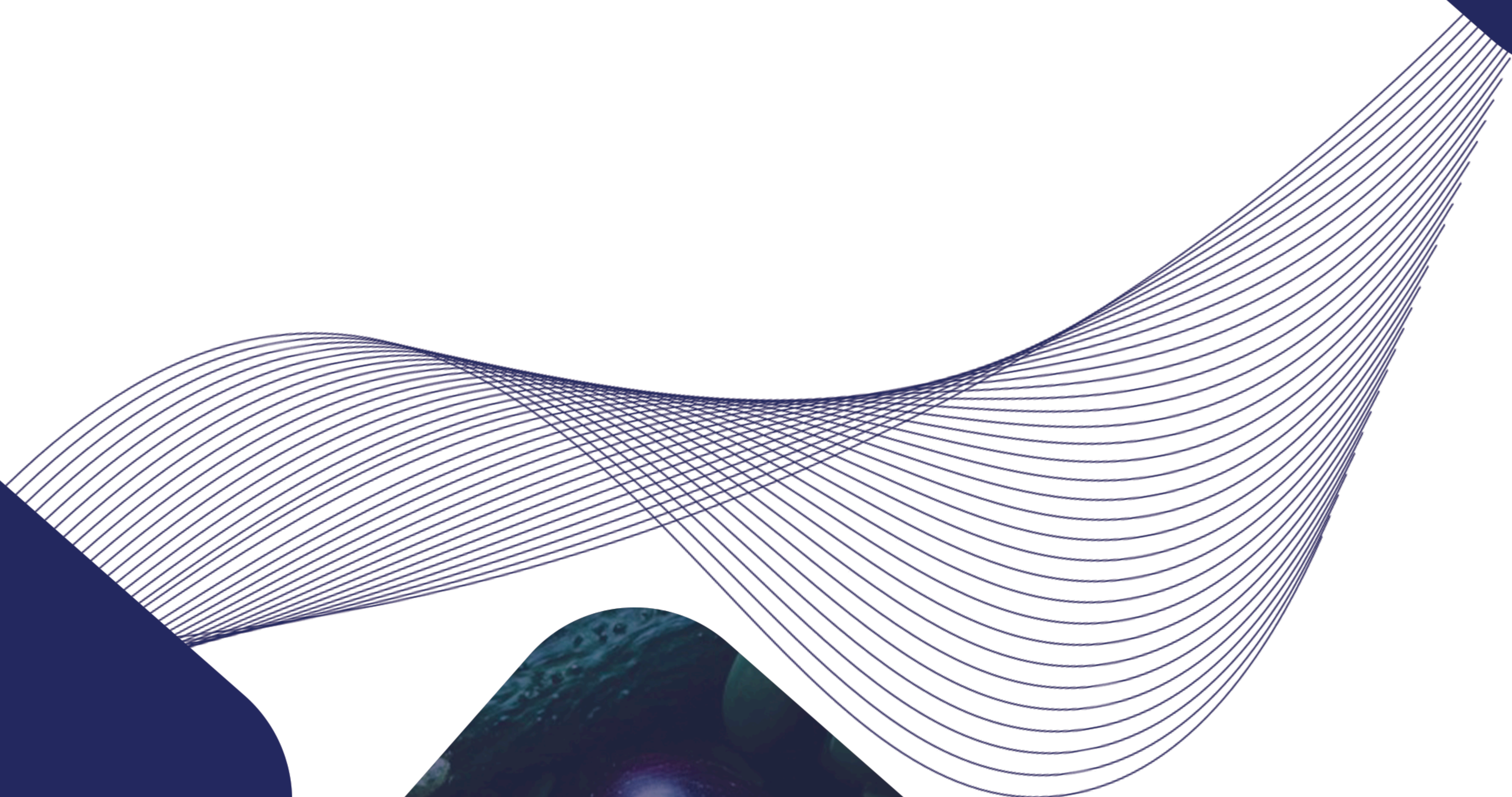




Vedique Diet[®]

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[®] 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.

On-Demand Support

Chat or call your doctors & nutritionists via the Vedique app

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

Signature Nutrition Programme by Dr. Shikha Sharma

- Monthly 30 Mins 1:1 call with Dr. Shikha Sharma
- Monthly 2 Appointments with Sr. Ayurveda Doctors
- Weekly 2 appointments with Designated Senior Nutritionist
- Weekly Yoga Sessions
- Weekly Stress Management Sessions
- Premium Access to Vedique Diet App & Recipes

3 Months

Rs. 2,49,999

6 Months

Rs. 3,99,999

12 Months

Rs. 6,99,999

Vedique Diet Nutrition Program

- Monthly 2 Appointments with Sr. 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