



REROOTED

BY ANTARA JAGGI

Services & Pricing

ANTARA JAGGI

FUNCTIONAL NUTRITION SPECIALIST



Antara Jaggi is a Functional Health and Nutrition Coach with formal training from the Global Institute of Health Sciences, Precision Nutrition, and the Institute for Integrative Nutrition (USA). She holds a Master's degree in Management from Cornell University .

As a former national-level table tennis player she brings the discipline of athletics into her coaching practice. With over three years of experience in the healthcare sector, Antara blends academic rigor with practical, results-driven strategies.

Her focus: Body Recomposition, Weight Loss, Athletic Performance, PCOS, and Hormonal Health – helping individuals optimize their metabolism, balance hormones, and achieve sustainable transformations.

WHAT MAKES US UNIQUE



Integrated Nutrition + Training: Beyond standard diet charts – personalised plans that align macros, micros, and movement for real body transformation.



Body Recomposition Focus: One of the few practitioners in India specialising in fat loss with muscle gain.



Athlete-Backed Expertise: National-level athlete turned coach – blending evidence-based nutrition with performance-driven training insights.

FULL BODY SCAN & CONSULTATION

Decode Your Body. Define Your Goals.

Get a comprehensive, one-time body analysis that goes far beyond the weighing scale. This in-depth session gives you a clear picture of your current health status – and a personalised roadmap to optimise it.



Designed as

A single consultation to assess your body composition and understand what's really happening beneath the surface. Perfect for anyone starting their fitness journey, hitting a plateau, or wanting data-driven guidance.

Includes

Full body scan covering BMI, Subcutaneous Fat, Visceral Fat, Muscle Mass, Fat %, Body Age, and more

Detailed explanation of your metrics and their health implications

Actionable strategies to improve each parameter – from nutrition tweaks to training insights

A clear baseline to track progress and set realistic, personalised goals

Investment: ₹5,000



3-MONTH/6-MONTH WEIGHT LOSS PROGRAM

Personalised, data-driven nutrition and training for sustainable fat loss

Designed as

A comprehensive program built to transform your body composition, optimise metabolism, and build lasting habits. Ideal for individuals seeking structured, personalised guidance with long-term accountability – not quick fixes.

Includes

Detailed onboarding consultation to assess goals, current habits, and body metrics

Fully personalised nutrition plan with precise macros and micros, tailored to your lifestyle and progress

Exercise coaching consultation covering strength training, cardio, and functional movement – structured to support fat loss, lean muscle gain, and overall fitness

Regular check-ins and plan adjustments to ensure steady progress

Ongoing WhatsApp support for questions, accountability, and motivation throughout the program

Investment –

3 months: ₹20,000 | 6 months: ₹35,000

3-MONTH/6-MONTH BODY RECOMPOSITION PROGRAM

Build lean muscle, lose fat and reshape your physique – sustainably

Why Body Recomposition?

Unlike standard weight loss programs that often lead to muscle loss along with fat, body recomposition prioritises building muscle while shedding fat, resulting in:

- A higher metabolism, making it easier to maintain results long term.
- Improved strength and body definition.
- Better hormonal balance, bone density, and metabolic health.

Designed as

A transformative program focused on simultaneously increasing lean muscle mass and reducing body fat. Ideal for individuals who want to go beyond traditional “weight loss” and achieve a stronger, healthier, more defined body – not just a smaller one.

Includes

Comprehensive onboarding consultation to assess body composition, lifestyle, and fitness levels

Personalised nutrition plan with detailed macros and micros, designed to support muscle growth and fat loss simultaneously

Progressive exercise coaching that blends strength training, functional workouts, and strategic cardio for maximum impact

Regular check-ins and plan adjustments to ensure continued progress

WhatsApp support for accountability, troubleshooting, and motivation throughout the program

Investment –

3 months: ₹25,000 | 6 months: ₹45,000

3-MONTH/6-MONTH PCOS & HORMONAL HEALTH PROGRAM

Balance hormones, support your cycle, and rebuild metabolic health naturally

Why Focus on Hormonal Health?

Hormones influence everything – metabolism, mood, energy, fertility, skin, and weight. With PCOS, hormonal imbalances can disrupt these systems, but the right nutrition and movement strategies can help:

- Stabilise insulin and improve metabolic flexibility.
- Support regular ovulation and menstrual cycles.
- Reduce inflammation, bloating, and fatigue
- Improve skin, mood, and energy levels.
- Enhance long-term fertility and hormonal balance without extreme restrictions.

Designed as

A holistic program created to address the root causes of PCOS and hormonal imbalances, not just the symptoms. Ideal for individuals looking to regulate their cycles, manage symptoms like weight gain, acne, or fatigue, and build long-term hormonal resilience through nutrition, lifestyle, and training.

Includes

Comprehensive onboarding consultation to assess hormonal health, lifestyle, and metabolic markers

Personalised nutrition plan with detailed macros, micros, and supplement guidance, designed to balance blood sugar and support hormonal pathways

Exercise coaching consultation focused on strength training, functional movement, and hormone-supportive cardio to improve insulin sensitivity and reduce stress hormones

Lifestyle strategies for sleep, stress management, and cycle tracking

Regular check-ins and plan adjustments to align with cycle phases and progress

Ongoing WhatsApp support for accountability, education, and motivation throughout the program

Investment –

3 months: ₹30,000 | 6 months: ₹50,000

3-MONTH/6-MONTH ATHLETIC PERFORMANCE PROGRAM

Enhance strength, endurance, and recovery – train like an athlete, fuel like one too

Why Focus on Athletic Performance?

Performance training goes beyond basic fitness. By combining nutrition, recovery, and progressive training, this program helps you:

- Increase power, speed, and endurance through structured periodisation.
- Optimise muscle recovery and energy systems, reducing risk of burnout or injury.
- Fuel smarter with macro- and micro-personalised nutrition for training and competition phases.
- Build a strong foundation that supports both athletic goals and overall health.

Designed as

A structured, high-impact program tailored for current athletes, ex-athletes returning to training, and individuals who want to train with performance as the goal, not just aesthetics. Ideal for anyone looking to improve strength, stamina, speed, or sport-specific performance with intelligent nutrition and targeted coaching.

Includes

Detailed onboarding consultation to assess sport, goals, training history, and performance metrics

Personalised nutrition plan with macros, micros, and performance-focused fueling strategies (pre-, intra-, and post-training)

Progressive exercise coaching tailored to your sport or training goals, including strength, conditioning, mobility, and recovery protocols

Periodised programming to align with training blocks, competition seasons, or personal milestones

Regular check-ins and adjustments to optimise performance outcomes

Ongoing WhatsApp support for accountability, real-time tweaks, and performance tracking

Investment –

3 months: ₹35,000 | 6 months: ₹55,000

**READY TO
CHOOSE
REROOTED?**

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